

## The Level Of Life Quality in Elderly

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**Abstract.** *The problem that occurs in the elderly is a decrease in function in physical abilities, namely hearing, vision, and memory which affects the psychology of the elderly, where they live also affects the lives of the elderly. The problem that occurs in the elderly must be considered because they affect the quality of life, which will interfere with the welfare of the elderly themselves to continue their life. This study aims to describe the level of quality of life in the elderly in Yehembang village 2021. This study uses descriptive research methods. The population in this study was the elderly in Yehembang Village with a sample size of 83 samples. The technique used in this research is purposive sampling. The results of the study of 83 respondents were about the level of quality of life of the elderly in Yehembang Village almost all of them and a good quality of life (83,1%). In the description of the quality of life of the elderly in Yehembang Village, almost all the elderly have a good quality of life, namely 69 (83,1%) respondents. This is due to the physical abilities of the elderly who are still active, the environment in which they live is adequate, and also the support from their spouse and family.*

**Keywords:** *Quality of life, Elderly, Gerontology*

### 1. INTRODUCTION

Every individual will experience the name of the process of aging, this process that will happen scientifically, this process will occur from the beginning of a life, the process aging closely related to the age of which a person who has reached the age of 60 years and older will be named elderly, it is not a disease, but a stage that goes through the three stages of life: child, adult and old, characterized by a decrease in physical ability to adapt to psychosocial problems and environmental stress [1]. Under the RI Act No. 13 of 1998 Individuals who have reached 60 years and above are categorized as elderly (the elderly) [2]. According to World Health Organization (WHO,2012) the number of elderly in 2000 has reached 605 million in 2050 projected about 2 billion inhabitants or about 22% of the world population. In 2011 in Indonesia the number of elderly reached 36 million people and is expected to increase by 20% between 2015-2050 (Cahya, Harnida, & Indrianita, 2019). According to the Ministry of Health in Indonesia (2017) in Indonesia, the percentage of the elderly population increased by about twice as much as 8.97% or 23.4 million people over the span of nearly five decades (1971-2017). The number of elderly population in Indonesia is expected to continue to increase, which is approximately 27.08 million in 2020, in 2035 reached 48.19 million, approximately 40.95 million in 2030 and reached approximately 48.19 million in 2035 (Aniyati and Kamalah, 2018).

According to the Bali Provincial Health Service (2017) The number of elderly population in Bali Province is ranked fourth in Indonesia, the number of elderly population in

Bali Province is estimated in 2017 there are 23.66 million elderly population in Indonesia (9.03%), predicted the number of elderly in 2020 (27.08 million), year 2025 (33.69 million) year 2030 (40.95 million) and year 2035 (48.19 million). Based on the results of the preliminary study that researchers do, the data of the elderly population can be in Yehembang village is 490 people, where there are 7 banjars, namely Banjar Pasar as many as 96 people, Banjar Bale Agung as many as 94 people, Banjar Wali as many as 59 people, Banjar Kaleran as many as 38 people, Banjar Kaleran Kaja as many as 46 people and on Banjar Bumbungan as many as 59 people. Problems found in the elderly, such as decreased physical ability, that elderly begins to experience a decrease in hearing, so that to communicate with the elderly needs a louder voice, elderly will also experience a decrease in vision where the elderly must be careful when walking in order to avoid falling, and the decline in memory so that it takes time for the elderly to remember something, another problem that arises in the elderly is the environment where the elderly residence, elderly needs a safe environment where the elderly avoids injury, while the comfortable environment is a clean environment, does not cause psychological stress in the elderly [1]. In addition to decreased physical ability in the elderly, in general after a person enters the elderly, it will experience a decrease in the function of psychomotor and cognitive. Cognitive function includes perception, learning process, understanding, attention, understanding, understanding, and others related to cognitive function, resulting in changes in behavior and reactions will become slower. In addition, there is a decrease in psychomotor function such as doing movement, coordinating and also performing an action, which is related to movement so that it causes the elderly to become less deft in a way [3]. The problems that exist in the elderly have a great impact on the level of quality of life of the elderly itself. The definition of quality of life is related to health or Health Related Quality of Life (HRQOL) is defined as the emotional response of the sufferer to social, emotional, pleasure or happiness, work and relationships between family, the conformity between expectations and reality, satisfaction in performing physical, social and emotional functions and ability to socialize with others [1]. According to the WHO (2013) quality of life is the individual's perception of their position and circumstances in life in value and culture systems where it relates to expectations, standard goals and targets set by each of them [4]. The results of the preliminary study conducted by researchers in Yehembang Village researchers found various elderly in Yehmbang Village, namely in terms of age, and each elderly who has different ages also has different abilities, such as in carrying out daily activities. The elderly who researchers meet when conducting preliminary studies in terms of health or quality of life in the elderly are different, there are elderly who are 70-75 years old still can do activities such as doing rice

fields and there are also elderly who are 70-75 years old who can not move as usual. There are also elderly who just entered the age of the elderly, which is 60-74 years old, can not treat any activity because of many factors. So to know the quality of life in the elderly, researchers will conduct research measuring the level of quality of life in the elderly in Yehembang village. Based on the background of existing problems and the results of preliminary studies conducted by researchers in the elderly such as physical decreases, decreased cognitive function, psychomotor and environmental conditions that impact the level of quality of life of elderly and data showing an increase in the elderly year after year, then the author is interested in conducting research on the Image of Quality Levels of Life On the elderly.

## 2. RESULT

The characteristics of respondents are presented in the following table.

**Table 1. Distribution Characteristics of Respondents Based on Gender in Yehmbang Village**

Sex	f	%
Female	51	61,4
Male	32	38,6
Total	83	100

Based on the results of the analysis of the characteristics of respondents based on sex was found that the proportion of women (61.4%) was more than men. This is in line with the research from Elizabeth. J & et al (2020) entitled Research Article Changes in Quality of Life (WHOQOL-BREF) in the Elderly in STW Cibubur Before and After Intervention to Improve Skin Hydration obtained a proportion of the number of elderly women based on female sex (67.3%) respondents, while the results of the study entitled The quality of elderly living in the social home Tresna Wreda X Jakarta [5]. Hadipranoto & Satyadi (2020) obtained the results of older women who were female (70%) more respondents [2]. That's because in the Yehembang village, there are more elderly women than men (the head office of the Yehembang village). Indonesia has a much larger population of women than men., This large number of women makes most of the lines of life domicile by women [6].

**Table 2. Distribution Characteristics of Respondents Based on Age in Yehmbang Village**

Age	f	%
Age 60-74 year	82	98,8
Age 75-90 year	1	1,2
Total	83	100

Data showed the age characteristics that the most respondents were in the age group 60-74 years with number (98.8%). This is in line with the research conducted by Aniyati & Kamalah (2018) entitled “An overview of the quality of life of elderly in the working area of Bojong I district Pekalongan Regency” obtained the results of most respondents aged 60-74 years, namely as many as 50%) and in line with research “The quality of life of elderly” aged 60-70 years have the possibility of quality of life better than elderly with age 70 years [1]. This is due to changes due to the aging process, there are physical changes, mental changes, and psychosocial changes that lead to the ability of the elderly to perform daily activities and affect the quality of life of the elderly (Divini, 2014).

**Table 3. Distribution Characteristics of Respondents Based on Education in Yehmbang Village**

Education level	f	%
No school	8	9,6
Elementary school	41	49,4
Junior high school	14	16,9
Senior high school	16	19,3
Collage	4	4,8
Total	83	100

Research results obtained the characteristics of education that most respondents with elementary school education status (SD) with the number of 41 respondents (49.4%), based on the results of the study can be concluded that the level of elderly education is still relatively low. This is in line with research conducted by Aniyati & Kamalah (2018) entitled An overview of the quality of life of elderly in the work area of Bojong I district Pekalongan education of elderly education obtained namely 40 (80%) of respondents studied and as for the description of the quality of life of elderly people living in the social home Tresna Wreda X Jakarta. Hadipranoto & Satyadi (2020) obtained the results of elderly education and are mostly also educated by elementary school (46.7%) respondents. The level of education will be related to the behavior of one person, if one's education is higher, then one will easily absorb information, and the more science obtained, the elderly who have science will easily accept their state so that the level of depression is low and can improve the quality of life.

**Table 4. Distribution Characteristics of Respondent Based on Employment in Yehmbang Village**

Type of Job	f	%
Farmers	50	60,2
Civil Servants	3	3,6
Building workers	2	2,4
Trader	10	12,0

Fisherman	1	1,2
Housewives	17	20,5
Total	83	100

Results based on work obtained most (60.2%) respondents working as farmers. This is in line with the research conducted by Sulistyo & et al (2018) entitled Family Support Relationship With Quality of Life Patients Failed Congestive Heart Polyclinics In Sukohar Regency Heart Polyclinics recommend that the results of most respondents work as farmers (52.2%) [8]. The research conducted by Nadirah et al (2020) entitled Knowledge and Attitude towards Utilization of Posyandu Lansiad visits get the results most work as farmers, namely as many (44.2%) respondents [9]. This is because the research conducted in Yerembang Village dominant working as a farmer, according to the data obtained from the office of the Head of Village Yehembang number of farmers in Yehembang Village reached 1472 inhabitants and based on data obtained from the Central Bureau of Bali Provincial Statistics (2020) obtained the number of farmers in Bali currently reach 477,439 people where in Jembrana Regency of farmers as much as 50,307 people. The weight of a job greatly affects the quality of life in a person because it is closely related to the level of activity and rest that also affects the physical state of one or more. Agriculture is still the world's largest economic activity, estimated to account for 63% of the population in developing countries.

**Table 5. Distribution Characteristics of Respondents Based on Marriage Status in Yehembang Village**

<b>Marriage Status</b>	<b>f</b>	<b>%</b>
<b>Married</b>	68	81,9
<b>Not married</b>	0	0,0
<b>Widow/Didowager</b>	15	18,1
Total	83	100,0

In the analysis of the latter characteristics, based on marital status obtained that marital status (81.9%). This is in line with the research of Hadipranoto & Satyadi (2020) entitled An Overview of the Quality of Life of elderly people living in the social home of Tresna Wreda X Jakarta where the results of Research based on the Status of marriage with Married as much as (90%). The research from Ningsih & Supratman (2020) entitled The Image of Quality of Healthy Elderly Life and Healthy Life Satisfaction In Puskesmas Kartasuran the results of most elderly married status is as much as (74.2%) [11]. From the research conducted in Yehembang Village in line with other studies, this is because couples support is all forms of behavior constitutes and positive attitudes given to individuals who are ill or experience health problems, so that can provide physical and psychological comfort and support that one obtains will speed up pain recovery, boost immunity, can reduce stress and psychological disorders.

**Table 6. Distribution Characteristics of Respondents Based on Quality of Life in Yehmbang Village**

<b>Quality of Life</b>	<b>f</b>	<b>%</b>
<b>Less</b>	0	0,0
<b>Enough</b>	14	16,9
<b>Good</b>	69	83,1
<b>Verry Good</b>	0	0,0
<b>Total</b>	83	100

The results of the study show that the majority of the quality of life in Yehembang village is that most elderly have a good quality of life rate of the number (83.1%). This is in line with the research “Description of the quality of elderly life in Bhuana Jaya Tenggara Village” from Rahmadhani & Wulandari (2019) that obtained that the quality of elderly life is mostly in good quality of life i.e. (61%) [3]. The Research on the Quality of Life In the Elderly with Diabetes Mellitus Sukesmas Working Area Mojolaban Regency Sukoharjo District was done by Jannah & Kartinah (2020) obtained the results of most elderly have a good quality of life i.e. (51.81%) [10]. The elderly feel their life means, feeling in a healthy and safe living environment, can do their favorite activities or hobbies, and feel healthy enough to do daily activities or other activities. Good quality of life is characterized by optimal functional conditions of the elderly, so that they can enjoy their old age meaningfully, happily, and usefully [13]. The results of this study were also supported by Nur Rohmah research, et al. (2012) that physical factors, psychological factors, social factors, and environmental factors influence the quality of life of the elderly, and psychological factors become the dominant factor that affect the quality of elderly life [14]. To maintain good quality, the elderly must be able to deal with the changes that occur in them biologically, psychologically, socially, and spiritually [15]. In this section, researchers want to convey the results obtained that older women are more likely to be female, with a range of 60-74 years of age educated in primary schools mostly working as farmers and married status. The results of the study conducted in Yehembang Village are in line with research conducted by previous researchers about quality of life. The obstacles that occur during data retrieval in Yehembang village are rejection from the family for reasons during the COVID-19 pandemic and there are elderly who refuse to be respondents for certain reasons.

### **3. CONCLUSION**

Based on the results of research conducted in Yehembang Village, it can be concluded that women respondents 61.4%, aged 60-74 years 98.8%, educated elementary school (SD) 60.2%, married 81.9%, and quality of life in the elderly 83.1%.

### **ETHICAL APPROVAL**

Researchers have obtained approval for an ethical license with Number: B/38/1/2021 issued by the High School of Health Sciences KESDAM IX/Udayana

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