

# Level of Independence Towards Self-Esteem in The Elderly

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**Abstract**— The aging process can cause mental changes, both psychosocial and physical conditions can decrease the level of independence in activities daily living. One of the consequences is a deterioration in self-esteem that has the feeling useless and worthless. The purpose of this study was to analyze the correlation between level of independence to self-esteem in the elderly. This study used descriptive correlational with cross-sectional approach and using proportional sampling. Total population were 143 elderly people and obtained 71 samples who determined by inclusion criteria. The Data collected by questionnaire and observation then analyzed by Spearman's Rho with significant level test ( $p<0,05$ ). The independent variable was level of independence and dependent variables was self-esteem. The result showed that there was correlation between level of independence with self-esteem on elderly ( $p=0,568$ ). The elderly could perform activities daily living independently cause an impact on self-esteem. The result of independent elderly can have high self-esteem, high levels of confidence and can socialize with their environment. The Elderly that do the activities daily living independently can increase self-esteem. The result showed that elderly people always think positive, accept the changes that happened and can socialize with their surroundings. Further research could develop the results of this study in elderly with male gender, factors that affects self esteem in their body both in nursing home and in the community.

**Keyword:** Level of Independence, Activities Daily Living, Self Esteem, Elderly

## I. INTRODUCTION

A natural process that will be experienced by humans is the aging process that can cause mental changes, psychosocial and physical deterioration that will affect the level of independence [1]. The degradation of independence in the elderly occur due to mobility limitations, weakness, onset of mental or physical problems, and decreasing of economic status [2]. The condition, in addition to physical health problems, it also raises the issue of mental health (psychological). A consequence is a decreasing in self-esteem that can feel useless and worthless [3], [4].

According to the Basic Health Research in Indonesia, the prevalence of the elderly population with mental disorders emotional problems (depression, impaired self-concept, anxiety) is 11.6%. Meanwhile in East Java province there are elderly population with mental-emotional disorder as much as 6.5% [5]. Data obtained from Health Office of Surabaya, elderly population who experience mental-emotional disorders is 18.8% [5]. The elderly who suffer health problems can lead to low self-esteem as much as 80% of the total elderly population [6]. The decline in motor and cognitive function in the elderly themselves would lead to a decrease in physical condition. It caused elderly can not perform activities of daily life. Such conditions have an impact on the mental health, so psychologically elderly susceptible to decrease self-esteem [7]. Self-esteem is meaningful as an overall view of the individual about him or herself [8]. Main aspects of self-esteem is to be loved, cherished, and received an award from the others. Elderly who have low self-esteem can be marked by feelings of fear, anxiety, lower confident, and depression [9]. Based on the background above, the researchers intend to explain the correlation of independence level towards self-esteem of elderly in nursing home (Panti Werdha) Surabaya.

## II. METHODS

This study used descriptive correlation with cross-sectional design. This research was conducted in Werdha Anugerah Nursing Home Surabaya, Hargo Dedali Nursing Home Surabaya and UPTD Griya Werdha Surabaya, in December 2016.

The population in this study were elderly people in Werdha Nursing Home Surabaya. Researchers selected in Werdha Anugerah Nursing Home Surabaya, Hargo Dedali nursing home Surabaya and UPTD Griya Werdha Surabaya with a total population of elderly were 143. Samples of this study were 71 respondents who met the inclusion and exclusion criteria of the proportional sampling technique.

The inclusion criteria were elderly who able to read and write, elderly who have cognitive scores MMSE > 24. While

the exclusion criteria were elderly with communication impairment, elderly with dementia, deafness, loss of consciousness and mental disorders or psychotic, and elderly who rejected became respondents.

The independent variable in this study was the level of independence, and the dependent variable in this study was self-esteem. The data in this study were obtained by questionnaire and observation sheet. The analysis in this study using univariate and bivariate (Spearman's Rho test).

This research has passed the conduct of review and certified Ethical Approval with No. 255 - KEPK on December 20, 2016 issued by the Faculty of Nursing, Universitas Airlangga.

### III. RESULTS

TABLE 1. DISTRIBUTION OF RESPONDENTS

Characteristics	N	%
<b>Gender</b>		
<b>1. Male</b>	9	12,7
<b>2. Female</b>	62	87,3
<b>Total</b>	71	100
<b>Ages</b>		
<b>1. 60-69 years</b>	23	32,4
<b>2. 70-79 years</b>	36	50,7
<b>3. 80 years or above</b>	12	16,9
<b>Total</b>	71	100
<b>Religion</b>		
<b>1. Moslem</b>	58	81,7
<b>2. Christian</b>	12	16,9
<b>3. Khonghucu</b>	1	1,4
<b>Total</b>	71	100
<b>Ethnics</b>		
<b>1. Javanese</b>	68	95,8
<b>2. Sunda</b>	2	2,8
<b>3. Madura</b>	1	1,4
<b>Total</b>	71	100
<b>Educational Background</b>		
<b>1. No Education</b>	2	2,8
<b>2. Elementary School</b>	24	33,8
<b>3. Junior High School</b>	26	36,6
<b>4. Senior High School</b>	14	19,7
<b>5. College</b>	5	7
<b>Total</b>	71	100
<b>Length of Stay</b>		
<b>1. 0-5 years</b>	65	91,5
<b>2. 6-10 years</b>	6	8,5
<b>3. &gt;10 years</b>	0	0
<b>Total</b>	71	100
<b>Complaints</b>		
<b>1. immobilization due to incidence of falls</b>	5	7,2
<b>2. Joint's pain</b>	2	2,8
<b>Total</b>	7	10

TABLE 2. THE CORRELATION BETWEEN INDEPENDENCE LEVEL AND SELF-ESTEEM OF THE ELDERLY

Variable	Self Esteem		Total		
	Level of Independence	High	Low	N	%
<b>Independent</b>	38	2	40	56,3	
<b>Mild dependence</b>	6	8	14	19,7	
<b>Moderate dependence</b>	3	3	6	8,5	
<b>Severe dependence</b>	7	4	11	15,5	
<b>Total</b>	54	17	71	100	
<b>Significant value (p): 0,000</b>					
<b>Spearman's Rho coefficient correlation (r): 0,568</b>					

Table 1 showed that most of the respondents were women with a total of 62 people (87.3%). The majority of respondents were in the middle-old (70-79 years) as many as 36 (50.7%). The majority of respondents's religion were moslem (81.7%) and most of them were Javanese (95.8%). The last education for most of the respondents were low that as many as 24 respondents in elementary school (33.8%) and 26 respondents in junior high school (36.6%). In terms of the length of stay, 65 respondents stayed in nursing home for 0-5 years (91.5%).

Table 2 showed that the majority of respondents were independent elderly with high self-esteem as much as 95% (38 respondents), but there was independent elderly with low self-esteem as much as 5% (2 respondents). The cross-tabulation data showed that there were 7 respondents with severe dependence but still have high self-esteem. Based on non-parametric test, Spearman's rho correlation with a significance level of  $\alpha \leq 0.05$ , the analysis showed a p-value: 0.000, which means that there was a correlation between the independence level to self-esteem on respondents in Werdha Nursing Home Surabaya. While the value of the correlation coefficient ( $r$ ) = 0.568, which means the level of correlation was moderate and positive correlation coefficient that indicated the presence of the correlation between the two variables in line with the same high value.

### IV. DISCUSSION

The results showed that there was a significant correlation between the level of independence and self-esteem in the elderly. The person who had more inability to perform daily activities could impact on the psychological domain such as a deterioration in self-esteem.

Results of data distribution showed that respondents who were independent to perform daily activities would have a high self-esteem. [10] explained if people think that they can, then they tend to succeed. It would impact to have high self-esteem. If people think that they failed, It also would impact to have low self-esteem. [11] explained that the individual's ability to meet the daily activities independently will able to maintain dignity and self-esteem.

The majority of elderly in Nursing Home were independent level. It is caused by the willingness and ability to perform activity daily living, and lack of nurses and caregivers (2 nurses

in each Panti). Elderly regarded their self that they were able to perform activities without helping of the others.

However, the data distribution indicated that the majority of respondents who had a dependency in activities of daily living also had a low self-esteem. It was accordance with [12] that a person who has a lot of physical changes can have an impact on a psychological behaviors such as deterioration of self-esteem indicated by sense of inadequacy, guilt, and irritability. Physical changes could make elderly feel lack of confidence when having an interaction with the environment [13].

Deterioration of self-esteem could be caused by feeling not be able to perform daily activities independently due to changes of physical and health condition. They needed help of the others to fulfill their daily activities. This can lead to have low self-esteem in elderly that can feel useless, worthless and unable to do what others do.

The results also showed that there were some respondents who had a dependency in activities of daily living but had no decreasing of self-esteem. Distribution of tabulation showed respondents did not feel that they were useless or worthless. This was consistent with the results of [14] that the physical and psychological changes should not be regrettable and avoidable, but it was part of life. Elderly who has positive thoughts tend to have higher self-esteem.

Elderly in Nursing Home who have high self-esteem always be grateful and think that every people must pass this phase of life. They would perform their daily activities as good as they can in accordance with their capabilities.

However, there were two respondents with good independent level to perform daily activity but they had a deterioration in self-esteem. In data distribution, the respondents felt useless and not needed by the family or someone closest because respondents feel discarded or removed. This is supported by [15] said that the elderly who have low self-esteem would consider themself was not able to do something useful, feel unneeded and feel there were nothing to be proud of. The statement also consistent with the theory of [16] that self-esteem is affected by social and environmental support, independence in daily living activity, family support and the experience of success and failure.

Deterioration of self-esteem on elderly in Werdha Nursing Home Surabaya can occur, affected by the level of independence in ADL and also the lack of nurses and caregivers, ineffective individual coping, positive thoughts, and family support.

## V. CONCLUSION AND RECOMMENDATION

Elderly who perform the daily activities independently could have a high self-esteem. Elderly always think positive, accept the changes that happened to their life and socialize with their environment. Family and nurses should be able to maximize the role of the elderly to perform daily activities. It could increase self-esteem in the elderly so they could accept any changes that happened to their life and could socialize with their environment.

Researchers could conduct the same research to male elderly, factors affecting the changes in self-esteem both at Nursing Home and community.

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