

Relationship of Age, Working and Education With/Regarding the Quality of Live of Elderly

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Abstract—An increase in life expectancy occurs with advances in science and technology. The increase in life expectancy raises one of the consequences, namely the increasing number of the elderly population. In general, elderly people face weaknesses, limitations, and disabilities, so that the quality of life of the elderly decreases. One of the influences on the quality of life of the elderly is age, the age of pre-elderly is the quality of life that will be better compared to those who have continued age. Besides, work also affects the quality of the elderly, because if the elderly who have a job or an activity automatically the brain works well and certainly life expectancy is longer, education is the same for the elderly who have higher education, so it is more likely to be a condition that will occur in old age. The purpose of this study was to determine the relationship between age, education, and employment with the quality of life of the elderly. This type of research is cross-sectional, the analysis used is Chi-Square. The results of the analysis note that there is a significant relationship between age and quality of life of the elderly with a p-value of 0.02. From the results of the analysis, the value of OR = 5.4 means that respondents entering pre-elderly age have a quality of life 5.4 times better compared to the elderly in the elderly. This study concludes that there is a significant relationship between age and quality of life of the elderly. So that life expectancy can be longer, and more productive bias.

Keywords—Elderly, productive, Quality of Life

I. INTRODUCTION

An increase in life expectancy occurs with advances in science and technology. The increase in life expectancy raises one of the consequences, namely the increasing number of the elderly population. In general, elderly people face weaknesses, limitations, and disabilities, so that the quality of life of the elderly decreases. (Amilia et al., 2011)

Life expectancy and a decrease in fertility have increased the elderly population. In old age blood pressure tends to be high so that the elderly are at greater risk of developing hypertension. According to Riskesdas, as many

as 25.8% of the Indonesian population suffers from hypertension, for this reason, it is necessary to have regular physical activity and to do an era of screening as well. (Sari, Kusudaryati, & Noviyanti, 2018)

The quality of life of the elderly will be influenced by various factors such as physical health, psychological health, social relations and the environment (Kiik, Sahar, & Permatasari, 2018). One of the influences on the quality of life of the elderly is age, the age of pre-elderly is the quality of life that will be better compared to those who have continued age. Also, work affects the quality of the elderly, because if the elderly who have jobs or activities automatically work well with their brains and certainly a longer life expectancy, education is the same for the elderly who have higher education, so it will be more beneficial for conditions that will occur in old age (Erni Nuryanti, 2013)

Elderly people who have been replaced by *werdha* as a place for care and care for the elderly have an important role to solve their problems. However, many researchers have previously said that the quality of life of the elderly who live in homes is lower than at home (Ika Nur Rohmah, Bariyah, & Nursing, 2012)

Elderly people who stay at home for active participation in sports activities are the main factors related to the quality of life of elderly Posyandu participants (elderly). According to Dewi researchers, physical activity or sports activities are closely related to the quality of life of the elderly (Dewi, 2018).

II. METHOD

This type of research is to use quantitative data, where the quantitative research design uses cross-sectional, the analysis used with Chi-Square. The population is the elderly in RW 3 Sukaluyu Karawang with a sample of 42 elderly. The measuring instrument used was a questionnaire.

III. RESULT

A. Age, Education, Occupation with the Quality of Life of the Elderly

TABLE 1. THE PROPORTION OF AGE, EDUCATION, AND OCCUPATION

Variable	Quality of Life				Total	
	Good		Not good			
	N	%	n	%	n	%
Age						
Pre Elderly	25	59,5	3	21,4	28	50
Elderly	17	40,5	11	78,6	28	50
Education						
High	15	35,7	3	21,4	18	32,1
Low	27	64,3	11	78,6	38	67,9
Work						
Working	13	31	3	21,4	16	28,6
Not working	29	69,0	11	78,6	40	71,40

From table 1 above it is known that the frequency distribution of the elderly who have a good quality of life is respondents whose age is in the pre-elderly category, namely 25 respondents (59.5%), low education is 27 respondents (64.3%) and has employment status not working ie 29 respondents (69%).

B. Relationship of Age, education, working status with Quality of Life

TABLE 2. RELATIONSHIP OF AGE, EDUCATION, WORKING STATUS WITH QUALITY OF LIFE

Variable	<i>p-value</i>	OR	95% CI
Age			
Pre Elderly	0,02	5,4	1,3-22,5
Elderly			
Education			
High	0,51	2	0,5-8,46
Low			
Work			
Working	0,73	1,6	0,39-6,89
Not working			

The results of the analysis of the relationship of age with quality of life note that there is a significant relationship between age and quality of life of the elderly with a p-value of 0.02. From the results of the analysis, the value of OR = 5.4 means that respondents entering pre-elderly age have a quality of life 5.4 times better compared to the elderly in the elderly.

In table 2 above it is also found that there is no significant relationship between education and employment with the quality of life of the elderly where the p-value for education is 0.5 and the p-value for work is 0.73

IV. DISCUSSION

From the results of the study, there is a significant relationship between age and quality of life of the elderly with a p-value of 0.02. analysis can be OR = 5.4, meaning

that respondents entering pre-elderly age have a quality of life 5.4 times better than those in the elderly. Based on research by Kiik, Sahar, & Permatasari, 2018 the quality of life of the elderly will be influenced by various factors such as physical health, psychological health, social relations, and the environment.

Based on research Indrayani Indrayani (2017) has a significant relationship with the quality of life of the elderly is education (OR = 4.9, p-value = 0.022), employment (OR = 3.5, p-value = 0,000) and family support (OR = 5.7, p-value = 0,000).Based on research by Ika Nur Rohmah, Bariyah, & Nursing, 2012 Elderly people who are in a werdha nursing home as a place for care and care for the elderly have an important role to solve their problems. However, many researchers have previously said that the quality of life of the elderly who live in homes is lower than at home.

According to the researchers' assumptions, many older people retire but do not guarantee their quality of life will be good and independent, because many elderly people who experience stress when facing retirement, that is where the elderly will not be ready to face it, as well as with education, higher education does not guarantee also the quality of life of the elderly will be good and independent, because if the elderly do not have the knowledge to face old age and pension it is the same as the elderly who do not have education, but the average elderly who have higher education have less quality of life.

V. CONCLUSION

Age has a significant relationship to the quality of life of the elderly, has a value of P v. 0,000 which means that there is a meaningful relationship between age and quality of life.

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