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Experiences of the older adult in Dealing with Knee Arthritis Experienced in Ngapainia Village, North Konawe Regency

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Abstract. *The problem that develops among the older adult population is that it has decreased due to natural processes, namely the aging process (aging) characterized by a decrease in physical, psychological, and interactive conditions. The most common disease often suffered by the older adult compared to other diseases is Rheumatoid Arthritis. Rheumatoid Arthritis (RA) is a joint disease or inflammation of the joints caused by an autoimmune process, usually causing pain in joints such as knees, hands, and fingers. This study aims to find out the experience of the older adult in dealing with knee arthritis experienced in Ngapainia village. Desai This study uses a qualitative method with a phenomenological approach. The results of the analysis obtained several themes, namely: the perspective of the joint rhymes that the mother suffers, can the mother explain the condition of the recurrence of knee arthritis, how the mother copes with and treats arthritis during a relapse, can the mother explain who helps the mother in treating the knee arthritis disease, how the mother feels when experiencing a recurrence. The five participants concluded that if their knee arthritis recurred, they would take medication and use ginger or warm water to treat the pain.*

Introduction

The problem that develops among the older adult population is a decrease due to natural processes, namely the aging process marked by a reduction of physical, psychological, and interactive conditions(1). Biologically, the older adult will experience an aging process characterized by decreased physical endurance and susceptibility to disease attacks. Changes in physical conditions in all body systems include decreased musculoskeletal function. As the body ages, muscle mass decreases, and musculoskeletal strength declines(2). The most common disease often suffered by the older adult compared to other diseases is Rheumatoid Arthritis. Many Indonesian people consider this disease simple because of its nature, which is regarded as not posing a threat to life, even though the symptoms caused by this disease are an obstacle to daily activities(3).

Rheumatoid Arthritis (RA) is a joint disease or inflammation of the joints caused by an autoimmune process, usually causing pain in joints such as knees, hands, and fingers(4). Inflammatory diseases of the joints will cause swelling and pain and eventually cause damage to the inside of the joints. Joint disorders in older adults are a degenerative process that causes chronic diseases but is not inflamed with a slow process. Diseases caused by the aging process cause pain in the joints and experience growth degeneration and degeneration of new bone at the edges of the joints(5).

The World Health Organization (WHO) reports that 20% of the world's population is affected by joint diseases, of which 5-10% are those aged 5-20 years and 20% are 55 years (WHO, 2019). The national prevalence of joint disease in Indonesia is 7.30%. The prevalence of joint disease in Southeast Sulawesi is 5.63% (6).

Rheumatoid arthritis can cause mobility limitations, namely paralysis and disturbances in daily life activities. Interventions that can be given in rheumatoid arthritis include the administration of warm series compresses. Previous studies have shown that Rheumatoid Arthritis can be relieved using complementary therapies such as serei and ginger (7). Similarly, another intervention that can be given in rheumatoid arthritis is guided imagery therapy. Previous studies have shown the effect of guided imagery therapy on pain response in patients with rheumatoid arthritis (8).

Initial data obtained at the Ngapainia Village Center on 1 March 2022 2019 showed the prevalence of knee arthritis in the older adult was 9 cases; in 2020, the prevalence of knee arthritis in the older adult was 20 cases, and in 2021 the prevalence of knee arthritis in the older adult was 25 cases.

The results of interviews conducted by researchers on 2 March 2022 with three respondents found that two patients had experienced knee arthritis for quite some time. The treatment carried out involves checking with local health workers and taking medicine. Interviews conducted by five respondents obtained information that no one has researched the experience of older adults in dealing with knee arthritis.

The description above underlies the study to conduct a study with the title "The experience of the older adult in dealing with knee arthritis experienced in Ngapainia village.

Method

This study uses a qualitative method with a phenomenological approach. The population in this study is all older adults who are experiencing knee arthritis in Ngapainia Village, which is 25 people conducted in 2022. The sampling technique is determined using *random sampling techniques* by paying attention to inclusion and exclusion criteria.

Result

1. Participant

The participants in the study were five people, all with arthritis, and lived in Ngapainia Village, North Konawe Regency. Participant 1 (P1) is 58 years old; Participant 2 (P2) is 60 years old, Participant 3 (P3) is 59 years old,

Participant 4 (P4) is 56 years old, and Participant 5 (P5) is 56 years old, Participant 6 (P6 is 57 years old), Participant 7 (P7) is 53 years old.

2. Interpretation of Results

Sampling in this study uses *a random sampling* technique, namely a sampling technique that provides the sensitivity of all participants to become a sample. Before conducting the interview, the researcher selects participants who meet the inclusion criteria; after the interview is completed, the researcher identifies the theme as the result of the study. Based on interviews with 7 participants, the theme was obtained regarding "Experiences of the older adult in Dealing with Knee Arthritis in Ngapinia Village and Lameruru Village". These themes can be described as follows

Theme 1: Arthritis Disease

This theme is composed of two categories, namely knowledge and disease recurrence. The category of knowledge about arthritis is identified with the keywords saki-sick, very sick, sick, sick for a long time, pain, pain is explained as follows

"My knees hurt when I sit down, it's hard to stand again" (P1)

"Sometimes it is new to climbing, right? If you climb the road, it is like where the point is, after that, he gets sick, then he gets sick for a long time, he cannot make us want to walk" (P2)

"It hurts so much when you just get sick" (P3)

"Pain from the waist through the knees" (P4)

"The pain penetrates to the top of the thighs and buttocks" (P5)

"It hurts so much that it is hard for me to stand up" (P6)

"It hurts so much, I feel sorry" (P7)

The category of recurrence is identified with the keywords work, running out, hiking, finishing work, walking away, finishing hard work, washing, drying, and is explained as follows.

"After work, I immediately got sick, and then I was sick for a long time" (P1)

"If I finish the road, I sit down directly, and my knee hurts, especially if I finish climbing Hu, like I think I can do it again (P2)

"It's a long way to go, and I feel sick again" (P3)

"After hard work, he immediately got sick again (P4)

"After washing, renew, if we wash, we sit and squat, haa is finished, it immediately hurts, it is added again, I dry it like he wants to break my knee (P5)

"After a long walk, he immediately gets sick again, and sometimes I also finish my work, he immediately relapses again" (P6)

"I went all the way before he got sick" (P7)

Theme 2: Disease Treatment

This theme comprises three categories: how to overcome and treat, help in treating diseases, and the feeling of experiencing a relapse. The categories of overcoming and feeling are indented with the keywords eating herbal medicine, boiling soursop dun, boiling chlorophyll leaves, sticking red lemon grass, sticking grated ginger, taking medicine, drinking

herbal medicine, hot in cream, soaking in warm water explained as follows.

"If he is sick, I take herbal medicine. Otherwise, I drink a decoction of soursop leaves, sometimes I also boil chlorophyll leaves" (P1)

"If I am sick, I stick red lemon grass, or I don't stick grated ginger" (P2)

"I take medicine, or I don't take herbal medicine" (P3)

"Sometimes taking medication" (P4)

"If he relapses, I apply hot in cream, sometimes I also stick a grated ginger, or I don't soak it in warm water" (P5)

"If he is sick, I take the medicine I bought at the market. If my medicine has, I put on a grated ginger to overcome the pain" (P6)

"If he suddenly gets sick, I take medicine" (P7)

The category of helping in treating diseases is identified with the keywords grandchildren, myself, father, old children, and my children, which are explained as follows.

"If he suddenly gets sick, my grandson will help him" (P1)

"Myself Sorry" (P2)

"Alone" (P3)

"I have my own" (P4)

"If there is a father, the father will help me; if there is none, the old child will help me" (P5)

"Alone Sorry" (P6)

"If there is a father, the father will help if there is no one for my son to help" (P7)

The category of feeling experiencing a recurrence is identified with the keywords mara-mara, restlessness, unpleasant feelings, unpleasant feelings, and unpleasant feelings, which are explained as follows.

"If he is fine, there is no problem, but when he arrives, he is sick, it does not feel good" (P1)

"If I get sick, I get angry" (P2)

"hooo, if I get sick, I'm anxious" (P3)

"If it hurts, I'm anxious if he's very sick, I'm angry, especially if the children don't hear that they are being told to take medicine like I want to hit them" (P4)

"Rich is not a good feeling, especially if it hurts huuu; it feels good" (P5)

"If you are sick, it does not feel good, especially if there is no one to help you; it makes you feel even worse" (P6)

"I am anxious; I think I can't help but want to walk" (P7)

Discussion

The results of the study conducted by the researcher can conclude about the participants' perception of the older adults' Experience in Dealing with Knee Arthritis in Ngapainia Village, North Konawe Regency. The results of interviews with participants gave birth to 2 themes with five categories that will be described in the discussion by comparing the study and literature review results.

Theme 1: Arthritis Disease

The results of interviews about the experience of older adults in dealing with arthritis experienced in Ngapainia Village and Lameruru Village gave rise to the theme of arthritis with the category of knowledge and recurrence of the disease. In the category of knowledge about arthritis, where seven participants stated that their knees hurt when it was difficult to sit up if it was challenging to stand again sometimes, I was climbing just like what the main thing was after that, it immediately hurt. It hurt for a long time like we couldn't walk; it hurt very much; it hurt from the waist to the knees; the pain penetrated to the top of the thighs and buttocks; it hurt so much that it was tough for me to stand up, it hurt so much that I felt sorry. Meanwhile, in the category of recurrence, the participant said that after work, it hurts immediately, everything hurts, it hurts for a long time, if I finish walking, I sit down immediately, my knee hurts, especially if I finish climbing. I don't think I can walk again, and I walk a long way. I continue to work, and I think he hurts again. After hard work, he immediately gets sick again. After washing, if we wash, we sit squatting, haa, it is over, it immediately hurts, it hurts again, after I dry it, like he wants to break my knee, after walking a long way, he gets sick again, sometimes I also finish working, recurs again, I run out of work, I go a long way, then he gets sick.

A person's mobility can be disturbed by the presence of this disease. It can result in movement disorders and obstacles in working or carrying out daily activities, causing frustration or psychosocial disorders in the sufferer(9).

The pain is generally felt during activity, but pain can be felt continuously in heavier degrees even if you do not do activities(4,7,9). A person who experiences arthritis usually complains of pain when doing activities or if there is a load on the affected joint (10). Joint complaints begin with stiffness or soreness when waking up in the morning, generally lasting only for a short time and then disappearing after being moved(11).

Joint pain results from calcification in the body or other diseases characterized by joint swelling, redness, heat, pain, and movement disorders (12). Erika & Mardiana (2019) stated that a person who experiences complaints of pain in the joints when doing activities(13). The typical pattern in this joint disorder begins with small joints on the hands, wrists, and feet(4). Joint pain is usually caused by ageing factors(13).

The ageing process will cause anatomical, physiological, and biochemical changes in the body, affecting its overall function and ability (14). The affected joints are generally used to move and usually get weighted(13)

Relapse is a recurring event experienced by the patient more than once with a quality that occurs frequently and is usually unpleasant (15) The factors that cause the recurrence of knee arthritis are work, activity, and fatigue(16) . Excessive activities using the knees, such as travelling traders and workers who squat a lot because there is undue emphasis on the knees, generally the heavier the activities carried out by a person in daily activities, the more often they will experience rheumatism, especially in the joints and more often in the morning(17).

Theme 2: Disease Treatment

The interview results regarding the older adults' experience in dealing with arthritis experienced in Ngapainia Village and Lameruru Village with the theme of disease treatment. In this theme, there are categories of how to cope and treat, help in treating diseases, and feelings of experiencing relapse. Category of how to overcome and treat the participant said that if he is sick, I take herbal medicine. Otherwise, I drink a decoction of soursop leaves, sometimes I also boil chlorophyll leaves, if I am ill, I paste red lemon grass or not I paste grated ginger, I take medicine or not I drink herbal medicine, sometimes I take medicine, if he is sick I apply hot in cream sometimes I also paste grated ginger, or I don't soak in warm water If he is ill, I take the medicine that I buy at the market, if the medicine habs I attach grated ginger to overcome the pain if he suddenly gets sick, I take medicine. Meanwhile, in the category of helping treat diseases from the destination, the participants said that their grandchildren, their fathers, and their elderly children are sorry for themselves if there is a father who helps if there is no child to support them. The category of experiencing a recurrence of seven attempts revealed that it felt terrible, angry, rich, and unpleasant.

Prevention should start early by recognizing disease risk factors, weight control, regular physical exercise, avoiding excessive use of joints when they are 25-40 years old, and education(4). If you have been affected by knee arthritis, patients should

immediately seek treatment accompanied by regular physiotherapy(18).

The therapies used to overcome joint pain are pharmacological and non-pharmacological(19) The provision of pharmacological treatment using Non-Steroidal Anti-Inflammatory Drugs (OAINS) is one of the most commonly used pharmacological therapies to treat pain in arthritis(20). Meanwhile, non-pharmacological actions include elderly education, physical therapy, occupational therapy, application of heat or heat, physical exercise, rest, joint care, weight loss if obese, and acupuncture (21). One of the young non-pharmacological therapies applied in the treatment of joint pain is conservative therapy. Conservative therapy includes using warm water compresses, joint range of motion exercises, and efforts to rest the joints and avoid excessive joint use of orthotic appliances(14). Older adults who care and understand how to deal with joint pain will do warm/cold compress therapy to train joint movements with physical exercises such as walking outdoors, cycling, and dieting(22).

Self-care is self-care carried out to maintain physical and psychological health (23). Older adults need to get attention by trying so that they are not too dependent on others and can take care of themselves (independently) and maintain their health, which is the obligation of their family and environment(24). Older adults who do not work and live with their families can take optimal care of themselves because they have more time to care for themselves(25).

The feeling is a conscious experience activated by external stimuli and several physical states (26). A person who has a disease will feel anxious because he thinks that the illness he is experiencing will get worse and cannot be cured again. The anxiety experienced by the older adult tends to be a feeling of unclear worry, which is related to feelings of uncertainty and helplessness towards one condition (27).

Conclusion

Based on the results of the study that has been carried out, the researcher can conclude about the results of the study on the experience of the older adults in dealing with knee arthritis experienced in Ngapainia Village, North Konawe Regency, with the theme of the experience of the older adult in the category of opinions about code sickness. In the recurrence category, the results are obtained: work,

walking, hiking, work, long walks, heavy work, washing, and drying. In the category of overcoming and reducing pain is eating herbal medicine, boiling soursop dun, boiling chlorophyll leaves, sticking red srei leaves, sticking grated ginger, taking medicine, drinking herbal medicine, hot in cream, soaking in warm water. In the category of helping to treat diseases, we found grandchildren, themselves, fathers, and children of older adults. In the category of feelings, there are mara-mara, restlessness, unpleasant emotions, unpleasant feelings, and unpleasant feelings.

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