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Empowerment of The Elderly Through PKK Activities at RPTRA Manunggal, South Jakarta

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Abstract: *Community service activities play an important role in empowering communities, particularly in improving the health quality and well-being of elderly individuals. This study aims to describe the implementation and impact of Family Welfare Empowerment (PKK) activities conducted at RPTRA Manunggal, located on Jl. Impres No. 4 RT 004/02, South Petukangan, Pesanggrahan District, South Jakarta. The activities are routinely carried out once a month on the third Thursday, involving 90 elderly participants aged 60 years and above (83.33% regular participation). The program integrates health examinations, blood pressure and blood tests, elderly physical exercise, and healthy lifestyle education guided by PKK cadres and health professionals. This study employed a qualitative descriptive approach through direct interviews with key informants to explore their experiences and perceptions regarding the program. Quantitative evaluation yields an overall average program benefit score of 75.4%, indicating high effectiveness in enhancing elderly quality of life. Specifically, participants reported significant outcomes, including improved health condition control (87%), increased physical fitness (80%), enhanced healthy lifestyle knowledge (77%), elevated enthusiasm for social interaction (70%), and reduced loneliness (63%). The community-based health service program at RPTRA Manunggal contributes positively to improving elderly quality of life and demonstrates the importance of sustainable community empowerment through collaborative health promotion programs.*

Keywords: *elderly health, PKK activities, community empowerment, health promotion, quality of life*

Introduction

Elderly individuals represent a population group that experiences various changes in biological, psychological, and social functions as a consequence of the aging process. Aging is a natural condition characterized by gradual declines in physical capacity, increased vulnerability to chronic diseases, and changes in social roles within the community. Therefore, improving the health status and quality of life of elderly people has become an important priority in public health development. According to the National Institute on Aging (NIA, 2024), healthy aging involves making conscious choices to maintain physical health, mental sharpness, and meaningful social engagements in later life**.** In response to these demographic shifts, the United Nations launched the Decade of Healthy Ageing (2021–2030), emphasizing the need for transformative, community-level interventions that foster functional ability in older age (Beard et al., 2021). According to the World Health Organization (WHO, 2022-2025), the global elderly population continues to increase, requiring effective health strategies that promote healthy aging through preventive, promotive, and community-based approaches. Regionally, data from the United Nations Population Fund (UNFPA, 2022) highlights that ASEAN is aging faster than almost

anywhere else in the world underscoring the urgent need to strengthen local, community-based support systems.

Jakarta is rapidly graying. The capital has formally transitioned into an aging society, with seniors now making up over 10.6% of its populace roughly 1.167 million people. According to the National Population and Family Planning Board (BKKBN, 2023), this demographic shift highlights an increasing dependency ratio and a growing need for family and community-based support systems tailored to older adults. South Jakarta stands out as a primary hotspot for this demographic, housing more than 250,000 older adults. These figures become more critical when paired with health outcomes; Statistics Indonesia (BPS, 2024) reports that over four in ten elderly residents face frequent health issues, while nearly 20% suffer from chronic illness. This surge in vulnerable aging citizens underlines why grass-roots health initiatives such as the programs run at RPTRA Manunggal in Pesanggrahan are no longer just helpful, but essential.

One of the important strategies to improve elderly health is the implementation of community-based health services, such as elderly health posts and empowerment programs conducted by local community organizations. These programs provide not only basic health monitoring but also health education, physical activity opportunities, social interaction, and support for elderly independence. To support national priorities set by the Ministry of Health (Kementerian Kesehatan Republik Indonesia, 2023, 2024), these community-based services act as frontline hubs for health screening, lifestyle education, and early disease detection among older adults. Research conducted by Aji et al. (2023) demonstrated that community-based elderly health programs significantly improved health awareness, encouraged healthier lifestyles, and supported early detection of potential health problems among elderly participants.

Furthermore, Harahap et al. (2025) reported that elderly participation in community health activities contributed positively to psychological well-being by reducing social isolation and strengthening interpersonal relationships. In line with this, strengthening community awareness regarding social capital has been shown to significantly reinforce social support networks and improve overall elderly well-being (Pradana et al., 2022). These findings indicate that elderly health programs should not only focus on physical conditions but also address emotional and social needs as important components of successful aging.

RPTRA Manunggal, located in Petukangan Selatan, South Jakarta, is one of the public facilities utilized for community health activities organized through the Family Welfare Empowerment Program (PKK). The elderly health activities are conducted regularly every month and involve participants aged 60 years and above. Various activities are provided, including basic health examinations, health education, elderly exercise programs, and social activities aimed at improving physical fitness and overall well-being.

Although previous studies have demonstrated that elderly participation in community-based health activities positively impacts physical function and psychological well-being (Setiyawan et al., 2022; Wang et al., 2024; 2024; Sari and Hidayat, 2023; Hapsari, 2022), most existing literature evaluates these interventions in isolation focusing strictly on health education (e.g., Zhang et al., 2022) or administrative service management without assessing psychosocial outcomes (e.g., Amilahaq et al., 2024). Furthermore, there is a notable gap in empirical research regarding the holistic impact of integrating routine health examinations, structured exercise, and interactive lifestyle education measured directly through primary qualitative feedback from elderly participants. To address this research gap, this community service study aims to describe the implementation and evaluate the integrated benefits of the PKK elderly program at RPTRA Manunggal Petukangan Selatan, South Jakarta, using direct participant interviews to capture their authentic health and social experiences.

Research Method

This activity applied a mixed-methods approach with a descriptive-quantitative and qualitative design conducted monthly at RPTRA Manunggal. The qualitative component explored the lived experiences, perceptions, and social well-being of elderly participants through direct structured interviews, health activity observations, and official PKK documentation. Complementing this, the descriptive-quantitative component utilized basic descriptive statistics specifically percentage distribution formulas ($P = \frac{n}{N} \times 100\%$) and simple average scoring to quantify participant characteristics, attendance regularity, and perceived program effectiveness indicators.

Participants were selected using a *purposive sampling* technique, targeting elderly individuals aged 60 years and above who routinely participate in the Family Welfare Empowerment (PKK) health activities at RPTRA Manunggal, Petukangan Selatan, South Jakarta. A total of 90 elderly participants were involved in the overall program monitoring, with 65 key informants actively participating in-depth structured interviews to evaluate program impacts.

Data collection was conducted using a structured interview instrument designed to assess five key indicators of program benefits: (1) control over personal health conditions, (2) physical health and fitness, (3) knowledge regarding healthy lifestyle behaviors, (4) enthusiasm for social interaction, and (5) reduction in feelings of loneliness. In addition to interviews, data collection was supported by direct observations during health examinations and physical exercises, as well as official PKK activity documentation, all guided collaboratively by health professionals and PKK cadres.

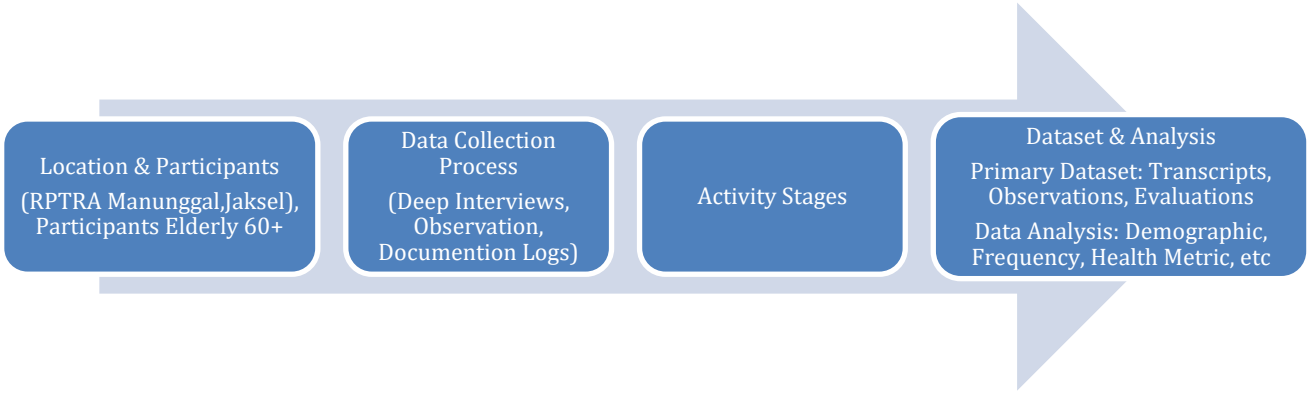


Figure 1. Qualitative Descriptive Research Process

Results and Discussion

Results of Community Service Implementation

The Community Service Program through the Elderly Family Welfare Empowerment (PKK) program was conducted at RPTRA Manunggal, Jl. Impres No. 4 RT 004/02, Petukangan Selatan, Pesanggrahan District, South Jakarta. The activities were conducted routinely every month on the third Thursday, involving elderly participants aged 60 years and above.

The activities consisted of blood pressure examinations, basic health assessments and blood examinations, elderly exercise programs, healthy lifestyle education, and health consultations with PKK officers and healthcare professionals. This program aimed to improve health awareness, maintain physical fitness, and enhance the quality of social relationships among elderly individuals.

Based on observations and interviews, participants demonstrated a high level of participation. The elderly actively participated in health examinations and physical activities provided during the program.

Analysis of Participant Characteristics

The total number of participants involved in this activity was 90 elderly individuals. The percentage distribution of participant characteristics was calculated using the following formula:

$$P = \frac{n}{N} \times 100\%$$

Where:
P = Percentage of participants
n = Number of participants in a specific category
N = Total number of participants

Example calculation for female participants:

$$P = \frac{61}{90} \times 100\%$$
$$P = 67.78\%$$

Based on the data analysis, the distribution of participants is presented in Table 1:

Table 1. Characteristics of Elderly PKK Program Participants at RPTRA Manunggal

No	Participant Characteristics	Number of Participants	Percentage
1	Age 60–65 years	12 persons	13.33%
2	Age 66–70 years	20 persons	22.22%
3	Age >70 years	58 persons	64.45%
4	Male	29 persons	32.22%
5	Female	61 persons	67.78%
6	Regular participation	75 persons	83.33%
7	Irregular participation	15 persons	16.67%

Source: Interview data from elderly PKK participants at RPTRA Manunggal, 2026.

Table 1 indicates that the majority of participants were elderly individuals aged above 70 years, accounting for 64.45% of the total participants. This finding demonstrates that elderly community programs are highly relevant for older adults who have a greater risk of experiencing age-related health problems.

Analysis of Elderly PKK Activities

Table 2. Types of Elderly PKK Activities at RPTRA Manunggal

No	Type of Activity	Purpose	Implementer
1	Blood pressure examination	Early detection of hypertension	PKK officers
2	Blood examination	Assessing elderly health conditions	Healthcare professionals
3	Elderly exercise	Maintaining physical fitness	Exercise instructors
4	Healthy lifestyle education	Increasing health knowledge	PKK officers
5	Health consultation	Providing health guidance	Healthcare professionals

Source: Primary observation and documentation of PKK activities at RPTRA Manunggal, 2026.

Based on Table 2, the elderly PKK program does not only focus on curative healthcare services but also applies promotive and preventive approaches through health education and physical activity interventions.

Analysis of Participant Interview Results

The interview results showed improvements in health benefits and social well-being among elderly participants.

The level of program benefits was calculated using the following formula:

$$M = \frac{x}{N} \times 100\%$$

Where:
M = Level of program benefits
x = Number of participants providing positive responses
N = Total number of respondents

Example calculation for participants who felt their health condition was more controlled:

$$M = \frac{56}{65} \times 100\%$$
$$M = 86.15\% \approx 87\%$$

Table 3. Data Processing Results of Elderly Participant Interviews

No	Benefit Indicator	Number of Participants	Percentage
1	Health condition is more controlled	56 persons	87%
2	Body becomes healthier and fitter	54 persons	80%
3	Improved healthy lifestyle knowledge	53 persons	77%
4	More enthusiastic about social interaction	41 persons	70%
5	Reduced feelings of loneliness	39 persons	63%

Source: Primary observation and documentation of PKK activities at RPTRA Manunggal, 2026.

Based on Table 3, the greatest perceived benefit among elderly participants was improved health control, reaching 87%. This finding indicates that routine health examinations contribute to increasing elderly awareness regarding disease prevention and personal health management.

Calculation of the Average Program Impact Score

To determine the overall effectiveness level of the program, the average value was calculated using the following formula:

$$X = \frac{\sum P}{n}$$

Where:

X = Average program success score
ΣP = Total percentage of benefits
n = Number of indicators

Calculation:

$$X = \frac{87 + 80 + 77 + 70 + 63}{5}$$
$$X = \frac{377}{5}$$
$$X = 75.4\%$$

The calculation results show that the average benefit value of the elderly PKK program was 75.4%. This value indicates that the program provided a positive contribution to improving the quality of life among elderly participants.

Diagram 1. Percentage of Benefits from the Elderly PKK Program

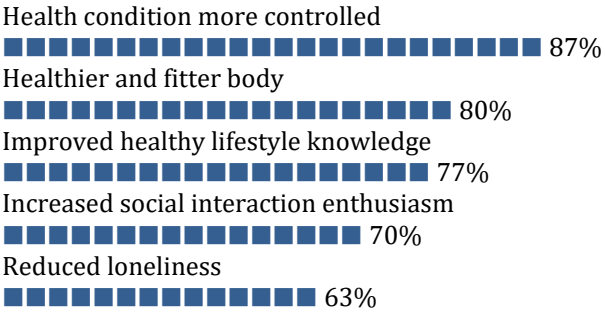
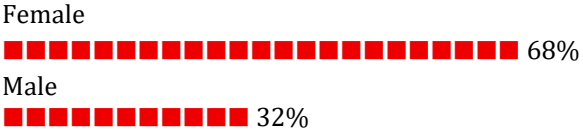


Diagram 2. Participant Attendance Level

Diagram 3. Gender Composition of Participants



Discussion

The findings demonstrate that the community-based elderly PKK program positively influenced the physical, psychological, and social well-being of elderly participants. The implementation of routine healthcare services increased elderly awareness regarding the importance of maintaining health and preventing disease. Blood pressure monitoring and blood examinations were essential activities for detecting risks of chronic diseases, including hypertension and diabetes. The results showed that 87% of participants perceived that their health conditions became more controlled after participating in the program. This finding is consistent with Amilahaq et al., who stated that community-based elderly health management programs can improve healthcare service quality and increase elderly awareness regarding their health conditions.

In addition to health examinations, elderly exercise activities contributed significantly to improving physical fitness. Approximately 80% of participants reported that their bodies became healthier and fitter after participating in routine exercise activities.

Physical activity among elderly individuals provides important benefits, including maintaining body flexibility, improving balance, increasing mobility, and reducing the risk of functional decline.

Comparison with Previous Studies

Table 4. Comparison Between Previous Studies and the Current Study

No	Researcher	Research Focus	Limitations	Advantages of Current Study
1	Dewi et al.	Elderly health education program	Focused only on education	Integrated education and health examinations
2	Amilahaq et al.	Elderly health service management	Did not discuss psychological aspects	Analyzed social and psychological benefits
3	Nuraisyah et al	service management	Did not use direct interviews	Applied direct participant interviews
4	Mujiadi et al.	Optimization of elderly health services	Focused on healthcare services	Added routine elderly exercise activities

No	Researcher	Research Focus	Limitations	Advantages of Current Study
5	Nugroho et al.	Elderly health improvement	Did not discuss program sustainability	Implemented monthly sustainable activities

Source: Synthesis of literature and primary activity evaluation, 2026.

Based on Table 4, This study distinguishes itself by moving beyond the narrow scopes often found in existing literature. While Dewi et al. focused solely on health education and Amilahaq et al. examined management without addressing psychological impacts, this research adopts a holistic framework. By integrating routine health examinations, structured physical exercises, and systematic education, it addresses both physiological needs and psychosocial well-being. Furthermore, unlike studies such as Nuraisyah et al., which relied on administrative data, this research utilizes direct participant interviews to capture authentic experiences. Finally, it surpasses the limitations of previous works by ensuring the sustainability of these activities through a consistent monthly schedule at RPTRA Manunggal, thereby offering a more comprehensive and actionable model for community-based elderly empowerment programs compared to earlier isolated service initiatives.

Novelty of the RPTRA Manunggal Elderly PKK Program

Compared to conventional elderly programs in other RPTRAs which predominantly focus on single, periodic health checks or passive socialization, the novelty of the elderly PKK program at RPTRA Manunggal lies in its integrated, multi-component, and highly consistent model. First, unlike other RPTRA programs that separate physical exercise, health screening, and education into disconnected events, RPTRA Manunggal synthesizes clinical monitoring (blood pressure and blood testing), structured physical activity (elderly gymnastics), and targeted health education into a single, cohesive monthly session guided by a collaborative team of health professionals and trained PKK cadres. Furthermore, while standard RPTRA initiatives primarily measure physical outcomes, this program explicitly targets emotional and social well-being by structuring routine group interactions that directly reduce loneliness and social isolation among older adults aged above 70 years. Finally, the program achieves exceptional long-term participant retention with 83.33% regular participation and utilizes systematic, direct interview-based primary data to evaluate qualitative user experiences, offering a replicated framework for sustainable community-based elderly empowerment.

Advantages of the RPTRA Manunggal Elderly PKK Program

The elderly PKK program has several advantages:

a) **Integrated Healthcare and Education:** By combining clinical health examinations with preventive health education in a single session, the program provides comprehensive care that addresses both immediate medical concerns and long-term health literacy.
b) **Evidence-Based Participant Feedback:** The use of direct interviews allows for the collection of qualitative primary data, ensuring the program's impact is measured through the participants' genuine experiences and perceptions.
c) **Holistic Well-being Approach:** Unlike programs focused solely on physical health, this initiative addresses the psychosocial aspects of aging, recognizing the critical link between mental health and physical fitness.
d) **Sustainability and Consistency:** The implementation of regular monthly activities fosters habit formation and long-term engagement, which is essential for effective, ongoing preventive healthcare.
e) **Community-Centered Empowerment:** Utilizing a community-based approach democratizes access to health services, significantly increasing elderly participation rates by meeting them within their own local neighborhood environment.

Figure 2. Documentation of community service activities at RPTRA Manunggal
Source: Author's Documentation

Theoretical Implications and Academic Contribution

Beyond presenting a practical report of community service implementation, this study offers significant theoretical contributions to the fields of public health promotion and community-based empowerment literature. Conceptually, the findings advance the *Healthy Aging Framework* and *Social Support Theory* by empirically demonstrating that decentralized, public-space infrastructure such as child-friendly integrated public spaces (RPTRA) can be effectively re-purposed as primary health promotion hubs for aging populations. Furthermore, this study refines existing community empowerment models by establishing that sustainable health behavioral changes in older adults require a synchronized operational synergy between grassroots community cadres (PKK) and clinical healthcare professionals. By quantifying how non-clinical social interactions directly correlate with improved health self-management (87%) and reduced loneliness (63%), this research provides empirical support for the critical role of community social capital in enhancing elderly well-being (Pradana et al., 2022), thereby establishing a theoretical bridge connecting local social infrastructure, community participation, and holistic geriatric well-being in urban settings.

Conclusion & Recommendations

Based on mathematical data processing, the average benefit score of the program was: **75. 4**% . These results indicate that the elderly PKK activities at RPTRA Manunggal represent an

effective community empowerment program in improving elderly health, physical fitness, knowledge, and social interaction.

Community-based programs such as elderly PKK activities can serve as sustainable preventive healthcare models because they do not only focus on medical aspects but also strengthen social support systems for elderly communities.

Based on the results of the implementation and data analysis of the Elderly Family Welfare Empowerment Program (PKK) at RPTRA Manunggal, Petukangan Selatan, South Jakarta, it can be concluded that this community-based activity has a positive impact on improving the quality of life of elderly individuals. The results of mathematical data processing indicate that the average benefit value of the program is **75.4%**, demonstrating that the elderly PKK activities have been effectively implemented and provide meaningful benefits for participants.

The conclusions obtained from this activity are as follows:

1. The elderly PKK program is able to improve the health and physical fitness aspects of elderly individuals through health examinations, physical activities, and education on healthy lifestyle practices. These activities help elderly participants maintain their functional abilities and increase awareness of the importance of maintaining health independently.
2. Community-based empowerment programs contribute to increasing elderly individuals' knowledge regarding disease prevention, health management, and the implementation of healthy living behaviors in daily life.
3. The elderly PKK activities play an important role in strengthening social interaction and psychosocial support among elderly individuals. Through group activities, elderly participants have opportunities to communicate, establish social relationships, and reduce the risk of social isolation that commonly occurs among older adults.
4. Community-based programs such as elderly PKK can serve as a sustainable preventive healthcare model, as they do not only focus on medical aspects but also integrate empowerment, health education, and social support components for elderly communities.

Recommendations

Based on the results of the activities that have been carried out, several recommendations for future program development are proposed:

1. For RPTRA managers and PKK cadres, it is recommended to maintain and further develop elderly activities on a regular basis by introducing more innovative programs, such as skill development training, cognitive stimulation activities, and healthy recreational activities.
2. For healthcare professionals and community facilitators, increased collaboration is needed in providing regular health education and monitoring elderly health conditions more effectively to ensure that their healthcare needs are optimally addressed.
3. For future researchers or community service practitioners, it is recommended to conduct evaluations using broader research methods, involving larger numbers of respondents and longer observation periods, so that the impact of the program on elderly health and well-being can be analyzed more comprehensively.

Through continuous development and sustainability of the elderly PKK program, this community empowerment initiative is expected to become one of the promotive and preventive strategies supporting the creation of healthy, active, independent elderly individuals with improved quality of life.

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