

# Models Of Psychological Assistance Tothe Elderly

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**Abstract.** The senior citizens (elderly), as the final stage in the human life cycle, is part of the life process that can not be avoided and will be experienced by every individual, if they are able to reach old age. At the stage of elderly, people experience a lot of changes both physically, mentally, and along with that various functions and abilities that people previously have, such as gray hair, wrinkling facial skin, reduced vision and decrease in endurance is a reality that will occur.Changes caused by retirement require adjustment; a study of Holmes and Rahe (1967) revealed: that retirement ranks in the top 10 to cause stress. For people who experience difficulties in adjustment, changes, changes that occur in the elderly phase will cause psychological and physiological disorders where physiological disorders can lead to earlier death (premature death). Another term is retirement shock or retirement syndrome, while psychological disorders as a result of entering the elderly phase are usually stressful, frustrating and depressing.

**Keywords:** Mental Development Pattern, Elderly

## 1 Introduction

Aging is a natural process that cannot be prevented and is a natural thing experienced by people who are given the gift of long life, as everyone hopes to live a quiet,peaceful life, and enjoy their retirement with their beloved children and grandchildren (Hamid, 2006). Not all elderly people can enjoy such an ideal condition. The aging process still causes problems both physically, biologically, mentally and socio-economically (Nugroho, 2000). At the elderly stage, someone will experience changes in terms of physical, cognitive, and psychosocial life (Papalia, et al, 2001; Ariyanti, 2009). Darnton-Hill (1995; Oye Gureje, 2008) also highlights the importance of life expectancy and quality of life for elderly people. All of the above are consistent with the concept of WHOQOL Group (1996) which identifies four factors that affect quality of life, namely physical health factors, psychological health, social relations, and environmental factors (Rapley, 2003).

## 2 Research Methodology

This study uses a cross-sectional study method with Nonprobability Sampling technique for Purposive Sampling type in the elderly in Hargo Dedali Nursing Home that meets the inclusion and exclusion criteria of the study. The inclusion criteria in this study are: (1) Older people who live in the Dedali Hargo Nursing Home in Surabaya more than one month; (2) Aged 60 years and over; (3) Elderly dementia, deafness, psychological disorders, and decreased consciousness. Exclusion criteria in this study were: (1) Experiencing

communication disorders; (2) Elderly people who are not willing to become respondents. The number of samples that met the criteria in this study were 19 people.

### 3 Results And Discussion

Table 1 shows that most respondents have moderate quality of life, that is as much as 58%, stable psychological factors of 42%, less active social factors of 42%, and sufficient environmental factors of 47%.

**Table 1.** Quality of life of elderly people, physical factors, psychological factors, social factors and elderly environmental factors.

Variable	Frequency	Percentage
1. Quality of Life		
- High	5	16
- Moderate	11	58
- Low	3	16
Total	19	100
2. Physical factor		
- Poor	10	52
- Adequately Good	3	16
- Good	6	32
- Very Good	0	0
Total	19	100
3. Psychological factor		
- Inadequately Stable	5	26
- Adequately Stable	6	32
- Stable	8	42
- VeryStable	0	0
Total	19	100
4. Social factor		
- Inadequately Active	8	42
- Adequately Active	7	37
- Active	4	21
- VeryActive	0	0
Total	19	100
5. Environmental factor		
- Inadequate	2	11
- Moderately Adequate	9	47
- Adequate	8	42
- VeryAdequate	0	0
Total	19	100

**Table 1** shows the value of  $p = 0,000$ , where  $H_0$  is rejected and  $H_1$  is accepted, meaning that there are effects of physical factors on the quality of life of the elderly with the **closeness** of the relationship of  $r = 0.753$ , while  $r^2$  is  $0.567$ . This shows that physical factors have an effect on  $56.7\%$  of quality of life.

**Table 2.** Effect of physical factors on the quality of life of elderly in Surabaya Dedali Hargo Nursing Home.

Physical Factor	Quality of life of elderly people						Total	
	Low		Moderate		High			
	Total	%	Total	%	Total	%	Total	%
Poor	5	26	5	26	0	0	0	52
Adequately Good	0	0	3	16	0	0	10	16
Good	0	0	3	16	3	16	3	32
Very Good	0	0	0	0	0	0	6	0
Total	5	26	11	58	3	16	19	100

Correlation coefficient (r) 0.753

Determination Coefficient (r<sup>2</sup>) = 0.567

Significance (p) = 0,000

**Table 3.** Effect of psychological factors on the quality of life of the elderly in Surabaya Dedali Hargo Nursing Home.

Psychological factor	Quality of life of elderly people						Total	
	Low		Moderate		High			
	Total	%	Total	%	Total	%	Total	%
Inadequately Stable	2	10	3	16	0	0	5	26
Adequately Stable	3	16	3	16	0	0	6	32
Stable	0	0	5	26	3	16	8	42
VeryStable	0	0	0	0	0	0	0	0
Total	5	26	11	58	3	16	19	100

Correlation Coefficient (r) 0.814

Determination Coefficient (r<sup>2</sup>) = 0.662

Significance (p) = 0,000

**Table 4.** Effect of social factors on the quality of life of the elderly in Surabaya Dedali Hargo Nursing Home.

Social factor	Quality of life of elderly people						Total	
	Low		Moderate		High			
	Total	%	Total	%	Total	%	Total	%
Inadequately Active	5	26	3	16	0	0	8	42
Adequately Active	0	0	6	32	1	6	7	38
Active	0	0	2	10	2	10	4	20
VeryActive	0	0	0	0	0	0	0	0
Total	5	26	11	58	3	16	19	100

Correlation coefficient (r) 0.704

The coefficient of determination (r<sup>2</sup>) = 0.495

Significance (p) = 0,000

**Table 5.** Effect of social factors on the quality of life of the elderly in Surabaya Dedali Hargo Nursing Home.

Environmental factor	Quality of life of elderly people						Total	
	Low		Moderate		High			
	Total	%	Total	%	Total	%	Total	%
Inadequate Moderately	1	5	1	6	0	0	2	11

Adequate	4	21	5	26	0	0	9	47
Adequate	0	0	5	26	3	16	8	42
Very Memadai	0	0	0	0	0	0	0	0
Total	5	26	11	58	3	16	19	100

Correlation coefficient (r) 0.626

The coefficient of determination (r<sup>2</sup>) = 0.392

Significance (p) = 0.001

#### 4 Discussion

Based on the results of the study, most respondents had a moderate quality of life. Obtaining the value of respondents with unfavorable categories found in physical factors and social factors, sufficient categories obtained on environmental factors, and good categories obtained on psychological factors.

Quality of life is the extent to which a person can feel and enjoy experiencing all important events in life so that life becomes well (Rapley, 2003). If one can achieve a high quality of life, the life of the individual leads to a state of well-being, whereas if one experiences a low quality of life, the life of that individual leads to a state of ill-being (Brown, 2004 )

##### 4.1. Effect of physical factors on the quality of life of the elderly in Surabaya Dedali Hargo Nursing Home.

Based on the results of the study, elderly people will experience changes in changes in terms of physical, cognitive, and psychosocial life (Papalia, Olds, & Feldman, 2001; Ariyanti, 2009). Optimal aging can be interpreted as a functional condition of the elderly who are in maximized condition, allowing them to enjoy a meaningful, happy, useful and qualityold age.

The physical condition that comes with getting older makes the elderly feel that less meaningful and prompting despair in the life they are living. This is a sign of low quality of life of the elderly, not allowing them to enjoy old age. Therefore, health services for the elderly population demands plenty of attention, to avoid misery in spending the rest of their lives.

##### 4.2 Effect of psychological factors on the quality of life of the elderly in Surabaya Dedali Hargo Nursing Home

Based on the results of the study, psychological well-being is one of the factors that determine the quality of the elderly. Psychological factors are important factors for individuals to control all the events they experience in life. Psychological changes come from an awareness of decline and a feeling of inferiority when compared to younger people, strength, speed and skill. At the stage of the development of the elderly, the main developmental task is to understand and accept the physical and psychological changes they experience and use their life experience to adjust to physical and psychological changes.

### 4.3 Effect of social factors on the quality of life of the elderly in Surabaya Dedali Hargo Nursing Home

Social welfare factors become one of the factors in determining a person's quality of life. Well-being measurement involves mapping the whole life and considering every event in life or the social context that is very potential to influence the quality of life of an individual. As we get older, social activities decrease. Also called "social disengagement" is a process of reciprocal resignation in the elderly and social environment (Kalish, 1976; Hurlock, 2002).

## 5 Conclusion

According to the study, a person's general physical condition will experienced a setback when entered the elderly phase, marked by the emergence of various diseases that were not experienced before at a young age. Based on the study, psychological change begins from an awareness of decline and feelings of inferiority. Compared with younger people, the main solution is to understand and accept physical and psychological changes and spending life experiences to adjust to physical and psychological changes. Social welfare factors determine a person's quality of life. As age increases, social activities will decrease, in which there will be reciprocal resignation of the elderly in the social environment. Environmental factors in an elderly care institution help them feel supported with the available facilities, making them feel fulfilled in their lives.

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