

The Role of Elderly- Special Garden as a Social Interaction Space for the Elderly Community in Semarang City

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Abstract: Healthy living in old age is a dream for the elderly. This elderly health supports the increasing life expectancy of Indonesian people. The success of the current development can be seen by the increase in life expectancy that has an impact on the increasing number of elderly people. Indonesia belongs to an old structured country because the elderly population reaches more than 7% (who provisions) of the total population. Central Java ranks third of the five provinces in Indonesia with the largest number of elderly, but currently does not have a park specifically for the elderly and does not have an elderly regional regulation. This fact is quite ironic because the elderly people actually have the same rights as other citizens in the use of public open space. Thus the role of public open space for the elderly will be very supportive in the process of improving health quality. The elderly need interaction with the public, in this case the elderly need for social interaction space in the form of public space that is an elderly park. This study aims to create integration between geriatric science and architecture in the planning of elderly parks and develop criteria for planning elderly gardens. The method used is qualitative where to search data by means of purposive sampling and sampling area. The findings of this study are in the form of an elderly garden planning criteria that can be used as a basis for the preparation of the elderly regulation. By providing a special room for the elderly, it is hoped that it will improve the quality of life of the elderly and make Semarang city an elderly friendly city.

1 INTRODUCTION

According to the Republic of Indonesia Act number 13 of 1998 the meaning of the elderly or the elderly is a community that has reached the age of 60 (sixty) and above.

Based on population projection data as shown in Figure 1, it is estimated that in 2017 there will be 23.66 million elderly people in Indonesia (9.03%). It is predicted that the elderly population in 2020 (27.08 million), in 2025 (33.69 million), in 2030 (40.95 million) and in 2035 (48.19 million). With almost 24 million elderly people in 2017, Indonesia is included in the old structured country because the elderly population reaches more than 7% (WHO provisions) of the total population.

Based on data from the Central Statistics Agency, SUSENAS 2015 is available. 19 provinces (55.88%)

of Indonesia have an old population structure. From the Figure 2, it can be seen that the three provinces with the largest percentage of elderly are DI Yogyakarta (13.81%), Central Java (12.59) and East Java (12.25%).

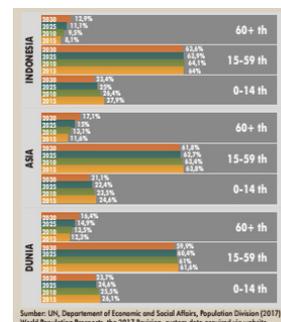


Figure 1: Population development in the world.

sketches) and observations from selected respondents (indirect observation). While the interview activity is the primary data source which is obtained from parties who directly provide data in this case the elderly community respondents through a question-and-answer process. To explore the data from the respondents selected the type of free guided interview, where the interviewer makes the main issues that will be studied (guided) as a guide in the interview process while in the interview process is free speech.

2.3 Materials and Tools

The research material was obtained from the collection of materials from supporting data sources, namely: material from literature / literature sources, material obtained from planning objects and material obtained from resource persons / respondents while the tools referred to here are equipment that used in conducting surveys that serve to assist in the data collection process.

2.4 Samples and Respondents

The sampling method is not chosen randomly but uses certain considerations (purposive sampling) with the intention that the sample taken can be representative that can provide clear information / images so that the number of research samples is not determined in advance.

Then as a population is the elderly and parks in the city of Semarang. The connection with the problem in the planning area is the snowball sampling technique that is extracting data through in-depth interviews from one respondent to another and so on until the researcher does not find new information. Another factor in determining the sample is the informant in this case the respondents who have special criteria, namely the elderly and visitors to parks in Semarang City. The selection of respondents can develop according to the needs in obtaining data.

2.5 Data Analysis

Data analysis will be done is making abstraction based on data that has been collected and then categorized. The data analysis process is carried out since data collection or since the first time in the field. Furthermore, after all data has been collected, intensive and extensive data analysis is carried out after returning from the field.

3 RESULTS AND DISCUSSION

The study was conducted on 3 (three) parks in the city of Semarang, including parks: Pandanaran, Gajah Mungkur and Sampangan. Each of these parks has its own peculiarities based on the location, history, area, facilities, service area and the needs of the local community for public open spaces. So far these parks have been very supportive of the public's need for public open space even though in terms of the total needs of the people of Semarang City the public open space that is comfortable is still very far away which is about $\pm 7\%$ of the 20% recommended conditions (Permen PU, 2008). Based on observations from the 3 parks, only Pandanaran Park was designed using a ramp that could be accessed by the elderly and disabled, but the ramp was still far from the required requirements. Table 1 shows the study conducted on the object of research based on the park's service to the elderly and disabled.

From the results of the analysis above obtained a basic criteria for planning a special elderly garden in the city of Semarang that combines the planning requirements of the elderly garden in terms of the field of architectural science and the requirements of a place that can be accessed by the elderly in the field of geriatrics. Criteria for elderly parks based on the above studies are as follows:

- The area of the park and the number of elderly people.

The planned park area must be based on the number of elderly people in an area and the possibility of increasing the number of elderly people. This will support in terms of comfort where park users are not only the elderly, but people who do not have special needs will also take advantage of the park. Minimum garden area is 0.30 m² / urban village population.

- Ease of access to the park.

Access to the elderly park must be taken into account considering that the elderly and disabled have the limitations of traveling to the park. Limitations in terms of physical conditions and limited facilities for going to the park. Access to the park must be as easy as possible and as close as possible to residential areas.

- Park security.

Parks that are planned must be safe, meaning safe against crime. Because elderly people have limitations, the location of the park should not be in crime-prone areas.

Table 1. Result of the research on park service for elderly and disabled.

Study	Location 1 Taman Gajah Mungkur	Location 2 Taman Pandanaran	Location 3 Taman Sampangan
Area	9.07 km ²	0.70 km ²	0.98 km ²
Population (person)	63,707	7,259	62,375
Minimal Required Garden Area (m ²)	19,122	2,178	8,713
Garden Area (m ²)	7,039 (36.8%; Not Feasible)	600 (27.5%; Not Feasible)	3,587 (19.2%; Not Feasible)
Accessability	easy	easy	easy
RAM	Not Available	Available with too steep RAM (1:5)	Available with suitable steepness. In not good condition
Railing	Not Available	Not Available	Not Available
Disable path	Not Available	Available	Available
Noise	Medium	Very Noisy	Very Noisy
Pedestrian Material	Not Available	Available	Available
Vegetation	Enough	Less	Less
Pollution	No Pollution	Very high	Very high
Lighting	not sufficient at night	not sufficient at night	not sufficient at night
Garden Facility	Available; poorly maintained	Available; poorly maintained	Available; poorly maintained
Parking	Not available	Parking for Bicycle	Inadequate parking for motorcycle
Bus Stop	Available	Not Available	Not Available
Park Convenience	Comfortable	Not Comfortable, quite hot	Not Comfortable, quite hot

- Special parking space.

The park must have a special parking area for the elderly and disabled who are safe and comfortable and adjacent to the park. The park must be accessible from the parking lot to enter the elderly park. The location of the parking lot is attempted to deal directly with the park.

- Bus stops and crossings.

The location of the public transportation stop must be close and go directly to the park. The stop must be continuous with the crossing for easy access to the park.

- Availability of RAM.

Ram must be available from the highway to the sidewalk and from the sidewalk to the park, as well as to the toilet. Ram is the most important means for the elderly and disabled to make it easier to reach the park and reach higher or lower places. Ram must have the required degree of slope that is not more than 7°.

- Away from noise.

Parks must be far from sources of noise because the elderly need comfort and tranquility in the park. By feeling comfortable, the elderly can move without interruption.

- Park material.

Materials that are used in planning an elderly garden should not be slippery for the safety and comfort of elderly activities, made of safe or special material. Some parts of the floor serve as a means of reflection, the width of the road in the park is sufficient and there is a color as a marker.

- Types of plants.

Selected types of plants that are not harmful to the elderly, have aesthetic value, can produce O₂ and improve environmental quality. There are enough shade trees, directing plants, ground cover and aesthetic plants.

- Provision of railing in the park.

Railing is needed in the park to help facilitate the activities of the elderly in the park and in the toilet.

- Away from pollution.

The location of the park must be far from unwanted pollution and has cool air.

- Color.

Coloring to mark the edges of stairs and stairs above and below. Color as a differentiator of the path between the elderly and disabled and the path for normal visitors.

- Lighting in the park.

The amount of lighting inside and outside the park is sufficient and not dazzling.

- Facilities in the garden.

There is a rest area (sitting group, bench) and it is not too far apart. The toilet has a hand grip and is easily reached, the toilet floor is not slippery. The drain is good to prevent slippery floors. Can be added to flower beds for wheelchair users (special designs) or other additional facilities that can be used by the elderly. Toilet that is easy to reach.

The provision of elderly parks is not only able to accommodate elderly activities in open spaces, but there is a need for provisions or criteria that are suitable as a special park for the elderly. Some things that can be taken into consideration in developing the criteria for an elderly park should not only be based on architectural aspects but also look at geriatric science in which there are important parts that are needed by the elderly for a public open space or an elderly park as their place to move, interact social and improve health and fitness.

4 CONCLUSIONS

Observations show that the existence of parks in the city of Semarang is still limited to formality in providing facilities for the elderly and still not in accordance with the recommended conditions. From some observations it turns out that only Pandanaran park provides ram for the elderly and disabled, even though the existing ram (1: 5) does not match the minimum standard of the specified ram (1:12). Completeness of park facilities has not been fulfilled properly, especially parking problems and visitor convenience. So far the existing parks can only be accessed by people who do not have physical limitations. Planning for the elderly garden and the Elderly Regional Regulation must be realized as soon as possible considering the increasing number of elderly people in Semarang City. Planning an elderly garden must see the physical and psychological needs of the elderly which also involve geriatrics. Minimum area requirements for each village are not in accordance with prescribed standards.

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