Knowledge, Attitude and Practices on Self-care Among Older Persons of Makassarese Tribe, South Sulawesi, Indonesia

Self-care has been described as a strategy for coping with life events and stressors, and for enhancing quality of life during the aging process, thereby promoting independence and healthy aging. Nevertheless, there are only a few studies performed, especially in Indonesia, with regards to Knowledge, Attitude and Practice (KAP) of older individuals in terms of self-care. This study aimed to determine KAP on self-care among Makassarese older persons.

A non experimental descriptive correlational research design was used in the study. There were 98 Makassarese older persons who live in Paropo village in Makassar, South Sulawesi Indonesia as sample. Descriptive statistics was used to analyze the data on self-care.

Results of the study showed that Makassarese older persons had fair level of knowledge, positive attitude but had low level of practice on self-care, respectively. Another finding, most older persons did not know the importance of knowing the treatment benefit and the process of self-care learning. Result also showed that almost half of the respondents did not perceived asking for clarification as a necessity. Last but not least, only a small percentage of the respondents always seek health information from health professionals.

It is recommended that more nursing intervention focused on modeling of self-care practice needs to be done. Interaction among older persons and nurses should be longer and more interactive to give time for clarification of the treatment and getting more information on self-care.

Keywords: self-care, Makassarese, older persons