Psychological condition of the elderly in a nursing home

Efnida Silvia*
State Islamic Institute (IAIN) Bukittinggi
Bukittinggi, Indonesia
Linda Yarni
State Islamic Institute (IAIN) Bukittinggi
Bukittinggi, Indonesia
*Corresponding Author. e-mail: efnidasilvia163@gmail.com

Abstract

Individuals who have good psychological conditions will create social relatedness and good moral feelings. This study aims to determine the social and moral feelings of the elderly in the Ikhwanus Shafa Lasi Mudo nursing home in Canduang District, Indonesia. This research employed the descriptive qualitative design. The participants in this study were six elderly in the age of 60s or over and two caregivers who gave supporting information. The data were collected through observation and interviews. Data analysis techniques involved data reduction, data presentation, conclusion drawing or verification, and comparison of the results of interviews. This study tried to examine the elderly's sense of brotherhood, sympathy, and affection for others. It was found that there was a lack of a sense of solidarity, help, and respect among others. The elderly do not feel that they are closer to the people in the nursing home compared to their family members. Then, it was found that in terms of moral feelings, the elderly have shown a good relationship between values and ethics (morals), where the elderly can take responsibility, feel guilty when violating norms, and feel at ease when obeying norms.

Keywords: *elderly, psychological condition, social institution.*

Introduction

Old age is a period of last development in human life which is marked by physical, psychological, and social changes (Lee et.al, 2018). Elderly have their own unique developmental tasks, so those able complete their developmental tasks well will feel successful and happy (Zadworna-Cieślak, 2020). However, the research found that the elderly's quality of life and psychological conditions will be different when they live in a nursing home. The elderly living at home with their families have a better psychological conditions compared to those living in nursing homes (Kahrazei & Akbarizadeh, 2020). Elderly who are in the family environment will have a lower risk of psychological disorders (Hurlock, 1980; Sincihu et.al, 2018). How to take care of the elderly gets more attention from the government and families. Abdi et.al (2019) said that, in general, the elderly have three needs in life, namely a sense of security, a sense of belonging, and self-actualization.

Indonesia has governed the provision of lodging assistance for the elderly in law Number 13/1998. *Tresna Werdha*/Nursing Home social institution that facilitates elderly with various backgrounds. This facility is provided for those who are neglected by relatives or those voluntarily sent by the family. It functions as a place to care for and accommodate the elderly. In this place, the elderly socialize and interact with each other, so they do not feel lonely and isolated from family or society. Besides, the elderly can also carry out exercises to improve their mental and physical health (Ariyani, 2013; Triwanti et.al., 2015). However, the elderly living with families generally have a better psychological condition when compared to those living in nursing homes. Elderly who are in the family environment will have a lower risk of psychological disorders (Hurlock, 1980)

On the other hand, Suleha et.al (2017) pointed out that many elderly choose to live apart from their children and still feel happy. Old age is a time when everyone hopes to live peacefully and enjoy the rest of his life with his family. However, not all the elderly get such an ideal life opportunity. Various life problems such as poverty, failures, conflicts with children or grandchildren, and not having a partner may lead them to an "unpeaceful' life that somehow triggers psychological pressure. One of the characteristics of psychological changes in the elderly is the emergence of a sense of loneliness. When their children do not live with them anymore, they feel this kind of feeling. To overcome loneliness, usually elderly like to take care of their grandchildren, but they should still reduce social interaction and tasks due to their declining physical condition. In general, many elderly give up participating in society, even if it is done forcibly.

However, the elderly who are disconnected from the social world will experience dissatisfaction. They get bored easily, and they sometimes can be chatty. Their memory, sight, and hearing abilities deteriorated. They like to tell stories or reminisce about the greatness of the past, and religious life, especially in terms of worship and other deeds as they are getting close to death (Sigalingging et.al., 2020).

This study was conducted at the Ikhwanus Shafa. It is a nursing home for the elderly. There were various activities inside and outside of the nursing home building, and various expressions were seen. Some of them looked very sad. The others were contemplating, praying in the prayer room, and sitting alone with a very gloomy expression. There were also elderly who did various activities. Some of them sat alone, talked with friends, or went to their rooms avoiding people. Larasati & Boy (2019) indicated that elderly activities, especially those that involved physical activity, actually have a positive effect on psychological, emotional, and physical conditions

The result of the direct interview conducted with the head of the nursing home showed that the elderly often escaped from the place. They cried, begging to be taken away from the nursing home. There were often elderly who were hallucinating, talking with pillows to express their longing for their children. The elderly also looked gloomy and often pensive and showed a lack of solidarity. Information obtained from direct interviews with two elderlies in a nursing home found that there were people who paid less attention or abandoned their parents. They preferred to leave their parents in a nursing home rather than take care of their own parents at an old age. Even their families did not want to know more about the parents' condition. This created a deep longing as they actually wanted to return to their homes to meet their families. The family rarely visited the elderly in the nursing home. Therefore, this makes affected the psychological condition of the elderly. They become disturbed, hopeless, emotional, irritable, sad, and depressed. In terms of the declining psychological condition, the elderly urgently need families to provide support for the clinical conditions experienced (Muchiri et.al., 2018).

Based on the description above, the researchers conducted further research on the psychological condition of the elderly between the ages of 60 and 75 years.

Method

This study employed the qualitative approach. Qualitative research is a research procedure that produces descriptive data in the form of writing from the observable behavior of the subject itself (Suharsimi, 2010). This method is called the new method, because of its recent popularity. It is also called the post-positivistic method because it is based on the philosophy of postpositivism (Royadi et.al., 2019). The method is used to determine the real conditions that exist in the research location. This method seeks to understand the facts behind the reality that can be observed directly (Tohirin, 2012). The key informants in this study were 6 elderly between the ages of 60 and 75 years and 2 caregivers at the Ikhwanus Shafa Lasi Mudo Nursing Home which is located in Canduang District. The results of this study were expected to describe the psychological condition of the elderly in the nursing home as a whole.

Data were obtained by researchers through observation, interviews, and documentation. The data obtained were analyzed qualitatively. The process of analyzing qualitative data is a continuous procedure starting from organizing the data through careful examination. Prayitno (2006, P.1) stated that data processing is done by describing and connecting with other aspects and then giving meaning before conclusions are drawn. Data reduction refers to the process of selecting, focusing, simplifying, abstracting, and transforming "raw data" that occurs in written field notes. Data reduction is an analysis that sharpens, selects, and organizes data in a way where conclusions can be drawn and verified.

Data model is a collection of information that is structured and allows the description of conclusions and actions to be performed. The model includes various types of matrices, graphs, networks, and charts. All are designed to collect information organized in a way to see what is happening and draw conclusions that are justified in order to move to the next stage. The final conclusion is made by looking at the initial conclusions that have been made and the findings of the data in the field.

Findings and Discussion

Elderly Social Feelings

Results showed that, in terms of social behavior, there we elderly who did not have a sense of solidarity. However, they showed shared interests, mutual sympathy for their friends around them, and love for each other. Regarding social feelings, Ms. DA as a resident of the nursing home said:

> "I never help when there are activities in this nursing home because I feel that I am not too close to my friends. If any of my friends ask for my help, I will help and give my best. I will defend my opinion if I think it is good and don't care about others. I listen to my friends when reading the Quran. I consider my friends as my own family. I am close to my friends but not as close to my family. I consider my friends here as my own family. I remind my friends to rest a lot and take medicine when sick. I appreciate friends from different ethnicities and races. I try to invite my friends to tell stories and try to give solutions to their problems. I also feel sad when a friend feels sad. I try to listen and give my friends advice. I try to bring my friends into the association. I remind my friend when he makes a mistake."

In the interview, Mrs. TI conveyed her opinion through interviews. Mrs. TI said:

> "I very rarely help with activities at the nursing home. My friends rarely ask for my help and vice versa. I try to defend my opinion. I keep quiet and listen to my friends when

reading the Koran. We respect each other, and I and my friends are very close. I even consider them as family. I consider them more than my own family. I am very worried if a friend is sick, and I try to give more attention to them. I try to maintain social relations without discriminating against friends. I try to help my friends to get out of their problems and provide input and suggestions for these problems. I feel sad when my friends feel sad because for me their sadness is also mine. I try to convince my friends that everybody has their weaknesses and strength. I try to listen and give the best advice to them. I try to give advice to my friends when they are doing something wrong. "

Regarding social feelings, Mrs. FT said:

"I sometimes help with activities at the nursing home. I will help as much as I can. I try to defend my opinion although I am silent and listen. I am very closed to my friends than to my family. I worry if a friend gets sick. I keep socializing even though there are differences. I try to tell my friends about my problems. I also feel sad when I see my friends sad. I motivate my friends to stay confident. I try to lead them in a more positive direction. "

About social feelings, Mrs. SNT said:

"I often help with activities at the nursing home. I often help and ask for help from fellow friends. I prefer deliberation to equalize opinions. I appreciate my friends who read the Al-Quran. I already consider friends here as a brother. I pay more attention to my friend who is sick. I like to get along with everyone without discriminating against each other. I try to find solutions to the problems I face. I often motivate my friends to stay confident".

Regarding social feelings, Mrs. ID said:

"I don't participate much in the activities at the nursing home. I like to help others, and I try to listen more to other opinions that are different from mine. I am very tolerant of my friends. I consider them to be my own family. I respect everyone's differences. I try to find a solution for friends who have problems. I often listen to my friends tell stories and give positive suggestions. I prohibit my friends from doing inappropriate behavior."

Regarding social feelings, Mrs. NA said:

"I never help in activities at the nursing home. I also rarely help my friends. I prefer to defend my own opinion. I respect my friends who read the Al-Quran. I share it with my friends, and I appreciate it. I am close to my friends because I already treat them like family. I feel worried about my friends when they are sick. I often help my friends in solving personal problems. I am very sad if one of the elderly living in the nursing home feels sad. I never discriminate against people in terms of limitations. I strictly prohibit my friends from doing something not commendable."

About the elderly feelings, Mrs. D, the head of the nursing home who is also a foster mother at the Ikhawanus Shafa Lasi Mudo Nursing Home said:

"Some of the elderly do not show an attitude of solidarity. When there are activities at the nursing home there are some of them who do not want to get involved. The elderly never discriminate against their friends. They are very caring when their friends are sick. The elderly consider friends in the nursing home as their own family. They feel sad when their friends are sad."

Related to the social feelings of the elderly, Mrs. S, a foster mother at the Tresna Werdha *Jasa Ibu* stated:

"In my opinion, the elderly do not show a sense of solidarity. When there are activities at the nursing home, not all of them are involved. At the nursing home, the elderly make

good friends without discriminating against their friends. The elderly are also very worried when their friends are sick. They are very close to their friends like siblings. The elderly will also feel sad when their friends feel sad, and they try to find solutions to the problems that their friends are facing."

Based on the results of observations and interviews, it is indicated that the social feelings of the elderly are low. When there were activities at the nursing home, the elderly very rarely participated and helped. There was no sense of belonging. Besides, they did not want to accept others' opinions or try to discuss their opinions with fellow elderly.

Solidarity is related to altruism, trust, and interpersonal relationships with others (Busemeyer & Lober, 2020). In general, the elderly in nursing homes showed a sense of brotherhood among others. This was evidenced by the closeness between the elderly and those who already consider their friends as their own family. Generally, the elderly had mutual sympathy shown when they were sick, others felt worried. When there were friends who felt sad, they said that they also felt what their friends felt. When the elderly had problems, they shared them and tried to provide solutions to their problems. The elderly had shown a sense of affection, so they did not discriminate between friends. They protect and remind each other about things.

The results of this study indicated that the level of social feelings of the elderly at the Ikhawanus Shawa Nursing Home is somehow low because several social feelings are not in accordance with Kovalenko & Spivak's (2018) theory. Social feelings are supposed to include a sense of solidarity, a sense of brotherhood, a sense of sympathy, trust, altruism, and a sense of affection.

Based on the analysis, it can be concluded that the elderly at the Ihwanus Shafa Nursing Home did not show a sense of solidarity. It is evidenced by the lack of participation of the elderly in the activities of the nursing home, and they were not able to accommodate and accept others' opinions. Generally, the elderly showed an attitude of brotherhood as they consider other elderly as their own family. They had an empathetic attitude toward other friends. It was shown when there were elderly who were sick, they felt worried about each other. When there were friends who felt sad, they said that they felt what others' felt. When the elderly face problems, they told each other and tried to give solutions to their problems. Generally, the elderly had a high sense of affection, without distinguishing between friends. They also protected and reminded others from doing something bad.

Elderly Moral Feelings

Researchers made observations at the Ikwanus Shafa Nursing Home related to moral feelings. They tried to build interaction slowly, starting by inviting them to talk. The researchers also saw the conditions of the building and rooms. The elderly seemed very responsible for taking care of their own rooms as the rooms looked clean. In general, the elderly also had good ethics and morals. To support the results of the interviews, the researchers conducted more interviews with the elderly and the head of the nursing home as well as caregivers.

Regarding the moral feelings of the elderly, through an interview, Mrs. DA said:
> "I always obey the norms that apply in the nursing home. When I see a dirty room, I don't feel comfortable at all and try to always maintain cleanliness. After waking up, I always tidy up the bed and fold the blanket. I always throw the trash in the garbage can. I don't like to lie to anyone. I think lying is a very bad thing. I will feel very guilty when lying to others. I try to keep my words to my friends because I am afraid that my words will offend my friends. I never cheat on my friends let alone take other people's rights."

Mrs. TI also conveyed her opinion through interviews, Mrs.Tuti said that:
> "I always try to clean the room in order to feel comfortable. After waking up, I make the bed and fold the blanket. I don't like throwing trash everywhere in the room. I try to obey the norms by always being honest in the nursing home. I also try to talk politely to my friends. I always act fairly and don't want to take other people's rights. I will feel uneasy and guilty when I violate the rules and values and norms."

Regarding moral feelings, Ms. FT said that:
> "I always clean the room after I wake up. I also put the trash in its place. I also always tell the truth to my friends. I always apologize to my friends if I accidentally say something that offends them. I try to be fair to everyone. I feel uneasy when I take other people's rights, and it becomes a burden on my mind so that my feelings become uneasy."

Regarding moral feelings, Ms. SNT said that:
> "I am always responsible for the cleanliness of the room. I always make my bed after waking up and throw the trash in the bin. I never lie to my friends. I also try to be polite to friends. When I say something offensive, usually I apologize first. I don't feel comfortable when it's unfair and cheating on my friends."

Regarding moral feelings, Mrs.ID said that:
> "I don't like it when my room looks dirty, that's why I try to keep my room clean and tidy. Usually, after waking up, I immediately clean or tidy up my room so I feel comfortable in the nursing home. I have my trash can in the room so that the garbage is not scattered. I am a person who does not like to lie. I prefer to be honest. I try to be polite and keep my words so as not to hurt the feelings of my friends. I am always fair to others and do not want to take other people's rights, because when I violate the norms and values, I feel uneasy."

Regarding moral feelings, Mrs.NA said:
> "I am very responsible for the cleanliness of the room. Usually, when I wake up, I always make my bed. I am also not comfortable when there is garbage scattered in the room. I always throw garbage in the bin so that the room always looks clean. Related to the values and norms that apply, I also don't want to violate them, for example lying to other people. I feel uncomfortable and I prefer to be honest with others. I always act fairly, and I don't want to take other people's rights."

In line with the previous statements, related to the moral feelings of the elderly, Mrs. Djusni, the head of the nursing home stated:
> "I think the elderly have a sense of responsibility, for example, to clean rooms and make beds, throw trash in the bin. In general, the elderly will also feel guilty when violating norms, for example feeling guilty when lying to their friends and offending friends. The elderly are always fair in their interactions, therefore, the elderly do not want to lie, or say things that are not polite. They always act fairly and do not want to take other people's belongings."

Related to the moral feelings of the elderly, Mrs. Siti, foster mother at the nursing home, stated:
> "I see a sense of responsibility possessed by the elderly. As evidence, I always see the condition of the room which is always clean. There is no garbage scattered in the room. The elderly also always obey the ethical values, for example, the honest attitude, the polite words that they use never offend other people's feelings, and the effort to always be fair to each other. When the elderly violate these ethical norms and values, I don't think they feel comfortable or happy."

Based on the results of observations and interviews that researchers did, it can be interpreted that the elderly generally had a sense of responsibility towards themselves and their environment. They always made their beds and maintained cleanliness. They felt guilty when violating the norms, and they feel at peace when they obey the norms..

Intended to give interpretation and meaning to the results of the study in accordance with the theories and references that are used. It is not merely used to present findings. Interpretation should be enriched with referencing, comparing, or contrasting with findings of previous research published in reputable, not predatory, journal. It is advisable to integrate findings into collection of theories or established knowledge, development of a new theory, or modification of existing theories. Implications of the research findings are given.

Conclusion

Based on the results of the research elderly's social feelings in general, a sense of solidarity is shown. Although the elderly did not want to help or participate in nursing home activities, they still show some respect to others. The elderly did not feel closer to the people in the nursing home than to their family members. The elderly had problems in terms of social interaction and social adjustment, resulting in distrust of others (Faemy et.al., 2021).

Aleydrus's (2014) research on the differences in the adjustment of the elderly living in the *Pangesti* Nursing Home with the elderly living with their families in Lawang sub-district shows that those who live in the nursing home find it difficult to adjust and develop an attitude of solidarity because they lack self-acceptance. The elderly do not feel happy being far from the people closest to them, so they feel like they are no longer meaningful. Carney et.al (2016) stated that the elderly are vulnerable to feeling isolated and lacking support because they are alone in the nursing home.

Related to the feeling of the brotherhood, the elderly already felt close to friends and caretakers of the nursing home even though they did not feel as close as their own family. They consider the other elderly in the nursing home as a second family. When one of their friends at the nursing home was ill, they would feel worried about each other. On the other hand, the elderly also never discriminated against friends. Larasati & Boy (2019) stated that one of the indicators of social feelings is a sense of brotherhood. Associated with feelings of sympathy, the elderly also always helped find solutions to their friends' problems that cannot be resolved on their own. The elderly also felt very sad if their friends felt sad. They tried to give the best advice to their friends at the nursing home. Larasati & Boy (2019) point out that someone possessing social feelings a sympathy towards others. Regarding affection, the elderly always loved their friends because they never mocked their friends who had limitations. They did not isolate their friends, and they always reminded and cared for each other.

It was shown that the elderly paid attention to values and ethics because they were responsible for themselves and their environment. They cleaned the rooms after waking up and tried to not litter. Related to the norms, they would feel guilty when breaking the norms and felt at ease when obeying the norm. They always told the truth to friends at the nursing home. They talked nicely and politely and be fair to friends at the nursing home. They would never violate other people's rights. When the elderly violated these norms, they felt very guilty about themselves and others. According to the theory by Bigot, this feeling arises when people experience good or bad things according to moral norms. Good things will cause a sense of pleasure and positive feelings and vice versa..

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