



FULFILLING THE NEEDS OF THE ELDERLY TOWARDS THE QUALITY OF LIFE OF THE ELDERLY IN THE HEALTH CENTER AREA

Istiqomah Dwi Andari^{*1}, Umriaty², Riska Arsita Harnawati³.

^{1,2,3}Politeknik Harapan Bersama

Corresponding Email: *istyandari44@gmail.com

ABSTRACT	Keywords
<p>The increasing age of the elderly experiences biological, physical, psychological and social changes. This change will impact all aspects of life, including health. This is because as you get older, the function of your body's organs will decrease, either due to natural factors or disease. Analytical survey research that tries to explore the influence of fulfilling the needs of the elderly on the quality of life of the elderly. The research method uses a cross sectional design. The needs of the elderly affect the quality of life of the elderly. It can be seen from the physical condition of the elderly that almost all of them experience quality physical condition. The psychological condition of the elderly is in good condition and of good quality. Conditions for elderly social interactions run well and are of good quality. The coverage of the elderly's social environment is very good for the quality of life of the elderly in the Community Health Center area with a sample size of 128 elderly. Research results The characteristics of the elderly in this study consisted of the majority of male respondents, 63 (65.8%) of the total 128 elderly respondents studied. There were several qualities of the elderly studied. The life of the elderly is seen from the physical condition of the elderly as many as 78 (60.9%), The quality of life of the elderly is seen from the psychological condition with the quality category being 102 (79.6%) elderly. There are several qualities of life for the elderly seen from the quality of the social interaction of the elderly as many as 108 elderly (84.3%), some of the quality of life of the elderly is seen from the quality of the social environment of the elderly as many as 96 (75%)</p>	<p>Need, Elderly, quality of life</p>

INTRODUCTION

The elderly dream of a prosperous life with all their needs met. Improving the quality of life, which is defined as fulfilling needs according to physical, psychological and social conditions, is the same as improving well-being. (Strupeit, 2014)

According to WHO, in the Southeast Asia region, the elderly

population is 8% or around 142 million people. In 2050, it is estimated that the elderly population will increase 3 times from this year. In 2000 the number of elderly was around 5,300,000 (7.4%) of the total population, while in 2010 the number of elderly was 24,000,000 (9.77%) of the total population, and in 2020 it is estimated that

the number of elderly will reach 28,800,000 (11.34%) of the total population. In 2016, Indonesia had 22.6 million elderly people or 8.75 percent of the population with a middle age of 28 years. It is estimated that by 2030, that number will increase to 41 million people or 13.82 percent of the population with a middle age of 32 years.

There are four domains of quality of life, namely physical health, psychological health, social relationships and the environment. The problem that elderly people often face is that over time, there will be a decline in the function of various body organs. This decrease in function is caused by an anatomical reduction in the number of cells as well as reduced activity, inadequate nutritional intake, pollution and free radicals, this causes all organs in the aging process to experience structural and physiological changes, as well as the brain (Bandiah, 2018). Cognitive function influenced by several things, namely language, thought development, memory development, and intelligence development which affects old age.

Low quality of life causes elderly people unable to enjoy old age to the full meaning, happiness and usefulness. The quality of life for the elderly in Indonesia is still poor low category. This is caused by the creation of a shift in social values caused many families are busy working so the elderly become neglected. The low The quality of life of the elderly will affect welfare of the elderly (Hayulita, 2018)

Trisnawati & Odi (2017) research results shows that there is a social interaction relationship with quality of life of the elderly. Research results Nur Rohmah & Purwaningsih (2014) in his research states that physical factors, psychological factors and Social factors influence the quality of life and Psychological factors are the most important factors dominant.

Several previous studies were carried out by Dian Eka Putri, to find out the relationship between cognitive function and the quality of life of the elderly. The quality of life of the elderly can be influenced by cognitive function, so there is a need for guidance and care from the family and people around them. Based on this background, researchers are interested in researching the influence of meeting the needs of the elderly on the quality of life of the elderly in the community health center area.

METHOD

This research is an analytical survey research, namely research that tries to explore the influence of meeting the needs of the elderly on the quality of life of the elderly.

A cross-sectional design is a study in which variables including risk factors and variables including effects are observed simultaneously at the same time. Cross sectional studies are called prevalence studies or surveys, they are simple studies that are often carried out.

The population in this study were 420 elderly people in the Jatibogor Community Health Center area and the sample size was determined using the Slovin formula with an error rate of 5%. From the Slovin formula, a sample of 127.7 was obtained, rounded up to 128. The sampling technique used quota sampling. Hypothesis testing in this research will not be meaningful if the data is unreliable. Next, data processing begins with editing, coding, processing and cleaning. Quantitative data analysis in this research is demonstrated by explaining the number or total value of each variable in percentage terms. The data obtained in this research was then subjected to statistical tests using bivariate analysis tests. Bivariate analysis was carried out to

determine the fulfillment of the needs of the elderly.

RESULTS

Table 1. Univariate Analysis of Fulfillment of Elderly Needs on the Quality of Life of the Elderly

No	Variabel	F	%
1	Gender		
	Man	83	65.8
	Woman	44	34.2
2	Age		
	60-70	73	57.0
	71-80	41	32.0
	81-90	14	11.0
3	Marital status		
	Marry	68	53.1
	Divorced	3	2.3
	Widow/Widower	57	44.6
4	Last Education		
	nothing academic	26	20.3
	Elementary school	63	49.2
	Junior high school	20	15.6
	High school	15	11.7
	College	4	3.2

Based on Table 1. It can be seen that 65.8% of respondents were male, 57% of respondents were 60-70 years old, 53.1% of respondents were married, and 49.2% of respondents had an elementary school education.

Table 2. Bivariate Analysis of Fulfillment of Elderly Needs on the Quality of Life of the Elderly.

Variabel	F	%	P vlu
Physical Condition			
Quality	78	60.9	4,660
Not quality	50	39.1	
Psychological Conditions			
Quality	102	79.6	3,200
Not Quality	26	20.4	

State of Social Interaction			
Quality	108	84.3	0.026
Not Quality	20	15.7	
Social environment			
Quality	96	75	0,310
Not Quality	32	25	

Based on Table 2. It can be seen that the needs of the elderly affect the quality of life of the elderly. We can see from the physical condition of the elderly that almost all of them experience a quality physical condition. The psychological condition of the elderly is in good condition and of good quality. The condition of the elderly's social interactions is running well and of high quality. The scope of the elderly's social environment is very high quality.

DISCUSSION

Elderly people in the context of human existence, namely as a period of life that gives them opportunities to grow and develop. There are also seniors who view old age with attitudes that range between passive resignation and rebellion, denial and despair. The elderly are locked in themselves and the process of physical and mental decline is accelerating. It is hoped that the elderly can adjust to physical changes and increasingly declining health. Elderly is a period of development characterized by a decline in physical, psychological and social functions. This decline in function can reduce the quality of life (Sari, 2016).

Elderly people experience various life problems. The problems they face will be interrelated, such as physical and psychological conditions that can influence socio-economic conditions. So the tendency of elderly people to depend on other people is quite large, they need help or social

support from the people around them (Pratiwi, Y, 2018)

The influence of physical conditions on the quality of life of the elderly

Meeting the physical needs of the elderly has a significant role in determining their quality of life. Physical health plays a key role in determining how well the elderly can live their daily lives, participate in activities, and experience overall well-being. Good physical condition can support elderly independence in carrying out daily activities. The ability to move, walk, and carry out activities without assistance can improve self-confidence and quality of life. Poor physical health, such as chronic pain or conditions that limit movement, is often associated with mental health problems. This can increase levels of stress, depression or anxiety which can affect overall quality of life. Elderly people with good physical health tend to be more able to engage in social activities and interactions with other people. This social engagement can significantly improve their quality of life. Seniors with poor physical health tend to be at higher risk of disease, complications, or disability, all of which can significantly impact quality of life. Therefore, it is important to pay attention to and care for the physical health of the elderly. Efforts to maintain physical health, manage chronic diseases well, and provide appropriate medical attention are essential in ensuring a good quality of life for seniors.

The influence of psychological conditions on the quality of life of the elderly

Psychological conditions or mental health greatly influence the quality of life of the elderly. Good mental health is very important in determining how a person experiences happiness, well-being, and overall quality of life. Elderly people who experience depression or anxiety tend to have a lower quality of life. This condition can affect social interactions, motivation to

engage in activities, and feelings of enjoyment in daily life. Seniors who have good mental health tend to be better at adapting to life changes, such as retirement, changes in health conditions, or the loss of a loved one. Poor mental health can reduce independence in carrying out daily activities, which in turn affects quality of life. It is important to understand that good mental health is an important part of the holistic well-being of any person, including seniors. Efforts to pay attention to their mental health, such as psychological support, therapy, enjoyable activities, and positive social support, can help improve the quality of life of the elderly significantly. (Isdiana, R., Mulyani, 2015)

Psychological disorders in the elderly such as depression, anxiety, or chronic stress can significantly affect the quality of life of the elderly. They may feel less happy, less involved in social activities, and have difficulty enjoying daily activities. Poor psychological conditions can cause social isolation. Older adults who experience depression or anxiety may tend to avoid social interactions, which in turn may reduce social support and involvement in community life. Reduced self-confidence and ability to carry out daily activities independently. This can limit their independence and affect their overall quality of life. Understanding and identifying psychological disorders in the elderly is very important. Appropriate interventions, such as counseling, therapy, social support, and sometimes medication, can help reduce the negative impact of these psychological disorders and improve the quality of life for older adults. Efforts to prevent and manage psychological conditions in the elderly are an important part of holistic care to improve their quality of life.

The influence of social environmental conditions on the quality of life of the elderly.

The social environment of older adults, including interactions with family, friends and the surrounding community, has a significant impact on their quality of life. Positive interactions with family can provide emotional support that is important for the well-being of older adults. Maintaining social relationships with peers can provide significant psychological support. A dynamic social environment can provide mental stimulation through conversation, interaction, and other social activities, which can maintain older adults' cognition and mental engagement. A supportive and inclusive social environment can provide a sense of connection, acceptance and meaning in the daily lives of older adults. The quality of life of the elderly is greatly influenced by their social environment. Therefore, maintaining positive relationships with family, friends and the surrounding community is very important to improve their well-being and quality of life. Promoting social engagement, empowering communities, and creating an inclusive and caring environment for the elderly can play a major role in improving their quality of life.

Dominant Factor

The influence of social interaction circumstances on the quality of life of the elderly

The results of the research show that fulfilling the elderly's needs for quality of life is more dominant in the condition of the elderly's better social interaction. You need to know that social interaction is very important for the quality of life of the elderly. Interacting socially helps seniors feel connected, valued, and involved in their daily lives. The existence of positive social interactions can have a significant impact on the well-being and quality of life of the

elderly. Paying attention to and encouraging healthy social interactions for older adults is an important part of their care and support. Social activities, community programs, and efforts to expand their social networks can provide significant benefits to seniors' quality of life. (Katuk, 2017)

CONCLUSIONS

This research shows that positive social interaction has a significant impact on the well-being of the elderly. Through good social interactions, seniors can reduce loneliness, improve mental and physical health, and improve overall quality of life. The mental health and psychological state of the elderly have a major influence on their quality of life. Depression, anxiety and chronic stress can reduce seniors' quality of life, while good mental health can improve their well-being. The physical condition of the elderly also plays a role in determining quality of life. Good physical health can help maintain independence, mobility and overall physical well-being, which in turn has a positive impact on quality of life. these aspects holistically, including support for physical, mental health, a good social environment, and positive social interactions, we can improve the overall quality of life of the elderly. Paying attention to all of these aspects can help seniors feel better connected, valued, healthy, and engaged in their daily lives.

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