

Factors Affecting the Elderly Living in Nursing Home

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Abstract—This study aims to look at the picture of the empowerment of the elderly as the readiness of the government and society in the face of changes in the demographic structure of the population due to increased life expectancy. The high number of elderly population continues to increase from year to year is one effect of which is the high number of high life. It shows one of the attainment of national health goals. The increasing aging population led to the need for anticipation. The increasing number of senior citizens this means that the government must prepare for the situation and the problems it causes. Elderly who are already declining physical condition and productivity will be more numerous than infants and children. All the limitations and the possibility of suffering from degenerative diseases causing elderly require special needs than the young population. Empowerment of the elderly should be done in the family, for it then to be carried out intervention to families of elderly. But before doing intervention to the family, it is necessary to do research on the empowerment of the elderly has been done by the government and the family itself. In this study, the approach used is qualitative research that tries saw the empowerment of the elderly. Subjects were elderly and elderly families. The method used was interviews and Focus Group Discussions.

Keywords: *Elderly, Family, Nursing*

INTRODUCTION

Based on projections from the WHO, Indonesia will experience an increase in the numbers of elderly in 2020. Based on the results National Social Economic Survey (Survei Sosial Ekonomi Nasional, 2013) in 2013, the number of elderly in Indonesia has reached 20.04 million people, or about 8.05 percent of the entire population of Indonesia.

North Sumatra based National Social Economic Survey 2013 at 6:33% senior figures. And when viewed from the Central Agency on Statistics through North Sumatra In the figures of 2014 as many as 842 913 people. This figure would be more interesting if further note, that there is increasing number of people in the 65+ age or older than those aged 60-64 years. This graph shows an increase in the numbers of living, which certainly affect population structure.

According to Government Regulation No. 43 of 2004 Article 1, paragraph 4 and 5, the condition of elderly people in Indonesia can be divided into potential elderly and elderly are not potential. Act No. 13 of 1998 on the Welfare of Elderly is one indication of the growing government attention to the elderly. In these laws are strictly regulated on efforts to improve the welfare of the elderly population. Article 4 of Law No. 13 of 1998. There are several national programs relating to the empowerment of the elderly such as the Social Assistance Program Abandoned Elderly (Program Asistensi Sosial Lanjut Usia Terlantar or more known as ASLUT) which is the Ministry of Social Affairs program which has been implemented since 2006 until now. Various kinds of empowerment program that has been done by the government as well as programs related to the health of the elderly, one of those is Santun of Elderly Health Center (Puskesmas Santun Lansia) program.

Puskesmas Santun Lansia where the elderly get priority service. Services to the

elderly ranging from registration to get the drug carried a package in a single room. If there is no special room, the elderly are served in the common poly but ministry takes precedence. There are at least a Puskesmas Santun Lansia in each district/city.

Along with the growing population of elderly, they must be empowered to be able to still be able to contribute to the national development in the future. For that in addition to creating a healthy elderly group physically, mentally, socially and economically, the elderly also have to be strong and independent so that insight and wisdom that due to the length of life experience can be useful ever experienced family environment, society and the State.

Definition of Elderly

There are some restrictions elderly, according to experts who can be used as a reference. For example, understanding the elderly according to Smith (1999), Smith divides the Elderly is divided into three, namely: young old (65-74 years old); middle old (75-84 years old); and the old (over 85 years). Then based on Setyonegoro, he said that the elderly are people over the age of 65 years. Further divided into 70-75 years (young old); 75-80 years (old); and more than 80 years old (very old).

In this study is the elderly are those which, according to the WHO limit has aged 60 years and older. However, in this study as a reference, we also use age classification according to the Ministry of Health. This grouping as well Basic Health Research (Riset Kesehatan Dasar, 2013) obtained in 2013 that became a secondary material in this study.

Disengagement Theory

Developed by Cumming and Henry (1961). This theory states that at this stage of the elderly, a process of self withdrawals resulting in decreased interaction between the elderly and others in their social environment. Elderly decrease their activity levels and interact less frequently in the environment where he lives, become more preoccupied with

their inner life. At the same time, freeing society and understand the aging of the work and family responsibilities. The result is seen as beneficial for both parties. Elderly ensure a peaceful life. And once they escape, their death was not too intrusive society.

Activity Theory

This theory was developed by Palmore (1979) and Lemon et al. (1972) who said that successful aging depends on how the elderly feel satisfaction in their daily activities while retaining the activity is more important than quantity and the activities conducted. That is the theory states that when someone steps on old age, they still have needs and desires are the same as the previous period. They do not want to resign from the social environment. The elderly are actively carrying out a role in the community will reach old age with optimal. This is understandable because the elderly feel satisfaction in their daily activities while retaining the activity is more important than quantity and the activities conducted. This means that the elderly still want to do the activity as before although the quantity of the activity is reduced. Because of this theory argue if an elderly towards aging successful then he should remain active.

From one side of the activity of the elderly can be decreased, but on the other hand can be developed, for example, the new role of the elderly as a volunteer, grandparent, head of the neighborhood, a widower or a widow, as well as his or her spouse's death left. Of the elderly themselves there is a presumption that the aging process is a struggle to stay young and trying to defend their behavior as a youth.

RESEARCH METHODS

This study used a qualitative approach. The use of qualitative methods are expected to provide a comprehensive picture of the state of elderly basis. As an initial study, the study was conducted at two locations elderly nursing home or institution differently. The first was a

nursing home run by the government, namely the Technical Implementation Unit (TIU) Regional Social Services in Jalan Medan - Binjai. P. Kemerdekaan Binjai. Furthermore, a nursing home run by the religious communities, namely: Parents Welfare Service Center (PPOs) Batak Karo Protestant Church (Gereja Batak Kristen Protestan) housed in Jamin Ginting street KM 45.2 Sukamakmur village, district. Sibolangit Deli Serdang regency of North Sumatra. The informants are elderly who live in nursing aged and elderly living in the community. Informants taken six people consisting of elderly men and women. Further plus 1 functional section office employees, 1 officer elderly caregivers who are called by Brother Foster elderly.

RESULTS

3.1 Theoretical Outlook About Elderly

In the life of every human being old is a matter that cannot be avoided, as time went on, the young will become old and older will be getting older and so on. Elderly is the final stage in the human life cycle. At this stage, people experience many changes, both physically and mentally, especially setbacks in different functions and capabilities ever had. In addition there will be a change in the physical form, someone who has stepped on the elderly will lose the role of self and social position has been achieved previously as understood by **Disengagement Theory**. However, as is also understood **Activity Theory**. This theory was developed by Palmore (1979) and Lemon et al. (1972) who said that successful aging depends on how the elderly feel satisfaction in their daily activities while retaining the activity is more important than quantity and the activities conducted. That is the theory states that when someone steps on old age, they still have needs and desires are the same as the previous period. The elderly are actively carrying out a role in the community will reach old age with optimal. This is understandable because the elderly feel satisfaction in their daily activities while retaining the activity is more important

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3.2. Quality of Life in Elderly Service Center

Elderly living in care centers usually have difficulty in adjusting themselves to social roles. Elderly will feel strange with the new social environment if the elderly were transferred to centers that previously they had never lived. There they met many friends the same age, diverse nature and character. One of the mental changes that occur in the elderly is mentally rigid, so they also require more effort to adapt to the new situation in a nursing care center. It is usually caused by the incompatibility of the nature and character of each individual.

1. Parents find life more attention at the service center than at home, because all of their needs are always taken care of / considered by the board at service stations.
2. The residents of nursing service centers can eliminate loneliness because all the people at the service center, including the board can be friends. That means the relationship of the parents with their children are no longer as close as before when they lived together under one roof. In the end, the parents are familiar with the condition was that without the company of his family.
3. The residents of a nursing care center every day preoccupied with beneficial activities, such as planting, getting spiritual spray, to participate following the creativity competitions held by the central committee of the ministry, so that parents feel happy and forget the sorrow if remembered the deceased husband or relatives

This is a common response is received and analyzed by researchers at TIU, but not the case with service centers Service Center Parent Welfare (SCPW), as is seen from different economic backgrounds. In SCPW s, they are capable of families that can be said and still could choose to live anywhere, and unlike the case with those who live in TIU, they can be said is that people can not afford. So it is placed in TIU get them taken care of by the government. This is regardless of what is feared in Book of Suryana, from reality, nowadays many families (biological children) who wash their hands of responsibility of taking care of his parents who are elderly. They are willing to leave their own parents who are elderly to Elderly Social Services or let her stay alone in the house and even willing to abandon him on the roadside. From the statistical data obtained show that, today there are 2.8 million elderly people in Indonesia who live abandoned (Suryana, 014).

In theory the activity proposed by Palmore (1965) and Lemon (1972) states that a person is successful through their old age when they find their satisfaction in their daily activities and maintain the activity as long as possible (Hardywinoto, 1999: 46).

1. Parents feel life more attention
2. Eliminate loneliness
3. Doing something useful in the old days

If there are some elderly who think homes like home, then for the elderly who live not by desire will assume institution as nothing more than a place of exile or banishment for parents by family, families who decide unilaterally that elderly family members living in the home, as well as the provision of incorrect behavior in older adults also showed that family members do not have the readiness to care for elderly family members. Elderly people believe that home is a place of exile for the elderly, will affect the adaptation process is done. In personality theory the average - average by Cora DuBois mentioned that their personality type Average - Average generally found in people in their efforts to deal with a good cultural environment that gets rejection, directing, and that meets all their needs (Danandjadja, 1988: 54). Differences in the understanding of the concept of homes owned

by each - each elderly if it is connected with the concept of personality theories average - price, expressed as a result of their actions interplay between trends and basic experience defined by the physiological and neurological (Danandjadja, 1988: 54).

5.3. Factors Affecting the Elderly Living in Nursing

Life must continue to run whatever the constraints, this may be a suitable slogan to describe the selection of a place to stay in filling the remaining life of the elderly. And in order to fulfill a comfortable life on the day of old, mostly elderly people choose to live in the Home-nursing. As for the background they choose to home are:

1. Factor decline in physical and psychological condition.

Factors decline in physical and psychological conditions is one of the factors that led to the elderly living in the Parent Services Center Sejahtera (PPOs) District of Sibolangit Deli Serdang regency. Physical and psychological conditions of the elderly who are prone to the disease are the same as we saw the condition of a baby. Both are equally in need of care and attention and intensive. Diseases that attack the elderly are among the elderly is very difficult to carry out activities. In handling, the elderly are in need of help from others who really are very experienced and caring for elderly parents, it takes skill and special education to be able to care for the elderly.

2. Financial factors or economic conditions.

Financial factors or economic conditions is one of the causes of elderly living in the Parent Services Center Prosperous District of Sibolangit Deli Serdang Regency. In general, parents who are elderly will be retired, it can be said to have no fixed income. This resulted in the elderly are no longer able to feed themselves and their families, there are some elderly who have a salary retirees but not a lot of elderly people who have a salary retired like that, Even if the elderly that have a salary of pensioners, usually the salary can only be used to

support himself alone, pensioner payroll will not be able to feed his family.

3. Social environmental factors or abandoned the family.

Definition of social environmental factors / abandoned the family in the intent of researchers is about the customs of ethnic groups embraced by the six key informants namely customs Batak Karo tribe who still have the culture or the view that to entrust the elderly in nursing homes contrary to tribal customs Batak Karo (Parent Welfare Services Center District of Sibolangit Deli Serdang Regency).

4. Loneliness factor

Loneliness factor is also the cause of the elderly living in the Parent Services Center Prosperous District of Sibolangit Deli Serdang Regency. Loneliness problem in general is the most problems experienced by the elderly.

CONCLUSIONS

From the research that has been conducted on the value orientation of Chinese ethnic families who entrust the parents at the center can be concluded as follows:

1. Factor decline in physical and psychological condition.
2. Financial factors or economic conditions
3. Social environmental factors or abandoned the family.
4. Lonely Factors
5. Elderly housing options is affected by factors desires of the individual and social factors, cultural, religious and economic.
6. Instead leave parents in a nursing home as a manifestation of the child's role to perform its functions in the family. This was seen with the parental condition (healthy or sick) will be taken care of when living in nursing homes rather than treated themselves with limited conditions.
7. Nursing home is a place to take care of and provide for parents who are already

elderly (the elderly) are either healthy or not. Entrusts parents in nursing homes are still considered less than worthy, but with the nursing home, nursing homes thought to help the problems faced by elderly parents at the present time, whether it was a stroke suffered, lonely because no accompanying home family or economic problems poor families.

SUGGESTIONS

From the results of research on, researchers have suggestions or feedback as follows:

1. For families
Families significant influence on the level of well-being and happiness for parents who are elderly. The child is supposed to provide for parents in their old age is directly under any circumstances; either in a hospital or health.
2. For society
From the point of view that is different where elderly parents neglected children, and thus the establishment of the nursing home grounds. Nursing homes should be recognized as a place to meet the needs of the elderly in old age, as a place to stay, a place of refuge, a place to socialize and a place to be treated medically if parents require special medical treatment. So that nursing homes can be seen by most people as the best alternative for elderly parents who need medical care and social services, where the family has difficulty in caring for elderly parents.
3. For nursing homes
Nursing homes are expected to put forward facility capable of meeting the needs and expectations for an elderly parent making the proper place to stay and socialize.
4. Researchers and related stakeholder
As a researcher who studied human and culture know that cultural norms are taught to respect their parents. This culture is

considered as a way of life for all mankind. Where is the role of culture in the face of the elderly. For that we need to do further research to see the values of family functions socialized culture.

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