

Relationship Between Education History, Income, Employment Status with Quality of Life in Elderly

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Abstract. Elderly need social and economic support. To improve the quality of life of the elderly, socioeconomic demands can be satisfied. This study aims to analyze the relationship of education history, income, employment status with the quality of life in the elderly. The method used study cross Sectional and analysis bivariate was used to test Chi-Square. The participants in the study were over 60 years old (n=145). A self-identity questionnaire was used to collect information on education, income, and employment status during the interview. The WHOQOL-BREF questionnaire was used to assess the quality of life in the elderly. The results show a significant ($p = 0.020$) relationship between income and elderly quality of life. There was no significant relationship between elderly quality of life and educational history ($p=0,327$) or employment status ($p=0,495$). Because the income obtained was less than the minimum wage of Rp. 1.829.500, made elderly's quality of life decreased

Keywords: elderly, employment status, income, quality of life

1 Introduction

According to the 2019 Elderly Population Statistics, Indonesia has 25.64 million elderly persons or 9.6 % of the population. With 13.36 percent of the population, Central Java is the province with the most elderly people. The elderly make 16.59 % of the population of Sragen Regency, putting Indonesia's elderly population at 9.6 % [1]. The elderly suffer from disabilities, and their infirmity lowers their quality of life [2]. Physical, psychological, environmental, and social ties all affect senior people's quality of life, according to the World Health Organization [3]. Elderly need social and economic support [4]. To improve the elderly's quality of life, socioeconomic needs must be satisfied [5].

Education is important to people's lives and can be beneficial [6]. How easy it was to handle information and apply new knowledge is determined by the type of education received [7]. The elderly have a low degree of education, and there are numerous elderly persons [8]. With a high level of education, people will learn to make the best decisions for themselves. Even said, a lack of schooling did not always prevent people from learning from other sources, such as television, newspapers, radio, and other people's experiences that might be used as references for elderly [9].

Salary, rent, interest, profit, and other forms of income were all examples of income [6]. Elderly with sufficient income are less likely to have financial difficulties and are better able to

meet their daily demands[10]. It will be difficult for the elderly with low income to achieve their fundamental necessities [8].

Based to the Governor of Central Java's Decree on November 20 No. 561/61 of 2020 about Minimum Wages in 35 Regencies and Cities in Central Java, Sragen Regency chose the third-lowest minimum salary [11]. Due to a decline in physical, mental, and social abilities, the elderly are unable to carry out their full range of activities as they formerly did when they were younger[12]. The purpose of this research is to look into the relationship between the elderly's education, income, employment status, and quality of life.

2 Research Methods

This study was conducted in March-April 2021 and is an analytic observational study with a cross-sectional design. The participants in this study were senior adults aged 60 and up living in the Sragen region of Central Java, with a total of 145 people selected using a purposive random sampling technique. Subjects were chosen based on inclusion criteria, such as living with elderly families, being willing to participate in the study as a sample, being over 60 years old, and being able to hear, read, and write. Being sick or hospitalized, having a stroke, or being sick during the trial were all exclusion criteria. Cluster sampling was used to determine the locations of health centers in both urban and rural areas.

The data was gathered using an interview method and a questionnaire on subject characteristics and the WHOQOL-BREF quality of life. Data on education background, income, and employment status were included in the subject characteristics questionnaire. No school, elementary school, junior high school, high school, and college are all included in the educational history data. More than the IDR 1.829.500 Regency Minimum Wage and less than the IDR 1.829.500 Regency Minimum Wage are included in the income data. Working and unemployed individuals are included in the employment status data. The WHOQOL-BREF quality of life questionnaire includes 26 items in four areas, with a satisfaction measure (Likert scale) ranging from 1 to 5. The questionnaire's responses are then interpreted into a standardized calculation table, which can be classified as good or unsatisfactory quality of life based on a 60-point cut off.

Ms. Excel and SPSS software 18 were used to analyze educational history, income, and work status. Data on characteristics like education history, income, nutritional condition, and elderly quality of life were included in the bivariate analysis. The chi-square bivariate analysis was used with a confidence level of $\alpha=0,05$.

3 Results and Discussion

Table 1 shows the association between education, income, and employment status and the elderly's quality of life using bivariate analysis and chi-square. According to the findings, the elderly who did not attend school had a low quality of life of 6,9%, and the elderly who only attended primary school had a poor quality of life of 9,0%. Based on statistical test results with a p-value more than 0,05, it may be stated that there is no link between educational background and elderly people's quality of life.

Table 1. Results of an analysis relationship between education history, income, employment status, and quality of life in elderly

Variables	Quality of Life						p	OR	95% CI	
	Good		Poor		Total				Min	Max
	n	%	n	%	N	%				
Education History							0,327	-	-	-
did not school	18	12,4	10	6,9	28	19,3				
Elementary	25	17,2	13	9,0	38	26,2				
Junior High School	17	11,7	5	3,4	22	15,2				
Senior High School	8	5,5	5	3,4	13	9				
University	36	24,8	8	5,5	44	30,3				
Income										
< Regency Minimum Wage Rp 1.829.500	37	25,5	24	16,55	61	42,1	0,020	2,556	1,220	5,357
> Regency Minimum Wage Rp 1.829.500	67	46,2	17	11,72	84	57,9				
Employment Status										
Did Not Work	64	44,1	22	15,2	86	59,3	0,495	0,724	0,349	1,502
Work	40	27,6	19	13,1	59	40,7				

The elderly with a regency minimum wage of less than Rp 1.829.500 had a poor quality of life, accounting for 46,2% of the population. There was a relationship between income and the quality of life of the aged, according to statistical test analysis with a p-value of 0,05. With a risk of 2,556 times, the elderly with a low Regency Minimum Wage income of IDR 1.829.500 had a dismal quality of life. The quality of life for the elderly who did not work was dismal. There was no association between work status and the quality of life of the elderly, according to statistical test analysis (p-value > 0,05). With a risk of 0,724 times, the elderly who did not work had a low quality of life.

Education History

Based on the results of statistical tests, the chi-square p-value for education history and the quality of life in the elderly was 0.327, indicating that there was no relationship between the two. This contradicted Indrayani's research [3], which found a p-value of 0.022 for a significant link between education and quality of life elderly. In comparison to elementary school, junior high school, and no school, the elderly with a history of high school education and above had the highest health status. The elderly's health improves as their education level increases. Conversely, the lesser one's education, the poorer one's health [13] The capacity of the elderly to receive health information might be hampered by their lack of knowledge [14].

Income

The chi-square test yielded a p-value of 0,020, indicating that there is a link between income and the elderly's quality of life. The probability of poor quality of life was 2,556 times higher in older persons with a low regency minimum income of IDR 1.829.500. This was consistent with Wikananda's research [15], which found that a low-income level of 37,8% was linked to poor quality of life. The elderly's wellbeing is good in terms of meeting their needs based on the percentage of income. Sufficient living needs were linked to increased social contacts and improved quality of life [16].

Employment Status

In this study, the Chi-square statistical test yielded a p-value of 0.495, indicating that there was no relationship between work status and elderly people's quality of life. With a risk of 0.724 times, elderly people who did not work have a low quality of life. This is consistent with Wikananda's research [15], which found that 36.5% of the elderly had a bad quality of life, and 7.9 percent had a poor quality of life because they were did not work. This is due to a decline in physical, mental, and social ability, which prevents the aged from engaging in full-fledged activities such as working.

4 Conclusion

The elderly's quality of life is significantly related to their income. In the meantime, the elderly's quality of life was unaffected by their educational history or employment status. Low income puts the elderly at danger of a low quality of life. Elderly people with low earnings may have financial difficulties and would be unable to meet their basic necessities.

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