

Anxiety about Aging: Cultural Value Masyarakat Toraja

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Abstract. This study has been made with the purpose to find out the relationship between cultural values and anxiety about aging. The subjects of this study were Toraja people of middle age groups (40-60 years) and late adults (60 years and over) who were still performing the Ma 'Nene' or Ma 'Ta' Da 'ritual totaling 203 subjects. The instrument used in this study is the INDVALS scale (Sihombing, 2014) to measure cultural value with Cronbach Alpha of 0.866 and AAS scale (Lasher and Faulkender, 1993) to measure anxiety about aging with Cronbach Alpha of 0.82. Data analysis uses the help of the SPSS 21.0 for Windows statistical program. Hypothesis analysis results were acquired using the Spearman method. The results of the analysis showed a significance value (p) of $0.000 < \alpha = 0.05$ with a correlation coefficient of -0.295 , so the results of this study are that there is a negative relationship between the cultural value of anxiety about aging.

Keywords: Cultural value, anxiety about aging, toraja culture.

Introduction

Aging affects the mental processes in every human being, so even the aging process is very interesting to study. Aging does not occur only in age chronologically, but also in mental age. According to Santrock (2011), late adult or the elderly are at the age of 55-65 years. Based on population projection data, in 2017 there were 23.66 million people or around 9.03% of the total population of Indonesia are elderly and this percentage is predicted to increase in the following years (Ministry of Health of the Republic of Indonesia, 2017). The predicted increase in quantity of late adulthood in Indonesia should be accompanied by a lot of research related to the picture of aging in late adulthood. Aging is closely related to the onset of degenerative diseases.

Anxiety about the aging process must be understood by how anxiety can affect the behavior and interactions according to Lasher and Faulkender (1993) is anxiety about aging. The identification of anxiety about aging is worry, concern, and anxiety about the ability to pay attention to yourself and health (Saxena & Shukla, 2016).

Some individuals have negative anxiety and perception of aging at a low level, but other individuals show very high levels of aging anxiety (Harris and Dollinger, 2003). Individuals who have little frequency of contact and socializing with late adults have high anxiety and negative perceptions of physical appearance that will change with age (Haris and Dollinger, 2003). Some middle-aged and late-adult adults adjust to changes associated with aging experienced (Harris and Dollinger, 2003).

Individuals from each culture will give meaning or understanding of cultural values about aging (Fung, 2013). Every culture has a different belief or

understanding from other cultures regarding the harvesting process. For example, in Toraja culture, that is still thick with its customs, individuals believe that getting older will get them closer to heaven, and believe that when they return to puya (heaven) they will transform into Mambali Puang (ancestor god) who will guard and give blessings to their descendants on earth. Anxiety about aging is influenced by the state of culture (Fung, 2013), so this research is very interesting to develop, considering that the Toraja people still practice traditional rituals of death that are passed down through generations because they believe that they must guard the remains of the ancestors who protect them from Paradise.

Culture is defined by nationality such as collectivity, where individuals will show the guidelines that their culture has consistently based on their nationality (Yoo, Donthu, and Lenartowicz, 2011). The culture that is still thick in Indonesia, one of which is represented by the people of Toraja, South Sulawesi. According to Toraja customs, the most important is the Rambu Solo ceremony, which is a funeral ceremony (Mahuri, 2010).

This study uses preliminary research by interviewing Toraja traditional leaders. Toraja people still perform traditional rituals that are held by generations which are inherited from ancestors. One such ritual that describes the form of affection for the spirits of the ancestors who have guarded life on earth is the ritual of Ma 'Nene'.

The ritual procession includes cleaning the remains of the ancestors and cleaning the graves located on the cliffs of the mountain, and holding a thanksgiving ceremony that coincides every year after the harvest season. Customary territories that still perform the Ma'Nene 'ritual are Baruppu' and Pangalla. Toraja has 32 indigenous territories with different customary

processions, for example the form of concern for ancestral spirits in the Baruppu 'and Pangalla traditional territories by performing the Ma' Nene 'ritual, while in the traditional territory of TallungPenanian including RandanBatu, Tambunan, and TumbangDatu carried out the procession of Ma 'Ta'Da' which is to offer offerings to the ancestors and clean the graves of the ancestors.

The connection between the cultural value and understanding of the Toraja community regarding old age is understood as a form of closer proximity to *ToMembaliPuang*, namely the spirits of the ancestors who have been keeping the life on earth as a benchmark in this study. The present study examines whether beliefs or beliefs about aging differ from culture, age, and gender (Yun and Lachman, 2006).

Perception of the aging of each individual varies by demographic and culture, as do individual values. Research on aging and culture is more interesting because it has been researched so that it opens the mind of both similarities and differences of aging perception across cultures, gender, and age groups (Yun and Lachman, 2006).

The results of the study by Ho, Fung, and Tam (2007) as described by Fung (2013) that late adulthood follows cultural values at a higher level than in early adulthood and late adulthood shows a high correlation between personal and cultural value than in early adulthood.

The study explains that with the cultural guidelines adopted, individuals in the aging process will more closely follow the cultural values adopted or become guidelines. The explanation is to prove that the cultural value embraced by the Toraja people who still embrace a strong culture is related to aging anxiety (anxiety about aging).

According to Fung (2013), the final adult age has high personal value support, namely universal, wise, compromised, and more cultured. As we get older, the lower anxiety about aging in late adulthood gets, and the more cultured we become and follow cultural values to maximize life in old age and improve welfare (Fung, 2013).

Aging can lead to anxiety about aging, with the increase in age, anxiety also rises, that leads individuals to contribute more often to the culture adopted and to social life in the everyday environment, as shown in the research of Bergman, Bodner, Cohen-Fridel (2013) based on the cultural community of Arabs, among whom, aging makes them more socially and culturally active.

Cultural Value Towards Anxiety about Aging

Culture value is a variable that can have a relationship with anxiety about aging. Some regions in Toraja still do Ma'nene ceremonies or rituals to clean up the buried bodies of families, whereas now, the ceremonies are very rarely found in Toraja. The Toraja people believe that aging makes them closer to nirvana

or To MambaliPuang (incarnation of a god). The belief of the Toraja community can be related to the meaning, interaction, and behavior of individuals in the aging process. This is in line with Fung's (2013) opinion that individuals from different cultures will give meaning or understanding of their respective cultural values about discovery. Similarly, as stated by Yun and Lachman (2006), anxiety about aging is an anxiety about old age that is influenced by culture, gender, and age.

Anxiety about aging according to Lasher and Faulkender (1993) can be expressed by an individual in several basic dimensions namely, physical, psychological, social, and transpersonal or spirituality. According to Yun and Lachman (2006), anxiety about aging is an anxiety about old age that is influenced by culture, gender, and age. Every culture has guidelines, so individuals who adhere to it can practice cultural values in their daily lives.

Toraja culture that is still attached to its traditions, requires a ceremony to commemorate the spirits of the ancestors to be their guideline as a form of loving and respecting ancestors. Toraja tribes who have cultural values such as the contents of the message from KadaTominaa that the community must maintain a loving relationship between family members and a caring relationship between people is a very interesting cultural value to relate to its relationship with anxiety about aging.

Based on Fung's (2013) research, the results obtained are that, with more aging an individual will try to achieve well-being, but the cultural factor remains the limiting factor, therefore the researcher wants to know further that the aging process in each individual is influenced and limited by value the cultural values adopted to arrive at the individual's life goals.

Methods

Research Design. This study uses a quantitative approach with a correlational type. A quantitative approach is an approach with the aim to determine the relationship of dependent variables and independent variables. The variables associated in this study are independent variables of cultural values and dependent variables or dependent variables.

Participant: The sample in this study were middle-aged adults (40-60 years) as many as 123 people and final adults (over 60 years) as many as 80 people in Toraja with an amount of 203 subjects. This study involved 104 men and 99 women.

Research Instrument Cultural Value: The measuring instrument in this research was INDVALS (Indonesian Value Scale) scale to measure the cultural value. The measurement used a Likert scale of score 1 (Strongly Disagree), 2 (Disagree), 3 (Agree), and 4 (Strongly Agree). INDVALS scale contains 13 items compiled by

Sihombing (2014) and was trans-adapted and modified by the researcher, resulting in a reliability of 0.694. The items are of 3 dimensions: harmony, democracy, and religion, in which all items were favorable items.

Anxiety About Aging. The second scale was AAS (Anxiety About Aging Scale) created by Lasher and Faulkender (1993) containing 20 items consisting of 6 unfavorable items with a Likert scale of score 1 (Strongly Disagree), 2 (Disagree), 3 (Agree), 4 (Strongly Agree). The researchers trans-adapted and modified the scale so that the reliability was 0.734. AAS factors were fear of old people, psychological concern, physical appearance, and fear of losses.

Data Analysis: This study uses assumption test analysis that is the test for normality and linearity and tests the hypothesis with the Spearman correlation method to test non-parametric data. The Spearman method was used to test whether there was a relationship between the independent variables and the dependent variable, in this study culture value and anxiety about aging.

Hypothesis.

Ha: There is a relationship between culture values and anxiety about aging Toraja community.

H0: There is no relationship between culture values and anxiety about aging Toraja community.

Results

Demographic Data. This study involved the Toraja community as subjects. The participants of this study are in the age group of middle-aged adults (40-60 years) and late adult age groups (60 years and over) who live in Toraja and still perform traditional Toraja ceremonies such as Ma 'Nene' and Ma 'Ta'da. The number of subjects according to the criteria set by the researchers were 203 people. Demographic data of subjects in this study included age and sex.

Table 1. Demographic Data Subject

Demographic	Category	Amount	%
Usia	Middle Age (40-60 years)	123	60.59%
	Late Adult (60 and above)	80	39.41%
	Total	203	100%
Sex	Male	104	51.23%
	Female	99	48.77%
	Total	203	100%

Descriptive Analysis

Table 2. Variable Level Category

Variable	Category	Decision	Amount	Percentage
Cultural Value	Low	$X < 30$	0	0%
	Medium	$30 \leq X \leq 40$	159	78.32%
	High	$40 \leq X$	44	21.68%
Anxiety About Aging	Low	$X < 48$	0	0%
	Medium	$48 \leq X \leq 64$	189	93.1%
	High	$64 \leq X$	14	6.9%

The table 2 shows that the Toraja community cultural value variable is in the medium category. The medium category has the highest number of subjects, namely 159 people with a percentage of 78.32%. The high category consists of 44 subjects with a percentage of 21.68%. Variable anxiety about aging subjects in the low category was not found, but the most subjects were in the medium category of 189 people with a percentage of 93.1%, so anxiety about the aging of the Torajan community was in the medium category. The high category only has 14 people with a percentage of 6.9%.

Reliability: This study uses Cronbach Alpha with the help of SPSS Statistics 21.0 for Windows. The results of reliability calculation on the cultural value variable are 0.694 and the anxiety about aging variable is 0.734.

Normality Test: This study uses the Kolmogorov-Smirnov statistical technique to test the normality of the data used. Testing normality with the aim of knowing whether the data used by researchers has been distributed evenly (normal) or not.

Testing normality based on table 3 shows that the form of data distribution from each variable is Cultural Value and Anxiety About Aging is not normal. The form of abnormal data distribution can be seen based on the results of the calculation of significance in the two variables, namely, $0.000 < 0.05$. The conclusion of the calculation of the normality test is that the research data is not normal so that the assumption of normality is not met (data is not normal).

Linearity Test: Linearity testing in this study was assisted by the SPSS Statistics 21.0 for Windows program. Linearity is used to find out whether the data used is linear data. Linearity test results in the data studied are linear if the statistical calculation results are above 0.05.

Linear test results table 4 records that the results of SPSS Statistics 21.0 for Windows program calculations are $0.210 > 0.05$. The results of these calculations indicate that the data processed in this study is linear.

Hypothesis testing. The correlational hypothesis testing required a significant result of ≤ 0.05 for H_0 to be accepted, and vice versa if ≥ 0.05 , then H_0 was rejected.

If H_0 is accepted, then there is a relationship and if it is rejected then the opposite.

This study uses Spearman statistical techniques to test correlational hypotheses. The calculation results with the help of SPSS Statistics 21.0 for Windows program get a significance of $0.000 < 0.05$. Hypothesis testing in this study shows that there is a significant relationship between the variable cultural value and anxiety about aging. The results of the calculation of the correlation coefficient in the hypothesis test are -0.295 with the interpretation of the negative relationship between each variable. The interpretation of the hypothesis calculation is that there is a significant negative relationship between the cultural value and anxiety about aging, the higher the cultural value, the lower the anxiety about aging, and vice versa.

Discussion

The results of testing the hypothesis in this study are that, there is a significant relationship between the variables of cultural value to anxiety about the aging of the Toraja community so that H_a is accepted. The form of the relationship between variables is negatively correlated between each variable, namely the cultural value and anxiety about aging, so the higher the cultural value of the Toraja community in middle adult and late adult, the lower the anxiety about aging, and vice versa. The results of this study are in line with previous studies by Yun and Lachman (2006) that cultural values in South Korean and American cultures are associated with anxiety about aging in the age group 19-39 years, 40-59 years, and 60-91 years. Eastern culture has a more positive perception of aging than western culture (Yun and Lachman, 2006).

Yun and Lachman's (2006) study compared the perceptions of aging Americans with South Koreans who had urbanized (moved to America) and the result was eastern culture (South Korea) having a higher total anxiety about aging than Americans who were culturally western. South Korea (eastern culture) has a high anxiety about aging level, which according to Yun and Lachman (2006) confirms that cultural traditions and values have diminished as a result of urbanization. Urbanization has an influence on social and cultural change (Aziz, Hassan, and Saud, 2012).

The existence of social and cultural changes in a person results in the shifting of cultural values adopted and practiced in daily life. Yun and Lachman's research (2006) is consistent with the results of this study that the lower the cultural values adopted by the subjects in the Toraja community, the higher the anxiety about aging, then the relationship between anxiety about aging of cultural values can be explained that the more increasing age, the lower anxiety about aging in late adulthood, the more cultured and follow cultural values to maximize life in old age and improve welfare (Fung, 2013). The relationship between the two variables can be interconnected.

The phenomenon of the Toraja community is that the more they experience the aging process, the Toraja people will increasingly believe and understand that it will bring them closer to being the guardian deity of relatives, namely To MambaliPuang (Sitonda, 2013). The aging period of the Toraja people continues to be filled and perform traditional ceremonies both in family ceremonies and traditional ceremonies held by neighbors to carry out ancestral beliefs that the Toraja people must maintain a loving relationship between families and even between communities. The Toraja people hold fast to the cultural values inherited by their ancestors and that is why the Toraja people still carry out traditional rituals to this date. Rituals are carried out not only in certain regions but throughout Toraja. KadaTominaa is an oral literature that becomes a message for the next generations to be used in every traditional ritual or ceremony. The content of KadaTominaa's message is about keeping the relationship of mutual love between family members and the relationship of caring between people (Baan, 2015). Concern among family members and the community is the main role model for the Toraja community in life. The Toraja people care about the surrounding community, so that when they are at the duka ceremony (Rambu 'Solo) or syukuran ceremony (Rambu' Tuka) the Toraja people perform a large-scale ceremony in accordance with the rituals performed by the ancestors. Guidelines derived from ancestors to always care and love their relatives and society, and believe that getting older will bring them closer to ToMambaliPuang which transforms them into a god who will maintain and give blessings to their relatives on earth, hence it justifies the readiness of the Toraja community in the face of their old age. The more people are guided by Toraja cultural beliefs, the lower is the anxiety about aging. Results categorise anxiety about aging among the Toraja people in the medium category, so it can be described that the Toraja people do not have high anxiety in the face of the aging process because it relates to the cultural value that is believed by them.

The researcher interviewed one of the traditional leaders regarding the Ma'Nene 'ritual which became one of the focuses of the ceremony in this study. Ma 'Nene' is one of the ceremonies as a form of caring and affection for the ancestors. History of Ma 'Nene is portrayed as how Torajans care deeply about family members. According to the results of the interview with the traditional leaders of the Baruppu traditional territory, he explained that the Ma'Nene ceremony had to be done once a year after harvest, i.e in August and if it is performed before August or after it, then it would get them customary sanctions. This form of concern for the ancestors became the main foundation of the Toraja people to continue to perform rituals that had been handed down by ancestors.

The feeling of cultural values of the Toraja people, who love each other among family members and the relationship of mutual care between communities makes a very strong familiarity between people. This study has the result that the higher the cultural value carried out by the Toraja community, the lower is the anxiety of aging (anxiety about aging) and vice versa. Kinship and closeness between family or community becomes the basis to attain low anxiety about aging among Toraja people. Based on interviews conducted by researchers on one of the subjects, expresses that the subject did not feel anxious or afraid of being left behind by relatives, or doesn't even fear death because they felt that after death they would be closer to their ancestors and especially was already destined by God.

Increasingly old, then individuals from each culture will learn to become more cultured (Fung, 2013). This reveals that the more the age of the individual will continue to study his culture more deeply. The higher cultural values learned and adhered by the Toraja community in this study relate to the low anxiety of old age. According to Fung (2013), the more a person ages, the more it will shape the environment that makes the individuals prosperous. One of the things done by the Toraja community was to achieve prosperity so as to return from overseas to a family of relatives and make traditional ceremonies, one of which is like Ma 'Nene or Ma' Tada as a form of appreciation for the spirits of ancestors who have protected from puya (heaven). The cultured environment that is followed by the Toraja community for generations will always be carried out as we get older. Aging experienced by the Toraja people does not diminish the hereditary customs carried out, such as in Baruppu 'and TallungPenanian areas that the Ma' Nene and Ma 'Ta'da ceremonies continue to be held once a year.

The results of the interviews conducted by the researchers with Baruppu's traditional leaders, who are getting older, the Toraja people believe that it is getting closer to the spirits of their ancestors (To MembaliPuang). Toraja people will bring offerings such as pigs and buffaloes to deliver to the spirits of their ancestors and as a form of thanksgiving. Toraja people believe that yan guarding and protecting all human life is the soul of the ancestors of the past who has arrived at "puya" (heaven) (Tangdilinting, in Mahuri, 2010).

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