Self-care Practices and Nursing Needs Among Older Persons of Makassarese Tribe, South Sulawesi, Indonesia

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Self-care is the action that individuals initiate and perform in order to maintain their own life, health and well-being. Unfortunately, limited data are available on how Makassarese older persons perform self-care. This study aimed to describe practices on self-care and to find out the nursing needs of Makassarese older persons.

This study used both qualitative and quantitative methods. This paper reports on the qualitative findings. A descriptive qualitative design was used. From a total of 98 respondents participated in the survey, one FGD session consisting of seven participants conducted during the duration of the study. The focus group were auditaped and transcribed verbatim to identified the themes. The data was coded and thematic analysis was applied.

Results of the study showed that to encounter health problems, Makassarese older persons doing self-remedies, seeking health professional advice and spiritual advice to solve their health problems. To keep healthy, they practice life style adjustment, spiritual care and herbal formula. Another finding, health assessment, health education and medication were identified as the primary nursing needs of this age group.

Makassarese older persons live closely with their family and community and practice various forms of self-care including use herbal medicine which they learned from families, neighbours and friends. Therefore, to strengthen and teach new self-care practice, involving families and peer group will give great impact. In addition, a holistic nursing intervention is needed to care the older persons.

Keywords: self care, older persons, nursing needs