



## EFFECTIVENESS OF GARDEN REVITALIZATION FOR COMMUNICATION AND HEALTHY ACTIVITIES OF THE ELDERLY IN TRESNA WERDHA, LAMPUNG

### *EFEKTIVITAS REVITALISASI TAMAN UNTUK KOMUNIKASI DAN AKTIVITAS SEHAT LANSIA DI PANTI SOSIAL TRESNA WERDHA, LAMPUNG*

Bangun Suharti<sup>1\*</sup>, Abdullah Wildan Ulhaq<sup>2</sup>, Salsabila Nur Ulhaq<sup>3</sup>

<sup>1</sup>Communication Science, Lampung University

<sup>2</sup>Communication Science, Telkom University

<sup>3</sup>Department of Food Technology, Sumatran Institute of Technology

\*Email : [bangun.suharti@fisip.unila.ac.id](mailto:bangun.suharti@fisip.unila.ac.id)<sup>1</sup>, [abwildanu@student.telkomuniversity.ac.id](mailto:abwildanu@student.telkomuniversity.ac.id)<sup>2</sup>, [salsabila.120350115@student.itera.ac.id](mailto:salsabila.120350115@student.itera.ac.id)<sup>3</sup>

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#### Abstract

Ada beberapa permasalahan PSLU Tresna Werdha Lampung. Pertama, secara umum para lansia dianggap sebagai orang yang tidak dipedulikan, disisihkan karena sudah tidak mampu mengikuti dinamika kehidupan sosial di masyarakat. Kedua, taman di panti Tresna Werdha ini sudah lama terbengkalai dan tidak terurus dengan baik, yang perawatannya dapat melibatkan para lansia yang di rawat di sini. Ketiga, para lansia tidak memiliki kegiatan bersama, sebagai wadah untuk menyalurkan hobi dan meningkatkan rasa memiliki terhadap fasilitas panti jompo tempat mereka dirawat dan dibina. Berdasarkan situasi di atas, penelitian ini dilakukan untuk mengetahui efektivitas revitalisasi taman "Tresna" bagi peningkatan komunikasi kesehatan dan aktivitas sehat para lansia di PSLU Tresna Werdha Lampung. Data dalam penelitian ini diperoleh melalui wawancara dengan informan, observasi lapangan dan dokumentasi kegiatan lansia di panti Tresna Werdha, Natar, Lampung Selatan. Penelitian ini membuktikan bahwa, dengan merevitalisasi taman mini "Tresna" yang berada di panti, dapat meningkatkan komunikasi kesehatan dan aktivitas sehat bagi para lansia. Aktivitas sehat tersebut melibatkan aspek kesehatan fisik, sosial dan mental lansia. Aktivitas sehat tersebut antara lain: saling berkomunikasi secara sehat tentang permasalahan kecil di taman, senang dengan struktur sosial sebagai penanggung jawab taman, berbagi tugas sesuai dengan tugas masing-masing, merawat taman dan hewan peliharaan secara terpadu. Lansia juga termotivasi untuk merawat dan memanfaatkan tanaman herbal yang ada di taman untuk mengatasi masalah kesehatannya.

**Keywords :** *Aktivitas sehat, lansia, Tresna Werdha Lampung*

#### Abstrak

There are several concerns about PSLU Tresna Werdha Lampung. Firstly, the elderly are generally regarded as people who are not cared for, set aside because they are no longer able to keep up with the dynamics of social life in society. Secondly, the garden in this Tresna Werdha orphanage has long been neglected and not well maintained, whose maintenance can involve the elderly who are treated here. Third, the elderly do not have joint activities, as a place to channel their hobbies and increase their sense of belonging to the nursing home facilities where they are cared for and fostered. Based on the situation above, this research was conducted to determine the effectiveness of the revitalisation of the 'Tresna' park



for improving health communication and healthy activities of the elderly at PSLU Tresna Werdha Lampung. The data in this study were obtained through interviews with informants, field observations and documentation of elderly activities at the Tresna Werdha home, Natar, South Lampung. This research proves that, by revitalising the 'Tresna' mini park located in the nursing home, it can improve health communication and healthy activities for the elderly. These healthy activities involve physical, social and mental health aspects of the elderly. These healthy activities include: communicating with each other healthily about small problems in the garden, happy with the social structure as the person in charge of the garden, sharing tasks according to their respective duties, caring for the garden and pets in an integrated manner. The elderly are also motivated to care for and utilise herbs in the garden to overcome their health problems.

**Kata Kunci : Elderly, health activities, Tresna Werdha Lampung**

## **INTRODUCTION**

The Elderly Social Home (PSLU, hereinafter referred to as PSLU) Tresna Werdha, Natar, South Lampung, is inhabited by approximately 70 elderly residents. There are 19 elderly women and 9 elderly men, of whom are residents of an orphanage who are under special care, due to their very advanced age. The remaining 40 people are residents of the orphanage who can still work independently. (source: data on reports of visits to the Tresna Werdha orphanage location, February 21, 2022)

The schedule of activities for residents of PSLU Tresna Werda orphanage is recitation activities every Thursday at the Panti mosque, receiving invited guests and checking health once a month. Entertainment activities are sometimes also carried out by playing and singing together when welcoming guests who come to visit.

There are no activities for planting flowers and herbal gardens at the Tresna Werdha PSLU. The target area of this activity is an activity center in the form of a mini garden, fish pond and gazebo which is integrated in a small garden that is already owned by the Panti, but so far it is not functioning properly. The condition of this park area is stalled, the pool is dry and some have been damaged. Some parts are not well maintained, so there needs to be rehabilitation, repairs here and there, decorated with colorful colors and planted with useful herbal plants. Fish ponds also need to be improved so that they can be used to maintain food fish or ornamental fish.

Small activities by feeding fish, some pets such as rabbits and pigeons, watering and picking flowers, maintaining beautiful herbs are also beneficial for health. Weeding the grass is a fun little activity for the elderly, who make up 60% of the total inmates in this orphanage, are still active and healthy. This activity is neither burdensome nor tiring, if the availability of adequate tools, such as faucets and water hoses, so that water does not need to be lifted, shovels and small brooms to clean the yard or tidy up the soil/gravel.

The garden area with the gazebo owned by the Tresna Werdha orphanage already exists, but cannot be used to its full potential. With a little improvement, this park area can be a fun "mini zoo-edu fun" garden area.

The garden with gazebo at PSLU Tresna Werdha Natar, South Lampung, has not been fully utilized. The park has not been fully utilized to facilitate the elderly to have small, healthy and meaningful activities to channel their hobbies of gardening and raising fish, feeding rabbits and



birds. Rabbits and birds are one of the fun pets. Rabbits are even known to have properties that are good for health. Quoted from the Padjadjaran University Faculty of Animal Husbandry page, rabbit meat has the same protein as chicken, but has lower cholesterol levels. Rabbits also only eat leaves, fruits and vegetables, so they are safer because they do not contain chemicals in their food. (<https://www.unpad.ac.id/profil/prof-dr-husmy-yurmiati-ir-ms-daging-kelinci-bisa-jadi-alternatif-pemenuhan-daging-di-indonesia/> accessed on 27 February 2022 1:00 p.m.)

A pair of brood rabbits that are kept here, later it is very possible to be bred and can be consumed by the elderly. This herbal plant also does not need to be planted in a large area, the important thing is enough sunlight and nutrients. Herbal plants, apart from being medicinal, can also be used as ornamental plants because of their beautiful leaf and flower shapes. (Hidayanto and Ardi, 2015)

The land in the Tresna Werda PSLU, which is a small, unkempt garden, should be used as a cool green open area, beautiful with colorful flowers and herbs and accompanied by beautiful ornamental fish. Plants that have been considered as weeds or nuisance plants, are actually medicinal plants. Examples of weeds which are herbal plants are babandotan, shy daughter, kates flower and telang flower, mountain antanan, chicken claw. (Badrunasar, 2017) There needs to be socialization by planting it and informing the community about its benefits through outreach activities.

A small, beautiful and neat garden is useful as a provider of healthy and clean air to support the health of the elderly. This small activity of gardening and gardening is expected to facilitate blood circulation, as a means of socialization among the elderly, fun entertainment, mutual cooperation in taking care of the garden and discussing its use for maintaining the health of the elderly.

Young shoots and shoots of these flowers and herbs can be picked to decorate flower vases in rooms. The elderly will feel comfortable, can beautify their own room as a result of picking their own flower gardens. They will feel that life is more meaningful, because they have taken care of the garden, planted for the future, and will leave something useful later. The atmosphere in the nursing home is expected to feel more homy, like living at home. Thus, it is hoped that the health and life expectancy of the elderly at the Tresna Werda orphanage can be optimized.

Several initial actions have been taken to revitalize the function of this old and abandoned park. Efforts to revitalize the "Tresna" park are also accompanied by assistance, so that the park can function optimally in order to improve health communication and healthy activities for the elderly who live in PSLU Tresna Werdha Natar, South Lampung.

The purpose of revitalizing the park is to increase herbal health communication activities and healthy small activities for the elderly (hereinafter referred to as the elderly) who live and are fostered by PSLU Tresna Werdha Natar, South Lampung. This action review activity is expected to improve the health and well-being of the elderly, through health communication and healthy activities as well as utilizing herbs grown in this park.



## LITERATURE REVIEW

### Revitalization

According to the Big Indonesian Dictionary (KBBI) the meaning of revitalization is to make it more lively, more useful and more alive. (Dendy Sugono, 2008) Revitalizing means, previously existing, but not passionate, not used as it functions. Revitalizing is making what already exists becomes important (vital) again, repaired so that the situation is getting better.

### Mini Zoo Park – Edu Fun Herbal

Mini Zoo Park is a small park with some tame animals that are usually kept. The mini zoo park is designed to contain a variety of freshwater fish and ornamental fish, then the pets that will be kept are rabbits, ornamental chickens and pigeons. The concept of a mini zoo is now popular as a recreational park in several cities during the pandemic. Apart from being a means of recreation, the concept of mini zoo-edu fun is to provide space for learning to the community. The mini zoo-edu fun park is in the city of Jember, with the name Jember Mini Zoo (<https://portaljember.tangan-rakyat.com/pariwisata/pr-163149174/jember-mini-zoo-wisata-baru-di-jember-yang-offer-recreation-education-with-zoo-packaging?page=2> : accessed March 1, 2022).

In Bandung there is a mini zoo Paris Van Java and in Yogyakarta there is Gembiro Loka. (<https://sikidang.com/kebun-binatang-mini-paris-van-java/>, accessed March 1, 2022)

At the location of the mini zoo, the public/visitors can play and joke with tame pets such as rabbits, which are cute and fun. Bandung city park design is attractive and interactive, between visitors and pets, mini zoo parks are expected to be a family recreation option. (Ciptarini, Pujiraharjo and Muttaqien, 2020).

The concept of the Edu Fun Herbal garden referred to here is a small integrated garden with a mini zoo, which contains a variety of medicinal herbs for health.

Herbal plants that have medicinal properties include aloe vera, mother-in-law's tongue, telang flower, kukukan leaf, suji leaf, pandan leaf and others commonly used daily. Empon - empon will also be held to make it easier to consume such as turmeric, red ginger, temulawak, kencur. This plant has been commonly consumed for generations as herbal medicine and for cooking spices. This herbal plant, has long been used to prevent disease, promotion (prevention of disease) and efforts to treat disease. Herbal plants are commonly referred to as family medicinal plants (TOGA) (Bebet and Mindarti, 2015).

For the guesthouse, large pots made of brick and cement have been provided. The pots are there for growing Brazilian spinach and kale. The potted plants at the location will be used to keep the elderly in this orphanage busy with watering and picking plants, to feed rabbits and ornamental chickens.

### Health Communication

Health Communication is communication made in order to influence attitudes and behavior related to Health decisions. In this Health communication, health messages will influence attitudes and decisions when someone faces health problems. Health communication will have a sustainable



impact if communicators and communicants consistently behave with health standards, choose healthy behavior even though they are not sick or not experiencing health problems.

Health Communication concerns the physical, social, psychological and temporal dimensions. The physical dimension concerns the environment around which communication occurs. The social dimension includes social conditions, which involve the parties involved in communication, as well as their culture. Family traditions and local communities, become important in efforts to communicate. The psychological dimension means the psychological atmosphere that accompanies both the communicant and the Health communicator. If the communicant has a dark past, he can become suspicious of others. The temporal dimension is the time, during which communication takes place. When the time is right, at the right time, Health communication can run well and effectively. (National and Pillars, 2016).

In group health communication, it is hoped that the attitude of this group will consistently apply its health knowledge, because it is always in an environment that allows it to do so. The condition of seeing repeatedly, experiencing and overcoming health problems, in a certain way, will make group members remember indirectly. This memory, will be implemented in daily life, to apply in daily activities how to behave in a healthy manner.

This herbal edu Fun park, is expected to be a means of communicating health with the elderly, becoming a topic of discussion about herbal plants and their benefits, and trying to live a healthy life using these herbs. For example, if you have a cold, you will take red ginger to boil. When there is indigestion, they will pick ginger to overcome it. When exposed to wounds, or inflammation, will take turmeric to overcome health problems. The benefits of herbs will be increasingly understood through the frequent interaction of these groups with each other in joint activities in the room or area of the herbal garden. So, the conversation between them, will remind each other and suggest to take the ingredients available in this herbal garden. The herbs grown in this herbal garden are not only for overcoming health problems, but can also be used as an immune booster. Ginger, turmeric, temu comedy, garlic are some of the plants that can be used as an immune booster during a pandemic or in normal times. (Postharvest BB Researcher, 2020)

### **Elderly Health Degree**

The health status of the elderly can be seen from how much the elderly can carry out activities to meet their own needs.

According to WHO, elderly people can be divided into several criteria:

1. Elderly (old age): that is 60-75 years old
2. Old (old age): 76-90 years old
3. Very old (very old age): age > 90 years

The health of the elderly (hereinafter referred to as the elderly) is influenced by the process of time and conditions of aging. The aging process is described as a process of change related to age, universal, internal in nature, at the age of 60 and then very progressive and detrimental. (Metkono, 2017).



The condition of getting old is a necessity for every human being. However, in old age, humans can still be strived to remain useful and empowered, at least they can still do small activities, take care of their own needs. Elderly health can also be maintained by doing light sports activities to avoid injury. Small fun activities, playing watering flower pots, plucking and sweeping can be healthy activities to train the muscles, as can light exercise. The aging process is suspected, one of the causes is a lack of physical activity, in addition to the presence of free radicals, osteoporosis or vascular disease. (Kurnianto, 2015).

Although the elderly cannot do strenuous exercise, the elderly still have to move so that the muscles are trained. Movement activities and even sports are still needed because exercise helps muscles stay flexible, fosters pleasure so that it can reduce anxiety, hypertension, fat accumulation to reduce bone loss (Kartika et al., 2023). Light weights and exercises that involve a balance of body movements, breathing, can prevent a significant decline in health in the elderly. (Kurnianto, 2015).

This mini zoo – edu fun herbal park, is expected to help improve the quality of health for the elderly who live together at the Natar nursing home, South Lampung. Through the activities of watering plants, gardening, feeding pets and fish, cleaning and pulling grass has become an activity equivalent to light exercise.

### **Health Handling in The Elderly**

The condition of the elderly, has a special character, due to the reduced function of various organs of the body. The organs of the elderly have experienced a significant decline in function. The current condition of the elderly, 27.62 experienced pain with high blood pressure as much as 57.6 percent, related to joint pain as much as 51.9 percent, and stroke by 46.1 percent.

Such conditions cause the elderly to require special care. Some things that can be done to care for the elderly include:

1. Preventive and ancillary service
2. Treatment with the provision of support or support.
3. Outpatient, inpatient or spatial care as needed .
4. Complete and continuous care in the hospital.
5. Home care by family

Service center for the elderly based on community involvement (care for the elderly) (Bethesda and Yogyakarta, no date).

The Health Program for the elderly actually aims to keep the elderly healthy, enthusiastic, independent and empowered both socially, religiously and economically productive. This is in accordance with human dignity, so that the elderly are still recognized as part of a dignified society. The elderly are still expected to be independent and active, useful and efficient both for the community and especially to be able to meet their own needs independently. (Glenn and Massie, 2019).



The existence of a mini garden "Tresna" at PSLU Tresna Werdha Natar South Lampung is expected to contribute to elderly care. Elderly care in this case is related to preventive and ancillary services, providing support or support in order to encourage them to live healthy, active and communicate health through the facilities provided in the park.

## **RESEARCH METHOD**

This research is a follow-up study in the context of optimizing and revitalizing the Tresna Park owned by PSLU Tresna Werdha, Natar, South Lampung. In addition to conducting a follow-up study, analysis of the results was carried out by observing in the form of mentoring and documentation of the activities of the elderly at PSLU Tresna Werdha Natar, South Lampung.

Actions to re-enable the park, which was named "Tresna Park" which means love, are as follows:

### **1. Park Revitalization, which includes the following activities:**

- a. Renovation of the fish pond that surrounds the park, so that it can be used to raise fish.
- b. Pruning / felling of old trees in the middle of the park, which has been disturbing and damaging the fish pond because its roots have spread in all directions.
- c. The addition of the central garden design, which originally had a large tree, was replaced with flowers and decorative pots made of old tires.
- d. Addition of iron cages for 3 types of pets, namely: a pair of fan pigeons, a small family of serama chickens consisting of 2 females and 1 male and a pair of rabbits. The placement of this cage is above one of the pond areas, so that rabbit droppings and food waste can be used as food for the fish below.
- e. The addition of 6 units of iron arch ornaments, as propagation of herbal plants and rehabilitation of some parts so that they are better and more beautiful.
- f. Planting various kinds of herbs and flowers that can be used as medicine, among others: aloe vera, binahong, turmeric, ginger, mini cucumber, mother-in-law's tongue, kitolod, patchouli leaves, greges muscle, bitter, fennel leaves, brazil spinach, kangkong, leaf grass jelly, telang flower, pomegranate and figs (tin fruit)

### **2. Preparation of the Social Structure of the Park Manager**

The preparation of social structures can increase social roles. The arrangement of the social structure can increase the roles and responsibilities of the elderly towards the interests and sustainability of this "Tresna" park.

Based on the above considerations, the responsibility structure for the "Tresna" park is structured as follows:

- a. Responsible for the Overall Park (PSLU internal staff)
- b. Responsible for the pet section (cage with 3 pets) and fish pond (elderly)
- c. Responsible for health and plant growth in the garden (elderly)



- d. Responsible for garden cleaning (elderly)
- e. Responsible for the cleanliness of the gazebo in the park (elderly) (Suharti et al., 2022)

In order to facilitate monitoring of the state of the park, the elderly who live in the closest guesthouse with the mini garden "Tresna" are given the task and are responsible for the social structure. Other seniors, may help and participate in supervising and will be given assignments in rotation in shifts between times

## **RESULT AND DISCUSSION**

### **1. Establishment of Social Structure and The Person in Charge of The Park**

The establishment of a social structure in charge of the park has increased the role of the elderly in managing the "Tresna" park. Those appointed have been able to carry out their duties and functions properly. Responsible for cleaning, every morning and evening cleaning and sweeping the garden, watering flowers and weeding annoying grass (Suharti et al., 2023). The person in charge of the pet has also carried out his duties well. Social activities in the park and the location of the guesthouse next to the park also seem to increase. There is a small problem with pets, namely sick rabbits, which makes the elderly gather and discuss how rabbits should be cared for, treated and cleaned. The get-together activity at the guesthouse where Ms. Yanto as PJ's pet was seen was crowded with visitors. Just visiting for a joke or to talk about the health of the pet

The gazebo in the garden is getting cleaner and more beautiful because of the addition of pots planted with flowers and herbs. The gazebo is increasingly suitable for activities, both activities from external parties who often come to carry out community service activities and student practices as well as internal activities of the orphanage.

If an external party uses the gazebo for outreach activities or community service, an infaq fee will be charged to finance the maintenance of the park. The minimum park maintenance fee is IDR 250,000, which includes: purchasing fish, bird, rabbit and chicken feed. If there is an excess, the infaq funds can be given for just tired money for the elderly who have been taking care of the park. Furthermore, the received infaq funds can be saved to add necessary garden facilities such as: garden gates, unloading tents, renovation costs and electricity and others according to future needs.

The following is a photo of the documentation of an increase in the social activities of the elderly:



**Figure 1.** Elderlies Socialize and Talk Each Other (1)



**Figure 2.** Elderlies Socialize Each Other (2)

## **2. Appointment of Pet in Charge**

There was an increase in the activity of the elderly, as well as their involvement in taking care of pets. This is indicated by the responsibility to provide food, clean the cage and take care of sick pets. The related documentation is shown below:



**Figure 3.** Elderlies Playing with Rabbit (1)



**Figure 4.** Elderlies Playing with Rabbit (2)



**Figure 5.** Elderlies Playing with Rabbit (3)



**Figure 6.** Elderlies Playing with Rabbit (4)



**Figure 7.** Elderlies Playing with Rabbit (5)

### **3. Herb Cultivation**

The effects of planting herbs are also felt by the elderly, not only causing the garden to be more beautiful and beautiful because it is propagated on the vines of the heart-shaped arch, but also increasing the knowledge and benefits of herbs for the health of the elderly. Some of the material provided regarding the benefits of herbs, is also well used to treat or as a warm tea ingredient for the elderly.

Photo documentation of the activity of using herbs as messages in Health communication is shown below:



**Figure 8.** Elderlies Took Care of The Herbs (1)



**Figure 9.** Elderly Took Care of The Herbs (2)

Some of the photos above show the attention and increased activity of the elderly by taking advantage of the availability of facilities and infrastructure in Tresna park. Indirectly, with this little joy, there are physically and mentally healthy activities that can improve the health status of the elderly.

As mentioned in the Pustaka study, the activity of the elderly can be increased by continuing to provide them with light social activities. Physically trained with this small activity, still keeps the muscles moving and trained. It is hoped that this light social and physical activity, the distribution of hobbies and small activities can increase the comfort and health of the elderly at PSLU Tresna Werdha Natar, South Lampung.



## CONCLUSION

Follow-up research by revitalizing park facilities at PSLU Tresna Werdha Natar, South Lampung, has been shown to be able to increase the healthy activities of the elderly. The elderly become empowered, feel given the mandate and responsibility to maintain the garden and use it so that they are motivated to maintain the garden. Keeping the garden clean, mopping, sweeping, feeding pets and fish in the pond is a joy in itself. Hobbies and channeling desires and hopes can harvest pets, bringing joy and joy to the elderly. Social activities, gathering and chatting while caring for and drying pets, have also added to elderly health communication activities.

Available herbal plants can be used to reduce the health problems of the elderly, among others, to reduce uric acid, reduce fungal itching and as a healthy drink.

The management of the orphanage will later need to make arrangements for the person in charge of the park in turn, so that all the elderly who are still active and healthy, will also feel the importance of taking good care of the garden and all facilities, plants and pets.

“Tresna” mini park facilities can be improved by setting aside infaq funds from outside parties who carry out activities in this “Tresna” mini park. Other facilities include: traffic signs as a means of learning for school children about ethics on the highway. It is also possible to add unloading tent facilities so that more participants can participate in activities in the park.

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