

## The Level of Independence and Social Activity with the Life Satisfaction of the Elderly at Panti Bhakti Luhur Sidoarjo

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### ABSTRACT

**Background:** Many factors are related to life satisfaction in the elderly, one of which is the level of independence and social activity. This study aims to determine the level of independence and social activity with the life satisfaction of the elderly at Panti bhakti Luhur Sidoarjo.

**Purpose:** The purpose of the study was to determine the independence and social activities with the life satisfaction of the elderly at Panti bhakti Luhur Sidoarjo.

**Methods:** The sampling technique used non-probability sampling with accidental sampling. The population of this study was 108 people and the research sample obtained was 85 elderly people aged over 60 years at Panti Bhakti Luhur Sidoarjo. To assess the level of independence using a Katz Index questionnaire, to assess social activity using a social activity questionnaire, to assess life satisfaction using the SWLS (Satisfaction With Life Scale) questionnaire. The data is then tested using Spearman Rho Correlation.

**Results:** Research shows that there is a relationship between the level of independence and life satisfaction of 0.001 ( $p < 0.05$ ) and social activities with life satisfaction of 0.000 ( $p < 0.05$ ).

**Conclusion:** The level of independence and social activities related to the life satisfaction of the elderly requires support from the family and related agencies in developing elderly activities to increase life satisfaction by motivating and helping the elderly to be able to train the level of independence and social activities.

**Keywords:** activity, elderly, independence, satisfaction

Received August 10, 2022; Revised September 12, 2022; Accepted October 3, 2022

DOI: <https://doi.org/10.30994/jnp.v6i1.258>



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**BACKGROUND**

The aging process of the elderly affects various aspect of life namely social, economic and health because as you get older, the function of the body's organs also decreases (Dewi, 2014). Old age is a natural process that cannot be avoided by humans, characterized by changes in physical, emotional, and sexual life. Emotional changes, namely decreased memory, often forgetting, changing emotions, often getting angry, high self-esteem, and easily offended (Willy F. Maramis, 2009). Based on a preliminary study conducted by researchers on December 4, 2020 at Panti Bhakti Luhur Sidoarjo, the researcher conducted a brief interview with the nursing home staff and found a lack of independence and social activity in the elderly and from filling out the questionnaire distributed to 5 elderly it was found that 3 out of 5 elderly people felt less satisfied in life. So far, research on the relationship between the level of independence and social activity with the life satisfaction of the elderly at Panti Bhakti Luhur Sidoarjo has never been studied.

According to (BKKBN, 2019) The number of elderly people in the world will continue to increase compared to the number of other age groups. It is estimated that in 2015 there were 901 million elderly people in the world. This number is projected to continue to increase to reach 2 (two) billion people in 2050 (United Nations Population Division, 2015). According to (Zhang & Liu, 2007) the percentage of life satisfaction in China, the correlation is 1.0%, while the coefficient is 12,427. According to research (Utari & Ayuningtias, 2018) the percentage of life satisfaction in the Bali area is very low 4.2%, low 12.7%, moderate 35.2%, high 29.4%, and very high 18.5%. According to (Rahmawati, 2016) the percentage of life satisfaction in Surabaya, namely the elderly who are satisfied with their lives are 60% and those who are not satisfied are 39.6%. According to research (Dirik et al., 2006) The percentage of independence level in Turkey is 8.3% modified dependency, 69.9% modified independence and 21% total independence. According to research (Usia, 2017) the percentage level of independence in the Surabaya area is 80% independent and 20% dependent. According to (Fatrianifah, 2017) the percentage of social activities in the Yogyakarta area is 62.% not participating, 10.3% participating as administrators, and 27.6% participating as members. According to research (Dya Sustrami, 2017) the percentage of social activities in the Surabaya area is 65.6% bad and 34.4% good.

Life satisfaction of the elderly is significantly influenced by social activities. Elderly who have a wide social network of friends have a higher level of life satisfaction than the elderly who are socially isolated (Sucipto, 2017) Social support, religiosity, type of activity and positive thinking have also been shown to be related to life satisfaction in the elderly. Life satisfaction has a fairly important role in various aspects of life, individuals with high levels of satisfaction tend to do their best to achieve predetermined targets in life. them (Frisch, 2006). In contrast, people who have a low level of life satisfaction tend not to be able to show their true abilities when doing something. This can result in self-dissatisfaction, unhappiness, which in turn can lead to problems in personal and social adjustment (Hurlock, 1997).

The level of independence and social activities carried out in the elderly can increase satisfaction in the life of the elderly. High life satisfaction can be achieved if the individual continues to carry out activities that he deems meaningful. The elderly have a network of friends who have a higher level of life satisfaction than the elderly who are socially isolated. If the elderly do not participate in social activities, they are at risk of feeling lonely, depressed, and withdrawing from their social environment (Borg, C., Hallberg, I.R., 2005). This research has received a Statement of Eligibility for Health Research Ethics from STIKES Hang Tuah Surabaya with the Number: PE/38/VI/2021/KEPK/SHT.

**OBJECTIVE**

The purpose of this study was to determine the relationship between verbal violence and the socialization ability of preschool children.

**METHODS**

This study uses an analytical observational research design with a cross sectional approach, emphasizing the observation of the independent variable level of independence and the dependent variable of life satisfaction. The independent variable and the dependent variable were only assessed once at a time. The research was conducted at Panti Bhakti Luhur Sidoarjo February - March 2021 .The number of elderly population aged 60 years is 108 with a sample of 85 people who have met the inclusion criteria and exclusion criteria. not possible to be a respondent. Sampling technique Non-probability sampling with the approach (Accidental Sampling).

The data collection procedure used the SWLS life satisfaction questionnaire (Ahmad & Hafeez, 2011)consisting of 5 question items modified by the researcher on the assessment of questions, the KATZ index of independence level questionnaire consisted of 6 questions. and a social activity questionnaire. The ethics of this research are informed consent, anonymity, confidentiality. The data is processed in stages: editing, coding, data entry, cleaning. Data analysis was carried out through univariate analysis and bivariate analysis.

**RESULTS**

Table 1: Demographic Characteristics and Research Subject Variables

Gender	Frekuensi (f)	Prosentase (%)
Male	0	0
Female	85	100
Total	85	100

  

Age	Frekuensi (f)	Prosentase (%)
60-74 years	55	64,9
75-90 years	30	35,4
>90 years	0	0
Total	85	100

The results of the data analysis of demographic characteristics and subject variables were 100% female, the age of the respondents was in the age range of 60 - 74 with a percentage of 64.9%.

Table 2: The relationship between the level of independence and life satisfaction

Life Satisfaction																
Independence Level	very satisfied		satisfied		a little satisfied		Neutral		a little dissatisfied		Not satisfied		Very dissatisfied		Total	
	F	%	F	%	F	%	F	%	F	%	F	%	F	%		
Independent	1	6,7	4	26,7	2	13,3	0	0	5	33,3	1	6,7	2	13,3	15	100
Depends on medium	0	0	3	30	5	50	0	0	0	0	2	20	0	0	10	100

Depends on weight	0	0	1	1,7	15	25	1	1,7	14	23,3	16	26,7	13	21,7	60	100
Total	1		8		22		1		19		19		15		85	

Spearman Rank Statistical Test Results with  $\rho$  value = 0,001, ( $\rho=0,05$ ),  $r$  value = 0,505

Based on the table above (33.3%) shows the level of independent independence with a slightly dissatisfied category, the results of the Spearman statistical test using the SPSS program value ( $\rho = 0.001$ ) that  $= < 0.05$  which indicates there is a relationship between the level of independence and life satisfaction of the elderly in Panti Bhakti Luhur Sidoarjo.

Table 3: Relationship between social activity and life satisfaction

Social activity	Life Satisfaction															
	very satisfied		satisfied		a little satisfied		Neutral		a little dissatisfied		Not satisfied		Very dissatisfied		Total	
	F	%	F	%	F	%	F	%	F	%	F	%	F	%	N	%
Low	1	3	8	24,2	10	30,3	1	3	6	18,2	5	15,2	2	6,1	33	100
Medium	0	0	0	0	12	27,3	0	0	11	25	10	22,7	11	25	44	100
low	0	0	0	0	0	0	0	0	2	25	4	50	2	25	8	100
Total	1		8		22		1		19		19		15		85	

Spearman Rank Statistical Test Results with  $\rho$  value = 0,000 ( $\rho=0,05$ ),  $r$  value = 0,505

Based on the table above that as many as (30.3%) high social activity with a slightly satisfied category, the results of Spearman's statistical test using SPSS value ( $\rho < 0.000$ ) that ( $\rho < 0.05$ ) which indicates there is a relationship between social activity and satisfaction elderly living in Panti Bhakti Luhur Sidoarjo.

## DISCUSSION

The elderly in the Sidoarjo Bhakti Mulia orphanage were categorized as independent depending on the weight of 60 people (70.6 %). Age affects the level of independence of the elderly is a natural process that cannot be avoided. As you age, your body functions decline so that your health is more easily disturbed, both physically and mentally (Maryam, 2008) . The physical condition that has experienced many setbacks makes the elderly have a tendency to need assistance in meeting their daily needs. From the interview results, it was found that elderly people who have balance disorders are very important to do balance exercises because it will reduce the incidence of falls in the elderly and provide benefits for strengthening muscles so that they can reduce dependence on the elderly.

The results of the study of moderate social activities were 44 people (51.8%) according to (Indriana, 2012) Social activities besides being able to function as entertainment activities, can also increase the meaning of life because they are still useful for others, have many friends, and increase religious activities if the activity is socio-religious. The results of the question and answer session with the elderly showed that the elderly often participated in gymnastics together at the Panti Bhakti Luhur Sidoarjo

The life satisfaction of the elderly showed a slightly satisfied result of 22 people (25.9 %). Satisfaction is a subjective condition of a person's personal condition with respect to feelings of pleasure or displeasure as a result of an impulse or need that exists in him and is associated with the perceived reality. (Chaplin, 2011). From the results of questions and answers, most of the elderly are female with a level of life satisfaction in the slightly satisfied category, they reveal that they feel satisfied when they see the success of their children, gather

with family and friends of their age.

Factors that affect the independence of the elderly are age, immobility and easy to fall. The first factor that determines the level of independence of the elderly is age. Researchers limit the age of respondents, namely 60-69 years according to the age limit determined by (Depkes, 2008). The second factor that affects the independence of the elderly is immobility. Immobility itself is the inability of the elderly to move actively. At the time of the study, it was found that 3 elderly people aged 60-69 years already had stroke and Parkinson's disease. The three elderly are included in the category of total dependence because when the results of the study found that all the criteria listed in the Barthel index were carried out with assistance. For the elderly with partial dependence or total dependence who cannot carry out activities independently, the social institution has provided assistive devices such as wheelchairs. The third factor that affects the independence of the elderly is easy to fall, according to the statement (Ediawati, 2013) when a person gets older, his physical and mental abilities will slowly decline. Decreased physical and mental abilities often cause falls in the elderly, as a result, it will have an impact on decreasing activity in the independence of the elderly. At the time of the study, it was found that the social institution had facilities with handrails on each wall.

Social activity is one of the daily activities carried out by the elderly. Successful elderly are elderly who have social activities in their environment (Parahita, 2015). Social activity is very important in old age. After the loss of various roles, such as the role of parents because their children are married, the role of workers because of retirement, the elderly really need activities to fill their spare time. Social activities besides being able to function as entertainment activities, can also increase the meaning of life because they are still useful for others, have many friends, and increase their religiosity if the activity is socio-religious (Indriana, 2012). The results of interviews and the results of questionnaires for the elderly said that they were less interested in doing social activities held by the orphanage because of the physical limitations they experienced, but if done with assistance, they would carry out with limitations according to their abilities. Panti Bhakti Luhur Sidoarjo was forced by his family, but over time by participating in social activities organized by the orphanage, the elderly were able to adapt and exchange ideas to make life more meaningful.

## CONCLUSION

The conclusion of this study is that there is a relationship between the level of independence and social activity with the life satisfaction of the elderly at Panti Bhakti Luhur Sidoarjo. Suggestions from this study, the elderly should understand about life satisfaction in general, both the factors that influence it and the things that the elderly can do to increase the life satisfaction of the elderly so that they are more meaningful and prosperous. for nurses not only to improve the provision of health services but also in terms of psychological, social and environmental relationships that can increase the life satisfaction of the elderly.

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