

## Social and Spiritual Support as Correlated Determinants of Elderly Happiness in Nursing Home

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### Abstract

**Background:** Some of the elderly appeared to live happily, but not a few of them experienced the opposite. Old age lived with a sequential of unhappiness lead to any discomfort due to the decline in physical function. It affected the elderly unable to carry out primary and daily activities. **Purpose:** The aimed of this research is to perceive the correlation social and spiritual support with the happiness of elderly in Sabai Nan Aluih Sicincin nursing home. **Method:** The study used descriptive correlation with cross sectional study design. The study was conducted at Tresna Werdha Sabai Nan Aluih nursing home Sicincin from 15 June to 11 July 2015. The population was 110 people with the sample of 82 respondents according required criteria. **Results:** The results showed the average of social support of elderly in Sabai Nan Aluih nursing home 21.23, SD=3,548. The spiritual support mean score 47.83, SD= 4,427. The mean score of happiness 63,01 with SD= 4,804. Bivariate analysis used Pearson Product Moment Correlation test, it was found that the correlation between social support and the happiness of the elderly, ( $p = 0,001$ ), the spiritual correlation and the happiness of elderly ( $p = 0,000$ ). **Conclusion:** Therefore, it is expected that the nursing home should be more concerned about the spiritual health of the respondents, by providing media such as television to watch spiritual specific TV program activities after the dawn prayer for the positive outcome expected.

**Keywords:** Happiness, Social support, Spiritual

### INTRODUCTION

The elderly is the final period of a human life span. The age that can be classified elderly in the life span is 60-65 years and above. These age limits are still distinctly differentiated among experts, some of which classify the age of family and environmental pensions. (Doris 2003). According to WHO (2009), the classification of adult age and the elderly is divided into three groups: middle age is age group 45 to 59 years old, elderly between 60 to 74 years old, old between 75 to 90 years old, and very old age (over 90 years old). While in Indonesia according to Article 1 of RI Law No.13 of 1998 on Elderly Welfare it is said that the elderly is someone who has reached the age of more than 60 years and above and identify the

elderly as a group of people susceptible to physical and mental decline (Watson, 2003).

Changes that occur in the elderly in psychosocial conditions when retired: a person's value is often measured by his productivity and identity is associated with a role in work. When a person retires (retired), he will experience losses, among others: 1) Financial loss (income decreases). 2) Loss of status (formerly having a position high enough position, complete with all facilities). 3) Losing friends / acquaintances or relationships. 4) Loss of work / activity. Sensing or awareness of death (sense of awareness of mortality) Changes in the way of life, that is, enter the care home moves narrower. Economy due to economic deprivation. Increased cost of living on difficult

income, increased medical expenses. Chronic illness and disability. Disorders of the sensory nerve, arise blindness and deafness. Nutrition loss due to loss of position The sequence of loss, loss of contact with friends and family. Loss of physical strength and constancy: changes to self-image, self-concept change.

The elderly also have the same necessities of life in order to live a prosperous life. The elderly's living needs include the need for balanced nutritious food, regular health checkups, healthy housing and peaceful and peaceful housing conditions, social needs such as socializing with everyone in all ages, so they have many friends who can be invited to communicate, share experiences, provide direction for a good life. The need is needed by the elderly can be independent. The results of research by Koenig, George, and Siegler (1988, in Hefner, 2008), religion and spiritual are the sources of coping usually used by the elderly when experiencing sadness, loneliness and loss. The results show that the level of spirituality in the elderly after reaching the age of 70 years, then the elderly are at the level where repentance and repentance play a role in the atonement of sins. Penance and forgiveness can reduce anxiety arising from guilt or disobedience and foster trust and comfort in the early stages of faith. This provides a new view for the elderly on the life-related of others and a positive acceptance of death.

Housing has a social drive meaning. Everyone needs social encouragement, because social impetus serves to restore the psychic balance in the face of life's problems, obviously the social impulse has to do with health and happiness (Myers, in Anam & Dipenogoro, 2008).

Based on the background that has been described above, it can be formulated problem as follows: "How is the relationship between social and spiritual support with elderly happiness at the Tresna Werdha Sabai Nan Aluih Sicincin Social House".

*Social and Spiritual ...*

## METHOD

This research uses descriptive correlation design using sectional or cross sectional design. According Sastroasmoro and Ismael (2011), cross-sectional study is a study that measurement of variables done only once at one time. This study was conducted on 82 elderly people at PSTW Tresna Werdha Sabai Nan Aluih Sicincin

In this research, it can be seen that the characteristics of clients, including age, ethnicity, marital status, describes the happiness of the elderly. Describes the social support of the elderly at Wizha Social House Sabai Nan Aluih. Describe the spirituality of the elderly Identified relationship between elderly social support with elderly happiness Identified the relationship between spirituality with the elderly happiness at the Tresna Werdha Social House Sabai Nan Aluih Sicincin.

## RESULTS

**Tabel 5.1 Distribution of characteristic of elderly who live in Panti Tresna Werdha Sabai Nan Aluih Sicincin by age (n = 82)**

| Characteristic | Mean  | SD    | Min-maks | 95% CI       |
|----------------|-------|-------|----------|--------------|
| Age            | 72.63 | 7.112 | 60-87    | 71.07; 74.20 |

The average age of respondents overall was 72.63 years (95% CI 71.07, 74.20). Age lowest 60 years old and age 87 years old. Interval estimation results can be concluded that 95% is believed the average age of respondents is between 71.07 to 74.20 years.

**Tabel 5.2 Frequency Distribution Characteristics of the elderly by sex, education, living in the Panti Tresna Werdha Sabai Nan Aluih Sicincin (n = 82)**

| Characteristic        | Frequency | Percentage (%) |
|-----------------------|-----------|----------------|
| <b>Gender</b>         |           |                |
| Male                  | 47        | 57,3           |
| Female                | 35        | 42,7           |
| <b>Education</b>      |           |                |
| Elementary            | 58        | 70,7           |
| Junior High           | 13        | 15,9           |
| Senior High           | 10        | 12,2           |
| Diploma               | 1         | 1,2            |
| <b>Length of Stay</b> |           |                |
| 1-5 th                | 34        | 41,5           |
| 6-15 th               | 48        | 58,5           |

Table 5.2 shows that more than half of respondents are male (57.3%), more than half (70.7%) have elementary education. And more than half of the respondents (58.5%) live dipanti ranged from 5-15 years.

**Tabel 5.3 Meaning of Social, Spiritual and Respectful Support Residing in Panti Tresna Werdha Sabai Nan Aluih Sicincin in 2015 (n = 82)**

|                | R     | p(value) | r <sup>2</sup> |
|----------------|-------|----------|----------------|
| Social Support | 0,373 | 0,001    | 0,139          |
| Happiness      |       |          |                |

Table 5.4 shows a significant correlation between social support and happiness in the elderly in Panti Trerdna Werdha Sabai Nan Aluih Sicincin ( $p = 0.001$ ), with positive relationship direction and weak correlation strength (0.373). This means that the greater the social support, the happier the elderly.

**Tabel 5.5 Spiritual Relationships with Elderly Happiness Located at Panti Tresna Werdha Sabai Nan Aluih Sicincin in 2015 (n = 82)**

|                     | r     | p(value) | r <sup>2</sup> |
|---------------------|-------|----------|----------------|
| Spiritual Happiness | 0,626 | 0,000    | 0,392          |

There was a significant relationship between spiritual with happiness in elderly residing in Panti Trerdna Werdha Sabai Nan Aluih Sicincin ( $p = 0,000$ ), with positive relationship direction and strong correlation strength (0,626). The higher the spiritual support the happier the elderly.

In addition, the coefficient of determination ( $r^2$ ) shows the number of 39.2%, which means that the spiritual contribution of 39.2% to increase the happiness of the Elderly who is in Panti Trerdna Werdha Sabai Nan Aluih Sicincin.

## DISCUSSION

### Social Support Relationships with Happiness at the Elderly who are in Panti Tresna Werdha Sabai Nan Aluih Sicincin

In this study found a meaningful relationship with the weak strength with the direction of a positive relationship between social support with happiness in the Elderly who is in Panti Trerdna Werdha Sabai Nan Aluih Sicincin. The results of this study in line with the results of research conducted by Siti Nurhidayah and Rini Agustini (2012) is found a relationship between social support with happiness though weak. The result implies that the increase of social support in elderly along with the level of happiness of the elderly.

In addition, data analysis has shown that social support has a contribution of 13.9% to increase the happiness of the Elderly Who is in Panti Trerdna Werdha Sabai Nan Aluih Sicincin, shows that social support gives a significant influence

on the happiness of elderly residing in the orphanage.

The elderly who receive positive social support throughout his life will help to establish self-esteem and tend to view everything positively and optimistically in his life. Because the elderly also have confidence in his ability to control the various situations he faces. Elderly who lacks support from the social social environment will feel dissatisfied with life. Based on research conducted through questionnaires given to elderly as many as 37 (43, (%)) respondents asked questions given on social support items about other factors that as much as 36 respondents answered the item agreed, so also on items received support from family half 42 (51.2%) elderly answered agreed, while on the support factor answered 32 (39%) agreed agree.

Based on the above description can be concluded that social support is support or assistance that comes from people who have social relationships familiar with individuals who receive assistance. This form of support can be in the form of information, certain behaviors, or materials that can make individuals who receive help feel loved, cared for and valued.

Then the results of this study also showed the effective contribution of social support variable to the happiness of 13.9% indicated by the determinant correlation coefficient in this study ( $r^2$ ) of 0.373. this implies that the influence of independent variables (independent) to the dependent variable is 13.9%, while 86.1% influenced by other variables. So the influence of social support to the happiness of the study is only 13.9% while the influence of other variables 86.1%. This is in accordance with the opinion of Weiten (2008), there are other factors that affect subjective well-being divided into two namely strong factors, including love and marriage, work and personality.

Researchers assume elderly people are very vulnerable to mental health problems that can also be caused by stress

in the face of life changes associated with what was formerly referred to as the golden year (retirement); illness or physical disability; placement in nursing homes; partner's death; siblings, old friends, and acquaintances; or the need to care for couples whose health is declining. Retirement from formerly elderly employment always works well, whether voluntary or forced, can undermine meaningful feelings in life and lead to loss of role identity. The deaths of family members and friends cause grief and remind the elderly of their increasing age and the reduced availability of social support. Elderly will feel unable to form a new friendship or find new goals in life.

Therefore, the availability of social support can be a shield from the effects of stress, grief, and illness, so that they can be happy in their old age. Social support is very important, especially for elderly who experience physical disability so elderly can because at that time elderly many feel themselves not useful anymore, even more the family entrusted elderly in nursing home.

So from the research conducted it can be concluded that the higher the social support the higher the happiness experienced by the elderly, but the lower the social support the lower the happiness felt by the elderly in living the old age.

So if the elderly are entrusted to a nursing home, it is expected that the elderly orphanage will pay attention to the needs that have not been reached by the elderly, since the individual receives social support, rather a personal experience that involves appreciating each individual to his or her social relationships with others.

### **Spiritual Relationships with Happiness to the Elderly who are in Panti Tresna Werdha Sabai Nan Aluih Sicincin**

In this research, there is a strong relationship with the direction of positive relationship between spiritual and happiness in Elderly who is in Panti Trerdna Werdha Sabai Nan Aluih Sicincin

( $p = 0,000$ ), with positive relationship direction and strong correlation strength ( $r = 0,626$ ).

In addition, the coefficient of determination ( $r^2$ ) shows 39.2%, which means that the spiritual contribution of 39.2% to increase the happiness of the Elderly who is in Panti Trerdna Werdha Sabai Nan Aluih Sicincin.

Hawari (2009) explains that in Islam there is a dimension of mental health in the five pillars of Islam. According to Fowler (1981, in Kozier, 2004) states that spiritually, experienced by both religious and non-religious persons. Spiritual giving meaning to life, giving strength when elderly have difficulty in life. Clark (2008) found that 90% of clients in some areas of the United States rely on religion part of the spiritual aspect to gain comfort and strength when feeling seriously ill.

Spiritually healthy people will reshape life and identity in accordance with their abilities (Potter & Perry, 2005). The parts of the spiritual meaning / peace of life and beliefs of belief adopted will be a coping mechanism for the elderly who experience related anxiety. Elderly who still feel the meaning and peace of life, always grateful for what God has given, and feel confident that what happens is God's will, will not worry about things that will happen in the future.

Meaning / peace of life is characterized by a feeling of peace in life, feeling peace in the mind, having a reason to live, to feel a productive life, to have a purpose in life, to feel comfortable, and to balance with oneself. Elderly who has meaning / peace in life will be able to survive in difficult life circumstances, including in sickness (Jenkins, 2008).

The meaning / peace of life will be felt appropriate by every elderly, until he faces a situation that threatens him. An elderly self-threatening situation, such as illness and treatment, will bring the elderly into a change of meaning in life. Questions like why the disease attacks him, and his life no longer feels meaningful after being

exposed and undergoing treatment, making the elderly will always feel anxious about what will happen next (Sorajjakool & Lamberton, 2004). But the elderly who still feel the meaning / peace of life can make his life more meaningful and become a more grateful person, then it will be a coping mechanism so that the elderly can adapt related to the anxiety he suffered (Pedroti & Edwards, 2014).

Spiritual conviction is when an elderly person finds comfort and strength to his or her belief. Faith is basically assumed by a belief in the supreme power holder or who has power over the universe-God, and there is reason for every thing that has happened. Belief in that will help the elderly to accept things beyond human power and always think positively about the future. Confidence will lead one to the idea that everything that happens is planned by God. Have confidence, provide security and comfort to all things that will happen. Confidence Helps the elderly to believe that every thing that happens has meaning.

Having confidence, as explained above, makes the elderly should not feel fear or worry about what will happen. Confidence will lead the elderly to believe that all things happen by God's will (Foxman, 2007).

Belief in the beliefs profoundly affects one's mental and physical health (Sham, 2010). With faith in God, an elderly will be able to accept all the changes that occur within him by surrendering to God, which is reflected through life that is beneficial to himself and in the face of a problem (coping) with his environment (Sham, 2010).

In this study, the respondents are all Muslims, in the teachings of Islam, an example exemplified in the Qur'an about belief in God, that "Remember only in remembrance of Allah, the heart will be at peace" (Surah Ar-Ra'd: 28) . According to Al-Isawi (2005) in Sham (2010) those who believe and they become peaceful in the remembrance of Allah. The more serene

the soul of a person, the farther he is from various problems including anxiety.

Confidence in beliefs can be reflected through the religious practices that each elderly can perform. In Islam, religious practices can be performed such as prayer, and reading the holy book of the Koran. According to McNamara in Rohman (2009), this practice will activate various brain regions, including the frontal lobes, where the activation of these structures can help a person regulate the functioning of the autonomic nervous system by connecting the frontal and limbic lobes, hypothalamus and amygdala nuclei and associated with cognitive functions form a meaning and optimism.

According to Roberts (2006) in Rohman (2009), religious activity can produce an increase in serotonin levels that affect the spiritual state by generating religious joy through increased changes in the serotonin system in the brain. Pleasure and joy carry the effects of relaxation, so relaxation can suppress the feeling of tension that arises feelings of relaxation and disappearance.

Based on the above description, it can be concluded that the spiritual can provide peace to an elderly. Spiritual has a great influence on mental health of elderly, so that the elderly who are able to overcome the crisis that occurred in his life. Through the spiritual parts, ie the meaning / peace of life and belief in the beliefs held, can be a source of koping for the elderly so that the elderly become happy.

The meaning / peace of life that is still felt by the elderly who undergoes, will make the elderly can accept the changes that occur in him by always grateful for what God has given to him. Meaning / peace of life will make the elderly have high self-esteem and have more coping to control the anxiety that he experienced. Meaning / peace of life will make the elderly more able to control their emotions and circumstances. The meaning / peace of life in the elderly who undergoes this can

be found while still contributing us as human beings living in this world through activities, such as working (building relationships with others), taking a vacation (building relationships with nature), and fostering good relations with self. Finding the meaning / peace of life will make the elderly more able to survive the events that occur due to illness and treatment, such as anxiety arising from undergoing.

Meanwhile, belief in the belief is the concept of an elderly relationship with God. The elderly relationship with God, is a force that can help when an elderly person experiences a stressful life situation. Believing in God and believing that everything that happens in his life, is God's best, will be beneficial for reducing the problems of the natural elderly. Confidence in belief / belief in God is an important component that can be a good coping strategy for the elderly in the orphanage.

According to the assumption that the Spiritual Researcher will make the elderly accept his condition when sick, and have a positive view on his treatment, help the elderly in accepting the limitations of the conditions, give the power of thought and action to the elderly, and to encourage the life and relationship with God, others, . With spirituality, the elderly will find purpose, strength, and guidance in the journey of life. Including the elderly who have a good spiritual, will have a strong life grip to stay alive, accept everything that happens, stay positive thinking, and will not disturb themselves. The more tranquil the soul of a person the more distant he is from various psychiatric illnesses, from this assumption is not berpengaruh to people who are or are experiencing mental disorders because there are biological and psychological factors are disturbed.

## CONCLUSIONS

1. The average social support of elderly residing in Panti Tresna Werdha Sabai Nan Aluih Sicincin (21,23)
2. The Spiritual Spirit of the Elderly who is in Panti Tresna Werdha Sabai Nan Aluih Sicincin. (47,83)
3. The average happiness that is in Panti Tresna Werdha Sabai Nan Aluih Sicincin. (63.01)
4. There is a weak relationship with the direction of a positive relationship between social support and the elderly happiness that is in Panti Trerdna Werdha Sabai Nan Aluih Sicincin. The greater social support will make the elderly happier.
5. There is a strong relationship with the direction of a positive relationship between the Spiritual with the happiness of the elderly residing in Panti Trerdna Werdha Sabai Nan Aluih Sicincin then the greater spiriutal support will make the elderly happier.

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