

CHINESE ETHNIC ELDERLY : HEALTHY LIFE PATTERNS AND QUALITY OF LIFE IN OLD AGE

¹Fakhira Yaumil Utami
fakhirautami25@gmail.com

²Pawennari Hijjang
aweunhas@yahoo.com

³Muhammad Basir
Muhammad.basir.unhas@gmail.com

^{1,2,3}Hasanuddin University

Abstract

This study examines and explores the healthy lifestyle of the Chinese ethnic elderly in the city of Makassar. The sampling technique of this research is purposive sampling by selecting informants with certain criteria, namely the elderly Chinese ethnicity aged 60-74 years who live around China Town/Chinatown; and elderly Chinese (original Chinese) informants. The healthy lifestyle of the elderly was analyzed based on the internal conditions and external conditions of the Chinese ethnic elderly based on Friedman's theory. The results of this study indicate that the lifestyle of the Chinese ethnic elderly in Makassar externally includes no longer inherits the healthy behavior and habits of their parents, such as no longer drinking Shinshe-style herbal concoctions which are usually made from roots, bark, tree branches, and dried flowers as a herbal concoction that is boiled and then drunk. The ethnic Chinese elderly prefer herbal medicines that have been packaged in capsule form. In addition, health is maintained with healthy foods rich in fiber such as vegetables and fruits, avoiding alcohol and cigarettes, getting enough and regular sleep; and most importantly regular exercise and other physical activities. Internally healthy lifestyle is done by avoiding stress, reducing the burden on the mind, trying to stay happy by socializing and interacting with friends. The healthy lifestyle of the elderly affects the quality of life of the elderly in old age.

Keywords: lifestyle, healthy lifestyle, elderly, Chinese ethnicity

INTRODUCTION

The number of elderly people in Indonesia continues to increase from 11.3 million people (8.9 percent) in 1990, to 33 million people (13 percent) in 2014 (Central Bureau of Statistics data) and is expected to reach 29.5 percent of the total population in 2014. 2050 (United Nations). The elderly population continues to increase accompanied by the emergence of various problems for the elderly. According to Suardiman (2011) there are four problems that are generally experienced in old age, namely economic problems, socio-cultural problems, health problems, and psychological problems.

The elderly have a poor capacity to function optimally because they tend to be depressed in dealing with various problems at the end of their lives (Laksamana, 2013:3; Suardiman, 2011:37). The quality of life of the elderly is influenced by internal factors (physical & psychological function) and external factors (social support). (Chaichanawirote, 2011:7).

Based on the results of the National Economy Social Survey, the number of Elderly is 14.4 million people or 7.18% of the total population. As for those aged over 65 years, it reaches 4.6% of the total population of Indonesia (10 million people). In addition, the number of elderly

people is projected to continue to increase which is estimated to increase to 28.8 million in 2020 (The Ministry of Health of the Republic of Indonesia, 2012:1).

A healthy lifestyle is a description of a person's activities or activities that are supported by desires and interests, as well as how a person's thoughts live and interact with their environment (Amir, 2002). Lifestyle and diet can also affect the aging process. For example, an unbalanced diet between intake and the need for both the amount and type of food consumed, such as eating high-fat foods, consuming less vegetables and fruit and so on. Healthy living should start from a young age to stay active until old age, namely by eating a balanced nutritious diet, doing physical activity or exercise correctly and regularly, not smoking, and avoiding alcohol.

Each ethnic group has its own way of maintaining health by using herbs to stay healthy and fit in old age. Health maintenance and the Chinese version of medicine are very well known, ranging from traditional ingredients derived from plants or herbs that are drunk such as herbal medicine, as well as traditional massage treatments. Traditional Chinese medicine believes that disease is caused by disharmony between the environment inside and outside one's body. This imbalance phenomenon is used in the context of understanding, treating, and preventing disease. It is because all processes in the human body relate and interact with the environment. The research on the elderly, especially the healthy lifestyle of the elderly among ethnic Chinese, is very interesting to study because it is often to see that ethnic Chinese elderly are still active in living their daily lives. For example, they still often go to the mall, go jogging in the morning, participate in Taichi sports, and various other activities with their pre-elderly or young children. The aging process among the Chinese elderly appears

to be slowing down compared to the elderly in general or the elderly from Makassar ethnic groups such as the Bugis, Makassarese, Toraja ethnics. In fact, it is frequently seen that women are just pre-elderly but their physical strength and facial appearance are like the age of the elderly. Based on this visible reality, it raises further scientific curiosity to research about how to live a healthy lifestyle among the Chinese ethnic elderly, using the perspective of Health Anthropology.

This study explores the healthy lifestyle of ethnic Chinese who live in the city of Makassar, especially the elderly who are classified as "young old" who are aged 60-74 years. WHO divides the age of the elderly into four categories of old age, namely middle age or pre-elderly (40-59 years), elderly (60-74 years), old (75-90) and very old (over 90 years). A healthy lifestyle is a lifestyle that pays attention to all aspects of health conditions, both physical and psychological health. This study will focus on the problem of how the healthy lifestyle of the Chinese ethnic elderly with internal indicators (within the elderly/psychic) and external (the environment from outside).

The Chinese ethnic seniors in the city of Makassar carry out physical activities and sports every day around the Karebosi location and the Losari Beach Area/Center Point of Indonesia (CPI). On normal days, the elderly usually do physical activities around the Karebosi field, but on Saturdays and Sundays (morning or evening) they do much more physical activities such as jogging, sightseeing, gymnastics and so on in the Karebosi field or at around the Losari beach platform. This phenomenon indirectly provides information that there are differences in lifestyle participation in the community in maintaining health and fitness in the elderly. The research problem is how the healthy lifestyle of the

Chinese ethnic elderly in the city of Makassar?

The term health anthropology is a term used to describe research aimed at finding a comprehensive definition and interpretation of the interrelationships of bio-culture, past and present human behavior and present-day health and disease status; and professional participation in programs that aim to improve the degree of health through a broad understanding of the relationship between bio-social symptoms, culture and health, changes in healthy behavior for the better (Anderson, 2006:11).

In relation to the healthy lifestyle of the Chinese elderly and the Chinese philosophy of life, Husodo (1985) argued that the teachings that have a great influence on the basic development of thinking, way of life, and philosophy of the Chinese are Buddhism, Taoism, and Confucianism. Meanwhile, Hariyono (1993) argued that the culture and life of a society are heavily influenced by its belief system. According to Hariyono (1993), among the three beliefs, the teachings of Confucianism or better known as Confucianism are believed to be the most influential and ingrained in the daily lives of Chinese people. This teaching is also thought to contribute to the uniqueness of Chinese culture and influence the Chinese mindset a lot. Thus, the ethnic Chinese referred to in this study are ethnic Chinese who are included in the full-blooded Chinese group, because they are still oriented towards Chinese culture and are not the result of mixed marriages with indigenous people.

The results of research on the elderly that have been carried out are entitled "Identification of Pre-Elderly Chinese Ethnic Lifestyles in Maintaining Health and Fitness" by Sanusi (2020). The objective of this study was to determine the lifestyle of the Chinese ethnic community who entered the elderly phase in living their daily lives. The concept of

healthy living according to the culture of the Bugis and Makassar people based on research by Ridha, et al (2000:278) is inherited based on local knowledge and based on belief. For a healthy life, it is necessary to pay attention to a balanced and well-nourished menu from plants/herbs and animals; and avoid and abstain from foods that are believed to be detrimental to health.

METHODS

The data sources of this research are divided into two parts, namely primary data sources obtained from observations and interviews with informants. Meanwhile, secondary data sources were obtained from several reference books and the results of previous studies which were considered relevant to this research. All of this data is qualitative data in the form of descriptive explanations using words without statistical data in the form of numbers.

The population of this study were all ethnic Chinese elderly in Makassar City who lived in Makassar's Chinatown and the Chinese Elderly gymnastics community. The research sample was selected by purposive sampling (sampling technique with certain considerations). The Chinese ethnicity that was used as the sample was the age limit for the elderly based on WHO standards with the elderly category being humans aged 60-74 years, consisting of 5 men and 5 women.

The data collection technique used by the researcher is observation technique, in-depth interview technique, and recording technique. The data analysis technique was carried out by using Friedman's analytical framework to formulate a healthy lifestyle in Chinese ethnic elderly based on the WHO healthy concept.

RESULT AND DISCUSSION

At the age of the elderly, there are changes in life, both physiological and psychological changes. The elderly will easily experience various kinds of degenerative diseases that cause weakness and deterioration of body functions, sensory, cognitive, and emotional weakness (Akhmadi, 2012: 3). Nearly 80% of adults over the age of 65 have at least one chronic health problem (Potter & Perry, 2012:12). The elderly will experience changes in hearing function, visual function, digestive function, urine elimination function, cardiovascular function, respiratory function, mobility and safety. According to Tyson, the elderly are regarded to be successful if they have the ability to adapt to the aging process, both physically, mentally and socially. Successful elderly are elderly who can maintain their physical and psychological abilities throughout their lives. Therefore, the elderly who care about health will carry out various activities that can maintain physiological and psychological functions with various ways of living that can be healthy.

Psychological changes that occur in the elderly often become more sensitive and emotionally unstable, while social changes along with the age of the elderly tend to withdraw and are not interested in socializing. In addition, the physical changes that occur in the elderly are described by the skin becoming more wrinkled, teeth falling out, hair getting whiter and bones becoming more brittle. (Potter and Perry, 2012: 18).

Elderly ethnic Chinese are foreign descendants who are quantitatively the most dominant compared to other foreign descendants in Indonesia. Overseas Chinese who initially immigrated to Indonesia consisted of several ethnic groups in China, such as the Khek, Tio Ciu, Hokkien and Cantonese ethnic groups. In general, ethnic Chinese (now called ethnic Chinese) in Indonesia are better known in two groups, namely full-

blooded Chinese and peranakan Chinese. The totok group are those who are oriented to Chinese culture, they still live up to Chinese cultural values, such as using Chinese at home and celebrating the Chinese New Year. However, in the city of Makassar, the full-blooded Chinese also use the local language, namely the Makassar language in their daily communication. The Peranakan Chinese are those who are already oriented towards local culture, such as the ethnic Chinese who have long lived in Makassar using the Makassarese or Bugis language. Likewise, the Chinese who live in Medan use the local language in their daily interactions (Hermanto, 2008:19).

The term health anthropology is used to describe research aimed at obtaining a comprehensive and interpretive definition of the interrelationships of bio-culture, between past and present human behavior and varying degrees of health and disease. Aims to improve health status through a broader understanding of the relationship between bio-social cultural symptoms and health through changes in healthy behavior towards what is believed to improve quality health (Anderson, 2006:11).

Fabrega (in Putri and Rahmawati, 2018:57) formulates Health anthropology as an explanation of various factors, mechanisms, and processes that play a role in the perspective of individuals or groups towards illness and disease and how to respond to them; Health anthropology also has an emphasis on behavioral patterns.

Makassar has a strategic position because it is located at the intersection of traffic lanes from the south and north in the province of Sulawesi, from the West region to the eastern region of Indonesia and from the northern region to the southern region of Indonesia. Based on the coordinates, the Makassar city area is located at the coordinates of 119 degrees east longitude and 5.8 degrees south latitude with varying altitudes between 1-25 meters above sea level. The number of

sub-districts in the city of Makassar is 14 sub-districts and has 143 urban villages. Among these sub-districts, there are seven sub-districts bordering the coast, namely Tamalate, Mariso, Wajo, Ujung Tanah, Tallo, Tamalanrea and Biringkanaya sub-districts. Makassar is a multi-ethnic city. The population of Makassar is mostly from the Makassarese and the Bugis, the remaining are from the Toraja, Mandar, Butonese, Chinese, Javanese and so on. (Wikipedia).

Chinatown Town Makassar is located in the center of Makassar. The Chinatown Town Gate is only 400 meters from the zero kilometer point of Makassar City which is in Karebosi Field. Chinatown covers an area of more than 44 hectares. It is in this area that a people's party is held in the big celebration of Cap Go Meh every year. Various attractions and arts and Chinese specialties can be seen here. China Town located in Wajo District is the main location of this research to find informants. Because the condition of Chinatown in the Covid-19 condition looks deserted and the conditions do not support obtaining elderly informants, the research location is also carried out in the Karebosi field as a place for physical activity for the elderly. Chinatown Town is divided into 3 subdistricts, namely, Melayu Baru, Ende, and Pattunuang. Chinatown Town includes Sulawesi Street, Sangir, Sumba, Serui, Sarappo, Timor, Bacan, Banda, Bali, Lembah, Lombok, Irian, Diponegoro, Bonerate, Flores and Jampea Street. The number of family heads in Pattunuang Village is 1,020. while the number of family heads in the Ende sub-district was 867 and in the Melayu Baru village as many as 793 families. A total of 2,680 families in Chinatown.

One of the sub-districts in the city of Makassar as a place for ethnic Chinese settlements is Wajo District. Wajo District is one of 14 sub-districts in Makassar City which is bordered to the north by Ujung

Pandang District, to the east by Mamajang District, to the south by Tamalate District and to the west by the Makassar Strait. Wajo sub-district consists of 8 subdistricts, of which 5 subdistricts are located in coastal areas and 3 other subdistricts are located in non-coastal areas with an average elevation of less than 500 m above sea level. The population density of Wajo Subdistrict in 2014 was 16,053.77 people/km². The total population in 2014 in Wajo District was 31,947 people. 15,638 of them were male and 16,309 female. Wajo sub-district has an area of 1.99 km², with the widest area being in the villages of Malimongan and Malimongan Tua, namely 0.41 km².

The Chinese ethnic civilization brought by the Chinese to Makassar added to its own cultural treasures and also colored the Makassar and Bugis ethnic civilizations and arts in the city of Makassar. The Makassarese and the Chinese have lived and interacted peacefully for hundreds or even thousands of years. Even the Chinese crossbreed is very tolerant of carrying out Makassar cultural traditions, both for safety and for ease of sustenance. For example the tradition of *appakakdok* (giving offerings at sea) as a tribute to their ancestors who are believed to be Makassar people. The Chinese culture brought by the owner into Makassar was well received by the Makassarese and Bugis ethnic communities, which gave birth to acculturation. Acculturation is a social process that arises when a group that has a culture is faced with elements of other cultures so that elements of foreign cultures are gradually accepted without causing the loss of personality and identity of each culture. We can see this condition in the city of Makassar where people who live in the city of Makassar mingle with ethnic Chinese and participate in enlivening Chinese cultural celebrations such as Chinese New Year (Gong Xi Fa

Cai), Cap Gomeh, barong sai performances, and others.

The results of the study reveal that to maintain a healthy lifestyle for the Chinese elderly in Makassar internally, especially maintaining physical function, the Chinese elderly did various physical activities. Physical activities carried out by the elderly include exercising such as jogging, morning walks, to regular Taichi exercises. In addition to exercising regularly, the elderly maintain the quality of life internally by reducing the burden of thoughts that can make them stressed. In addition, the elderly maintain the rhythm of life to stay happy by walking to the shopping center to shop or just eating or drinking coffee with family or fellow elderly friends. The lifestyles of the elderly that are revealed to maintain health include not drinking alcoholic beverages, not smoking, and getting enough sleep according to the needs of the elderly.

Based on the results of research on the lifestyle of the Chinese elderly in Makassar, some information was obtained based on the results of interviews with a number of informants. An informant named Lukman Hakim who is 74 years old and works as an entrepreneur obtained information about the concept of healthy and healthy lifestyle, as the following interview excerpts.

“The concept of health must be started early, it does not mean that you are old enough to live it. Usually people are late to follow a healthy lifestyle. So, the diet is regulated, because sometimes the diet is different according to each individual. My food must be complete with fruit, vegetables, meat, rice but the portions are small. Don't drink soda, let alone alcohol.” (Lukman Hakim, 74 years old).

To maintain fitness and health in order to stay healthy, the elderly do

various ways, including how to maintain health carried out by Mr. Lukman. The concept of healthy according to him is to maintain a healthy diet by paying attention to the food consumed while following the four healthy eating patterns, namely eating rice (just a little), vegetables, fruits, protein in the form of meat (small portions) or other proteins. The food consumed every day will affect the quality of physical function in general.

Mr. Lukman continues to maintain his health by drinking herbal ingredients to avoid chemical drugs. This was revealed when asked if he took herbal medicine or vitamin supplements to maintain his health, and he answered as follows.

“I drink herbs, but not shinshe...we should really consume herbs, why do we have to use chemicals...”(Lukman Hakim, 74 years old).

The next question asked is whether the healthy lifestyle that you have been running is inherited from generation to generation, such as still drinking Chinese herbs? Mr. Lukman answered as follows.

“Look... in the past, old people used to drink Chinese herbs, but now it's rare. We used to drink sinshe which is sold on Jl. Sulawesi but now most go to the doctor. And for herbal medicine, I drink the ones from Malaysia.” (Lukman Hakim, 74 years old)

Based on the answers given by this informant, the current healthy lifestyle no longer follows the old parents and no longer inherits the way of life of their grandparents. They no longer rely on Shinshe-style herbal concoctions but rely more on doctors medically. The herbal ingredients that are consumed to maintain health are no longer herbs from China but from Malaysia.

Is the healthy lifestyle that you have been running all this time a hereditary

inheritance, like still drinking Chinese herbs? Mr. Lukman answered as follows.

“Look... in the past, old people used to drink Chinese herbs, but now it's rare. We used to drink *sinshu* which is sold on Jl. Sulawesi but now most go to the doctor. And for herbal medicine, I drink the ones from Malaysia.” (Lukman Hakim, 74 years old)

Based on the answers given by this informant, the current healthy lifestyle no longer follows the old parents and no longer inherits the way of life of their grandparents. They no longer rely on *Shinshu*-style herbal concoctions but rely more on doctors medically. The herbal ingredients that are consumed to maintain health are no longer herbs from China but from Malaysia.

The version of a healthy lifestyle for elderly mothers when researchers asked questions about how the concept of healthy and healthy lifestyle was carried out. One of the informants, named Mery, is 63 years old, an entrepreneur, and still looks beautiful in her old age. According to Mrs. Mery, the concept of health starts from being physically healthy as well as having a healthy mind. She really cares about his body fitness by exercising every day and it has been a habit since he was a girl. She is happier to do physical activities such as dance. Since young, we have to take care of our health so that we are always healthy and beautiful. Keep the mind so as not to stress and maintain adequate sleep. This opinion is expressed as in the excerpt of the answer like this.

“Actually it's the mind not to stress with sleep the most important. When I eat, I don't get dizzy, I just think it's important to maintain a sleeping pattern, I don't think everyone has the same way of sleeping, but I take care of that. If I sleep well, the quality of my sleep is good

because I sleep well, I rarely wake up wanting to urinate of all kinds.”
(Mary, 63 years old)

Furthermore, Mrs. Mery gave a way to relieve stress which is usually done by mothers. As a 63 year old woman, she no longer focuses on her business but leaves it to her children to manage the business. The reason he delegated business ventures to children was to avoid stress. Interventions in the problems of their married children are also reduced so that children's problems do not become a burden on parents' minds.

According to Mrs. Ica, a healthy lifestyle is a regular lifestyle such as eating and sleeping regularly, exercising regularly, avoiding fried foods but still eating all kinds of food in small amounts..

“...Eat regularly, sleep regularly, exercise regularly too. I also exercise every day. I'm also not picky about food, the important thing is not much and I avoid fried foods now...”
(Mrs. Ica, 70 years old)

According to an elderly version of a healthy lifestyle, Indah (Mei Yong) who works as a taichi trainer, is 73 years old. She chose a job as a taichi sports coach after getting old. According to her, a healthy life does not require a lot of demands but is lived in a relaxed manner, especially at the age of the elderly who must regularly exercise and get enough rest. In addition, she still consumes milk, vitamin C supplements and vitamins for bones to maintain health. Adequate sleep and waking up at dawn according to her is healthy, must have breakfast regularly as well as healthy living tips according to Mrs. Indah.

In line with the conditions in the field, ethnic Chinese women who are entering the elderly are very intense in maintaining their ideal body weight by actively doing physical activities to stay fit

and maintain body aesthetics, especially maintaining fat distribution which results in skin folds on the abdomen. Overall, on average, both male and female research subjects had good body composition and quality.

The physical condition of the elderly who are used as informants internally and externally is very much different from the theories of the condition of the elderly in general who experience decreased physiological conditions and states that the elderly experience physiological conditions where the skin is wrinkled, hearing is reduced. Changes internally psychologically, according to the theory that the attitude of the elderly is often in conflict with their children who are young and depressed. The results of interviews with informants indicate that internally the elderly mothers and fathers do not experience conflict with their children. It is indicated that elderly parents really understand the emotional condition of their children so that the way to educate children does not apply the parenting pattern of their parents first because it is no longer relevant to current social conditions.

Externally, the social changes of the elderly in general, such as being less able to take action, more isolated themselves, no desire to socialize, feeling completely helpless, are external conditions that are not indicated at all by the informants for this study, both male and female. woman. In fact, what is seen externally is that the Chinese elderly are very active in physical activities because they exercise and exercise every morning or evening. Elderly Chinese also prefer to exercise outside the home and socialize with their elderly friends.

The healthy concept that has been implemented for decades by Tommy Wijaya (68 years old) who works as a dental handyman, is almost the same, although there is a slightly different emphasis. This opinion can be seen in the

following interview excerpt, when asked how the concept of health according to you is. According to him, the healthy way of life and the healthy lifestyle that he has been carrying out so far are as follows.

“First exercise, then second nutritious food such as fish, eggs, reduced meat, lots of vegetables. Third, prioritize breakfast. I eat breakfast with oatmeal because this has been a habit for 50 years from my grandmother, because apart from being good for health, eating oatmeal is also good for ulcers.” (Tommy Wijaya, 68 years old)

According to him, a healthy life is correlated with the quality of food consumed, such as increasing fiber and fruit foods, and reducing meat. Breakfast is very important to do to keep the emergence of ulcer disease and you should consume oatmeal for the type of breakfast that is considered to be of higher quality, which can maintain heart health and cholesterol. Healthy behavior applied by Mr. Tommy Wijaya in living his life to stay fit at an advanced age, not only from the food factor. Internally, Pak Tommy also maintains health by maintaining good relations with neighbors and friends, especially community friends who have long existed so that they can exercise together as a form of refreshing while laughing together. According to him, problems in the household will always exist, whether because of problems with children or infidelity, or other things. The thing that must be maintained is that the problems faced can cause stress because this can make health disturbed. Mr. Tommy's opinion can be seen in the following interview excerpt.

“Apart from food, there is also the relationship between us in the household... decades of living at home, there must have been problems, whether they were separated because of problems

with child development, being accused of cheating and that became a stressor. That's why we need socialization with peers, refreshing and laughing with peers....” (Tommy Wijaya)

To relieve stress and refresh the body and mind, he has his own way, namely after work or holidays he meets with friends to exercise (usually in Karebosi) together, jokes, and usually continues to eat together.

The healthy lifestyle of the Chinese elderly who are used as informants is basically the same, although there are separate emphases on how they maintain their health. The healthy lifestyle of the elderly today no longer follows the old way as was done by their grandmothers or parents who used to drink herbal ingredients or sinshes. This is also expressed by Mr. Tommy as in the following interview excerpt.

“This is how old people used to drink Chinese herbs, but now it's rare. We used to drink sinshes which was sold on the road in Sulawesi, but now we go to the doctor most of the time. And for herbal medicine I drink the one from Malaysia”. (Tommy Wijaya)

How does he take care of his health so that he can stay in shape when he is old? He answered as stated in the following interview excerpt:

“I minimize to consume soft drinks, drink black coffee instead of instant coffee without sugar is okay, because instant coffee is not good for my heart. The second is to sleep regularly, I exercise in the afternoon or evening because so that the quality of my sleep at night is good and restful. If we exercise in the morning, we will definitely take a nap, the night is not necessarily a good sleep. Don't eat a lot of rice for dinner, I reduce it at night.” (Rudy, 70 years old)

To maintain health and a healthy lifestyle externally, what he runs is a healthy lifestyle consistently by reducing soft drinks such as fanta, sprite and so forth. Drinking real black coffee without sugar and not drinking instant coffee is also a healthy drink choice to avoid heart disease. To maintain his physical health, he exercises almost every day from day to evening so that he is tired at night and can sleep well and of good quality, which is very important for maintaining health. He avoids exercising in the morning because after morning exercise he is usually sleepy and has to sleep; and this according to him is not good for health. The diet is also maintained, namely reducing the consumption of rice carbohydrates at night because there is less activity, you have to eat lots of vegetables and fruit.

The advice and teachings of their parents in the past was to avoid smoking and alcohol to live a healthy life because the bad habit of the Chinese people is to like to consume alcohol and smoke. The teachings of Mr. Rudy's parents since he was little are the punishment for eating cayenne pepper if he is caught smoking by his parents.

One of the informants who is also 70 years old is named Wilyono and is still fit and still running his business with the help of his children. When asked how the concept of healthy according to his perception, Mr. Wilyono gave the following answers.

“The pattern of life is inner and outer, so stress is not healthy. Don't let your mind get stressed. I also don't exercise regularly but I walk a lot everywhere. I don't have much rice, I reduce carbohydrates. I eat more fish than meat. When it comes to my breakfast, what matters is not rice.” (Wilyono, 70 years old).

According to an elderly version of a healthy lifestyle, Indah (Mei Yong) who works as a taichi trainer, is 73 years old. She chose a job as a taichi sports coach after getting old. According to her, a healthy life does not require a lot of demands but is lived in a relaxed manner, especially at the age of the elderly who must regularly exercise and get enough rest. In addition, she still consumes milk, vitamin C supplements and vitamins for bones to maintain health.

Adequate sleep and waking up at dawn, according to her, is healthy, you must have breakfast regularly as well as tips for healthy living according to Mrs. Indah.

“Just relax, let alone retired grandparents. So at 4 in the morning we woke up, cooked breakfast and cleaned the house. I also still like to drink milk. Take Vitamin C, a supplement for bones. After coming home from exercise in the morning, I also rest, I should also get enough sleep. I go to bed early and wake up early too.” (Ica, 70 years old)

According to Mrs. Indah, there are no ancestral traditions that are specifically applied at this time to stay healthy. The behavior of eating healthy food and exercising regularly can maintain health

“I've always liked sports, aerobics, pole dancing since childhood, but since we're old, now it's taichi....”. (Ica, 70 years old).

In line with the conditions in the field, ethnic Chinese women who are entering the elderly are very intense in maintaining their ideal body weight by actively doing physical activities to stay fit and maintain body aesthetics, especially maintaining fat distribution which results in skin folds on the abdomen. Overall, on average, both male

and female research subjects had good body composition and quality.

The physical condition of the elderly who are used as informants internally and externally is very much different from the theories of the condition of the elderly in general who experience decreased physiological conditions and states that the elderly experience physiological conditions where the skin is wrinkled, hearing is reduced. Changes internally psychologically, according to the theory that the attitude of the elderly is often in conflict with their children who are young and depressed. The results of interviews with informants indicate that internally the elderly mothers and fathers do not experience conflict with their children. It is indicated that elderly parents really understand the emotional condition of their children so that the way to educate children does not apply the parenting pattern of their parents first because it is no longer relevant to current social conditions.

Externally, the social changes of the elderly in general, such as being less able to take action, more isolated themselves, no desire to socialize, feeling completely helpless, are external conditions that are not indicated at all by the informants for this study, both male and female. woman. In fact, what is seen externally is that the Chinese elderly are very active in physical activities because they exercise and exercise every morning or evening. Elderly Chinese also prefer to exercise outside the home and socialize with their elderly friends.

CONCLUSION

The lifestyle of the ethnic Chinese elderly in Makassar externally is no longer inherits the healthy lifestyle and habits of their parents, such as no longer drinking Shinshe-style herbal concoctions which are usually made from roots, bark, tree

branches, and dried flowers as herbs that are boiled and then drunk. The Chinese ethnic elderly prefer herbal medicines that have been packaged in capsule form. In addition, maintaining health with healthy foods rich in fiber such as vegetables and fruits, avoiding alcohol and cigarettes, getting enough and regular sleep; and most importantly regular exercise and other physical activity. Internally healthy lifestyle is done by avoiding stress, reducing the burden of the mind, trying to stay happy by socializing and interacting with friends. A healthy lifestyle shall be started from a young age so that at the age of the elderly the quality of life remains in a healthy state. Healthy behavior from an early age will affect the quality of healthy life in old age.

References

- Arikunto, Suharsimi. (2006). *Prosedur Penelitian Suatu Pendekatan Praktik*. Jakarta: PT. Rineka Cipta.
- Fatmah. (2010). *Gizi Usia Lanjut*. Jakarta: Erlangga.
- Junaidi, Iskandar. (2012). *Rematik dan Asam Urat*. Jakarta: PT Bhuana Ilmu Populer Kelompok Gramedia.
- Kementerian Kesehatan RI. (2012). *Pedoman Pelayanan Kesehatan Lanjut Usia di Puskesmas*. Jakarta: Kemenkes RI. Kementerian Negara RI. 1998. *Undang-undang RI Nomor 13 Tentang Kesejahteraan Lanjut Usia*. Jakarta: Lembaga Negara RI.
- Notoatmodjo, Soekidjo. (2012). *Metodologi Penelitian Kesehatan*. Jakarta: PT. Rineka Cipta.
- Notoatmodjo, Soekidjo. (2012). *Promosi Kesehatan dan Perilaku Kesehatan*. Jakarta: PT. Rineka Cipta.
- Priyatno, Duwi. (2010). *Paham Analisa Statistik Data dengan SPSS.Plus! Tata Cara dan Tips Menyusun Skripsi dalam Waktu Singkat*. Cet-1. Yogyakarta: MediaKom.
- Purwanti, Anik Eka. (2012). *Hubungan Pengetahuan tentang Hipertensi dengan Pola Hidup Sehat Lansia dengan Riwayat Hipertensi di Unit Rehabilitasi Sosial Pucang Gading Semarang*. Semarang: Universitas Muhammadiyah Semarang Fakultas Ilmu Keperawatan dan Kesehatan.
- Sari, dkk. (2003). *Empati dan Perilaku Merokok di Tempat Umum*. *Jurnal Psikologi*, 2, 81-90.
- Simanullang, Poniayah. (2012). *Pengaruh Gaya Hidup Terhadap Status Kesehatan Lanjut Usia (Lansia) di Wilayah Kerja Puskesmas Darusalam Medan*. Medan: Program Studi S2 Ilmu Kesehatan Masyarakat Fakultas Kesehatan Masyarakat Universitas Sumatera Utara.
- Sugiyono. (2008). *Metode Penelitian Kuantitatif Kualitatif dan R & D*. Bandung: Alfabeta.
- Utami Reiza Suzan, Rusilanti, Artanti. (2014). *Perilaku Hidup Sehat dan Status Kesehatan Fisik Lansia*. *JKKP: Jurnal Kesejahteraan Keluarga dan Pendidikan*, 1 (2), 60-69.