

THE RELATIONSHIP BETWEEN SOCIAL INTERACTION AND QUALITY OF LIFE OF THE ELDERLY IN KORONG GADANG VILLAGE KURANJI SUB-DISTRICT PADANG CITY

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ABSTRACT

Increased life expectancy has resulted in an increase in the number of elderly people. Over time, the various organ systems of the elderly body undergo changes that cause them to have limitations in activities so that they are considered as helpless individuals and slowly withdraw from society. This results in a decrease in social interaction which will affect the quality of life of the elderly. This study aims to determine the relationship between social interaction and the quality of life of the elderly in Korong Gadang Village, Kuranji District, Padang City. This study is an observational analytic study with a cross sectional design. Data were collected by guided interviews using the social interaction questionnaire and the OPQOL-35 quality of life questionnaire with 60 respondents. Respondents had good social interaction (86.7%) and good quality of life (80.0%). The results of bivariate analysis using the Chi-square statistical test showed a p value = 0.043 (p <0.05). The conclusion of this study is that there is a relationship between social interaction and the quality of life of the elderly in Korong Gadang Village, Kuranji District, Padang City.

Keywords : elderly, social interaction, quality of life

INTRODUCTION

Life expectancy is used as one of the indicators of the success of national development. The increase in life expectancy results in an increase in the number of elderly population.¹ The Statistical Data of Elderly Population in 2022 shows that life expectancy in Indonesia has increased from 69.81 years in 2010 to 71.57 years in 2021.² According to the Republic of Indonesia Law Number 13 of 1998 concerning the Welfare of the Elderly, the elderly are defined as individuals who have reached the age of 60 and above. Globally, the elderly population continues to increase. According to the World Health Organization (WHO), the number of elderly population is estimated to rise from 1.4 billion in 2020 to 2.1 billion in 2050. Data from the Central Statistics Agency (Badan Pusat Statistik) indicates that the number of elderly population has increased from 18 million (7.6%) in 2010 to 29.3 million (10.82%) in 2021, and is projected to further increase to 40 million (13.8%) by 2035.² In 2020, the percentage of elderly population in West Sumatra was 10.83% of the total population of 5.53 million people, an increase compared to 8.08% in 2010.³

The increase in the elderly population can have both positive and negative impacts. Positive impacts occur when the elderly population is healthy, active, and productive, thereby contributing positively to the country's economy. Conversely, negative impacts may arise if the elderly experience health decline. This can lead to increased healthcare costs, decreased income, and increased disabilities.⁴ Over time, the physiological functions of various organs in the elderly decline, making them more vulnerable to various diseases such as infectious and degenerative diseases. This results in a high incidence of illness and mortality among the elderly.⁵ Based on data from BPS in 2022, the morbidity rate among the elderly is 20.71%, meaning approximately one out of five elderly individuals experienced illness in the last month.² Additionally, the multimorbidity experienced by the elderly also leads to suffering, increased mortality, and decreased quality of life among the elderly.⁵ According to the World Health Organization (WHO), as discussed by Siagian and Sarinastiti (2022), quality of life is the individual's perception of their position in life, considering the cultural context and value system related to goals, expectations, standards, and concerns.⁶ Quality of life is a broad concept

influenced by several factors such as physical, psychological, environmental, and social conditions. Each factor plays an important role in enhancing quality of life.⁷ Generally, the elderly experience a decline in quality of life due to limitations and incapacity in their activities.⁸

Social interaction is one of the factors that affect the quality of life of the elderly.⁹ Social interaction is a mutual relationship or interaction between individuals that occurs throughout life within society.⁶ Decreased social interaction in the elderly can have impacts such as preferring to be alone, feeling lonely, stress, and depression, which ultimately affect the quality of life of the elderly. The decline in social interaction among the elderly is caused by them gradually withdrawing from society.⁷ The study conducted by Siagian and Sarinastiti (2022) on 73 elderly individuals in RW 13, Cigondewah District, found that 39.7% of the elderly have poor social interaction. A decrease in social interaction in the elderly usually begins with a decrease in physical conditions in the elderly, such as decreased hearing, vision, and decreased memory accompanied by illness and psychosocial problems.⁶ Decreased social interaction will affect the quality of life of the elderly.¹⁰ Based on research conducted by Masithoh et al (2022), which examines the relationship between social interaction and family function with the quality of life of the elderly in the Seroja Posyandu, Sambiyon Village, Rembang, it was concluded that social interaction affects the quality of life in the elderly.⁹ Based on the data from the Central Statistics Agency of Padang City in 2021, the number of elderly population in Padang City is 92,259 individuals.¹¹ Kuranji sub-district is one of the sub-districts in Padang City with the highest number of elderly population, totaling 14,504 individuals, consisting of 6,889 elderly males and 7,615 elderly females. One of the village in Kuranji sub-district with the highest population is Korong

Gadang village, with a population of 20,125 individuals in 2021.¹²

From the initial survey conducted by the researchers on 10 elderly individuals, it was found that 40% of the elderly have poor social interaction due to declining physical health, and social interaction only occurs when the elderly need assistance. The elderly also mentioned the absence of their children who no longer live with them. Based on the description above, the researchers are interested in conducting a study on the relationship between social interaction and the quality of life of the elderly in Korong Gadang Village, Kuranji Sub-District, Padang City.

RESEARCH METHODS

This study is an observational analytic study with a cross sectional design. The population in this study were all elderly people in Korong Gadang Village, Kuranji District, Padang City who were registered with DTKS 2023. The sample in this study were 60 elderly people who met the inclusion and exclusion criteria. Inclusion criteria were individuals aged 60 years and above, elderly who are willing to become respondents, elderly who are co-operative with exclusion criteria including elderly who experience severe illness that makes it impossible to become a respondent, and elderly who experience cognitive impairment. The sampling technique used was simple random sampling. Data analysis in this study was univariate and bivariate analysis. Univariate analysis to describe the frequency distribution of social interactions and quality of life. Bivariate analysis to determine the relationship between social interaction and the quality of life of the elderly in Korong Godong Village, Kuranji Sub-District, Padang City. The statistical test used was Chi-square. The research was conducted in accordance with the ethical permit that had been issued by the Research Ethics Commission of the Faculty of Medicine, Andalas University with No.560/UN.16.2/KEP-FK/2023.

RESULTS

Table 1. Frequency distribution of respondent characteristics

Characteristics	f	(%)
Age (years)		
60-74	51	85,0
75-90	9	15,0
>90	0	0,0
Total	60	100,0
Gender		
Male	19	31,7
Female	41	68,3
Total	60	100,0
Recent Education		
Did not go to school	12	20,0
Elementary school	27	45,0
Junior high school	3	5,0
Senior high school	10	16,7
College	8	13,3
Total	60	100,0

Marital Status		
Married	35	58,3
Single (never married)	0	0,0
Widowed	25	41,7
Total	60	100,0
Occupation		
Unemployed	53	88,3
Employed	7	11,7
Total	60	100,0

Table 1 shows that most respondents were 60-74 years old (85.0%), female (68.3%), had elementary school education (45.0%), married (58.3%), and unemployed (88.3%).

Table 2. Frequency distribution of social interaction

Social Interaction	f	%
Good	52	86,7
Sufficient	8	13,3
Poor	0	0,0
Total	60	100,0

Table 2 shows that most of the respondents had good social interaction (86.7%).

Table 3. Frequency distribution of quality of life

Quality of life	f	%
Good	48	80,0
Moderate	12	20,0
Poor	0	0,0
Total	60	100,0

Table 3 shows that respondents who have a good quality of life have the largest percentage (80.0%).

Table 4. The relationship between social interaction and the quality of life of the elderly

Social Interaction	Quality of Life				Total	p-value (95% CI)
	Good		Moderate			
	f	%	f	%		
Good	44	84,6	8	15,4	52	100,0
Sufficient	4	50,0	4	50,0	8	100,0
Total	48	80,0	12	20,0	60	100,0

Table 4 shows that elderly people with good quality of life have a higher percentage of those who have good social interactions compared to those who have sufficient social interactions (84.6%: 50.0%). The statistical test results obtained a p-value of 0.043 ($p < 0.05$) which means that there is a relationship between social interaction and the quality of life of the elderly in Korong Gadang Village, Kuranji Sub-District, Padang City.

DISCUSSION

Respondent Characteristics

In this study, most of the respondents (85.0%) were aged 60-74 years while the respondents aged 75-90 years were 15.0%. Although the majority of respondents were

aged 60-74 years, the percentage in this study was higher than the research of Budiarti et al on social interaction, loneliness level, and quality of life of the elderly at Griya Werdha Jambangan Surabaya where 48.1% of respondents aged 60-74 years were found.¹³ Increasing life expectancy has resulted in this phenomenon. In 2022 life expectancy in West Sumatra is 69.90 years and Padang City is 73.93 years.¹⁴ In contrast to Rohmah et al's research at Panti Werdha Hargo Dedali Surabaya, most respondents were 75-90 years old (63.0%).¹⁵ This is because the elderly aged 75-90 are more susceptible to illness because the higher the age of the individual, the more at risk of health problems. This is one of the main reasons why the elderly live in Hargo Dedali Nursing Home.¹⁶

Based on gender, there were more female respondents (68.3%) than male (31.7%). Another study that showed almost the same results was research by Derang et al (2022) regarding social interaction and the quality of life of the elderly at the UPT Social Services for the Elderly of the Binjai Social Service of North Sumatra Province, where 64.8% of respondents were female.¹⁷ Women have a higher life expectancy than men, so the number of elderly women is greater. This is supported by data on life expectancy in Indonesia based on gender in 2022 showing that the life expectancy of women is 73.83 years while the life expectancy of men is 69.93 years.¹⁸ In contrast to the research of Daely et al, it was found that the majority of respondents were male (57.9%) this may occur due to the uneven distribution of elderly people in the four Tresna Werdha Budi Mulia Social Institutions.¹⁹

The most recent education of the elderly in Korong Gadang Village is elementary school (SD), namely 45.0% of the total respondents. Although the majority of respondents' last education was elementary school, this percentage was higher than the research of Derang et al at the UPT Social Services for the Elderly of the Binjai Social Service of North Sumatra Province, which was 26.2%.¹⁷ Data on Elderly Population Statistics 2022 also shows that most of the elderly in Indonesia have a low education, namely elementary school (SD) and below. This is due to limited access to educational facilities in the past.² In contrast to the research of Iqbal et al in Ceurih Village, Ulee Kareng District, Banda Aceh City, it was found that half of the respondents had secondary education (SMA) as much as 53.3%.²⁰

Based on marital status, more elderly people are married, namely 58.3% of the total respondents. This result is lower than the statistical data on the elderly population of 2022 which shows that 64.59% of the elderly are married.² The presence of a life partner is closely related to affection and a sense of sharing which is a need for the elderly and can provide mutual physical and mental support.²¹

In this study, it was found that most of the respondents did not work, namely 88.3%. Although most of the respondents did not work, this result was higher than Indrayani and Ronoatmodjo's research on the quality of life of the elderly in Cipasung Village, Kuningan Regency, which found that 65.3% did not work.²² The majority of the elderly do not work because of the decline in their physical condition, so that the elderly are unable to work properly to meet their needs. This causes the elderly to generally depend on their children or relatives to live their lives.²³ In contrast to Prasetya and Kartinah's research, it was found that most of the respondents worked as farmers (53.9%). This result was influenced by the research location in the countryside, namely Pitu Village, Ngawi Regency with a large amount of agricultural land still available.¹⁰

Social Interaction

Based on the results of the study, it was found that the frequency distribution of social interactions in the elderly was good social interaction (86.7%) and sufficient social interaction (13.3%). Research on social interactions in the elderly in RW 13 Kelurahan Cigondewah Kaler conducted by Siagian and Sarinastiti also shows that most of the elderly have good social interactions, but the percentage is lower than the results of this study, namely 60.3%.⁶ The results of this study indicate that most of the elderly have good social interactions because many elderly people interact with the surrounding community such as helping neighbours who hold celebrations or festive gathering, participating in RT activities, and participating in religious activities such as taklim assemblies. In addition, based on the respondents' occupation status, it was found that the majority of the elderly were no longer working. To fill their spare time in daily life, the elderly establish social interactions with their surroundings. Elderly people who are actively involved in social activities and activities will have better spirits and life satisfaction, as well as more positive mental, physical and social health compared to elderly people who are less socially involved.⁷ This aligns with the social psychological theory of aging, specifically the activity theory, which states that successful elderly people are those who remain active and involved in many social activities.²⁴

The results of this study differ from research by Iqbal et al on social interaction and quality of life of the elderly in Ceurih Village, Ulee Kareng District, Banda Aceh City, which showed that 64.4% of respondents had poor social interaction. The difference in findings is attributed to the characteristics of the elderly in Ceurih Village, where it was found that the elderly felt incapable of participating in community activities, physical limitations also make the elderly lazy to move outside the home, the elderly are also very dependent on family to walk or move, and the elderly also think that their lives are meaningless to others because they are often sick and bother the family because of the limitations they have.²⁰

Quality of Life

Based on the results of the study, it is known that the frequency distribution of quality of life in the elderly is 80.0% good quality of life and 20.0% moderate quality of life. Similar to research conducted by Siagian and Sarinastiti in RW 13 Cigondewah Kaler Village which shows that most respondents have a good quality of life, but the percentage is slightly lower than this study, which is 74.0%.⁶ The results of this study indicate that the majority of elderly people in

Korong Gadang Village have a good quality of life because most of the elderly enjoy their lives, are still healthy enough to be independent because based on age characteristics, the majority of elderly people aged 60-74 years in this age range they still have the ability to carry out daily activities independently, can interact with the surrounding community, this can be seen when data collection and observations are obtained elderly, especially elderly women in the afternoon gathering with each other and neighbours, supported by gender characteristics, the majority of respondents are women, a safe and comfortable living environment for the elderly, and can carry out activities according to their abilities. In addition, a good quality of life in the elderly is due to elderly people who feel they have gained satisfaction from achievements in their lives and enjoy a harmonious life and support each other in everything.²⁵

Elderly people with a good quality of life indicate that the elderly can accept their condition, can carry out activities according to their abilities, feel happy, and enjoy old age with meaning, benefit, and quality.²⁶ Elderly people who have a good quality of life will be more prosperous, productive, independent, and healthier.²⁷ The results of this study differ from Andesty and Syahrul's research on social interaction and the quality of life of the elderly at UPTD Griya Werdha Kota Surabaya which states that 53.8% of respondents have a low quality of life. This is caused by differences in the living environment which will affect the elderly to adapt. Elderly people will experience different feelings when living in institutions and at home because those who live in institutions must accept new people and environments. The place of residence can also affect the quality of life of the elderly from the aspect of social relationships. The elderly who live at home will get support from family and community so that it will have a positive impact on their lives.⁸

The Relationship between Social Interaction and Quality of Life of the Elderly

In this study based on the results of statistical tests obtained p value = 0.043 ($p < 0.05$) which means that there is a relationship between social interaction and the quality of life of the elderly in Korong Gadang Village, Kuranji Sub-District, Padang City. The results of this study are in line with the research of Masithoh et al (2022) which found that there is a relationship between social interaction and the quality of life of the elderly in Sambiyang Rembang Village with p value = 0.003 ($p < 0.05$).⁹ Elderly people who are active in their social life show higher levels of spirits and life satisfaction, and show more positive adjustment and mental health compared to those who are less socially involved. High spirits and life satisfaction in the elderly lead to better quality of life. This explains that older people with good social interaction generally have a good quality of life.¹³

Social interaction has a positive impact on the quality of life of the elderly.²⁸ Through social interaction, the elderly have the opportunity to share thoughts and information with their friends, which can reduce loneliness, feel more valuable in life, and avoid depression.⁶ Therefore, social interaction is very important to be maintained and improved in the elderly group.⁸

CONCLUSION

Based on the results of research on the relationship between social interaction and the quality of life of the elderly in Korong Gadang Village, Kuranji Sub-District, Padang City, the following conclusions were obtained: Most respondents have good social interactions. Most respondents have a good quality of life. There is a relationship between social interaction and quality of life in respondents.

The suggestion of this study is to increase social interaction by participating in activities that can encourage the elderly to mingle with the surrounding environment..

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