

# Social Well-Being in Elderly Who Follow “Posyandu Lansia”

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**Abstract**—Well-being is not only coveted by someone younger, but also coveted by the elderly. Social Well-being is one form of well-being desired by the elderly because of social limitations caused by age. This study aims to describe social wellbeing and the factors that influence social well-being in the elderly who follow the posyandu lansia activities. The researcher used a qualitative method with a phenomenology type, using two elderly subjects over the age of 60 who took part in the posyandu lansia activity. Determination of the subject using purposive sampling, the method of data collection in the form of interviews and field notes on both subjects and four significant others. The results showed a picture of social well-being in the elderly who participated in the posyandu lansia activities in the form of social integration, social acceptance, social contributions, social actualization and social coherence. As well as showing the factors that support social well-being in the elderly who follow the posyandu lansia in the form of social support, social contact, social participation and social attitudes.

**Keywords**—*Social Well-Being, Elderly, Posyandu Lansia*

## I. INTRODUCTION

Elderly period in human development is categorized as stable on a psychosocial perspective. At this stage, one's personality has settled and mental processes are not very dynamic [1]. On the other hand, the elderly experiences a decrease in the immune system, physical appearance and movement, which starts to change like wrinkled skin and slowed body movements [2]. These physical changes that affect psychosocial development for the elderly.

Elderly conditions that experience a decrease in both biological and psychological functions can affect mobility and social contact, one of which is a sense of loneliness. The elderly who experience loneliness which is a psychological problem, usually carry out activities both involving physical, psychological and social relationships that aim to eliminate loneliness. Activity theory [2] states that the greater the activity and involvement of the elderly in the social environment, the more satisfied the elderly with their lives. Elderly people who are active, energetic and productive will be happier with their old age compared to them who are far from the community or social environment. At this time most of the elderly maintain their social relationships with those closest to them, because they

are related to social support which is very influential on the welfare of the elderly, whether for better or worse. Research proves that social support has a significant correlation to the loneliness of the elderly, where social support has a positive impact on the mental health of the elderly because it minimizes the appearance of loneliness [3]

The loss of social interaction that the elderly have makes them feel lonely in their old life. It shows that the elderly are not prosperous towards their lives. In previous studies, about religiosity, the existence of a partner and social well-being to the elderly assisted by Indonesia Red Cross (PMI) Semarang branch, showed that many elderly were able to achieve social welfare by optimizing themselves in social fields [4]. In line with the findings, the elderly who spend living together in a community is found that experience less loneliness compared to the elderly who is forced to spend time in the orphanage [5]. Other findings show that increasing the ability of the elderly to socialize can reduce the loneliness in the elderly [6]

Social well-being is a form of evaluation of an individual's ability or achievement to deal with social tasks or roles in his social structure and community [7]. Social well-being evaluates social acceptance, social contribution, social relations, social actualization and social integration of an individual in their social environment. Social well-being is an important aspect needed by the elderly in living life in the end of adulthood. Social well-being can be obtained when the elderly are engaged in social interaction within the community. The social interaction needed by the elderly in achieving social well-being can be obtained in a community. The greater the social network owned by the elderly, the better level of psychological well-being they have. While, the elderly with small social networks tend to be less well-being psychologically [8].

Social relations and health are very important for the individuals in late adulthood. Bosworth and Schale state that the two go hand in hand and influence each other. The individuals who have more social relationships, have more frequent social interactions, tend to have greater longevity. It shows that the life of the elderly is happy and prosperous [9]. This means that the elderly have the opportunity to become more psychologically prosperous when they are in

a community, both formal and informal. One community that houses the elderly is the elderly Integrated Healthcare Center (Posyandu).

The elderly Integrated Healthcare Center is as an integrated service post[9] for the elderly in a certain area that has been agreed upon, which is driven by the community where they can get health services. This study aims to describe the social well-being of the elderly who attend the elderly Integrated Healthcare Center.

## II. RESEARCH METHOD

This research was conducted with a qualitative approach. The research subjects consisted of two elderly people who are members of the elderly Integrated Healthcare Center, determined using purposive sampling technique. Criteria for subjects in this research include those aged 60 years and over and also participating in the elderly Integrated Healthcare Center activities. Interviews were conducted with the subjects of the research and significant others to obtain data on the description of social well-being to the elderly in Integrated Healthcare Center. Data analysis was performed using the Miles and Huberman methods.

## III. RESEARCH RESULT AND DISCUSSION

Analysis towards the results of the research showed that the description of social well-being in both research subjects included dimensions of social integration, social acceptance, social contribution, social actualization and social coherence. The dimension of social integration shown by the two subjects is that they feel they can share together with others who are in the elderly Integrated Healthcare Center. Subject 1 felt that she was a part of the elderly Integrated Healthcare Center, while subject 2 felt that she could meet with peers at the elderly Integrated Healthcare Center. Social integration is a form of evaluating the quality of a person's relationship with the environment [7]. Healthy individuals will feel that they are part of the environment. Social integration shows the extent to which an individual feels that she has something in common with others that is an individual's social reality, for example the environment. Social integration is also indicated by the extent to which individuals feel that they are part of their community, and feel they have, are supported and can share together with their environment. Social integration refers to the conception of social cohesion.

In the dimension of social acceptance, the two research subjects show social acceptance in the form of trusting the activities of the elderly Integrated Healthcare Center and the people involved in it, such as cadres and medical personnel. Subject 1 felt that the elderly Integrated Healthcare Center activities could provide positive assistance for themselves, while subject 2 felt that the elderly Integrated Healthcare Center activity provided the services and solutions that she expected. Social acceptance is a form of individual evaluation of other people in the environment and the extent to which individuals can accept other people in their lives [4]. Social acceptance is described by individuals who trust others, think that others are able to do good thing, and believe that others have good

qualities and work hard. Individuals who can accept others socially have a good view of human nature and feel comfortable with others.

Both subjects in this study also show a picture of social well-being in the dimension of social contribution. Subject 1 felt that she had an important role for the elderly Integrated Healthcare Center activities by contributing to the Integrated Healthcare Center for the elderly in the form of active subjects at every elderly Integrated Healthcare Center meeting. In subject 2 felt if she had a positive contribution to the Integrated Healthcare Center for the elderly, with her role as the wife of the Chairman of RW the subject invited other elderly to join the Integrated Healthcare Center. Social contribution is an evaluation of an individual's social value, namely the belief that a person or individual is an important member of the environment and has something of value to give to the environment. Social contribution reflects the extent to which individuals feel whatever is done, valued by the environment and contribute to the common welfare [7]

In the dimension of social actualization, the two research subjects felt that the elderly Integrated Healthcare Center activities had positive potential for them. Subjects 1 and 2 feel that the health checking activities carried out by the elderly Integrated Healthcare Center make them aware of their health development every month. The subjects felt that the elderly Integrated Healthcare Center provided potential benefits for their lives. Social actualization is an individual's belief that the environment has potential, which is being realized through the institution and society. Individuals also have a sense of care and trust that the community environment is developing positively and has potential. Socially healthy individuals can reflect that individuals as recipients of the potential benefits of the growth of their social environment. Social actualization is also interpreted as an individual's feeling that the social environment controls the destiny .

The picture of social well-being on the research subject is also shown through the coherence dimension. Both subjects have positive assessments for various elderly Integrated Healthcare Center activities held in the village. Subject 1 felt that the elderly Integrated Healthcare Center activity was beneficial for her health and happiness. While subject 2 felt that the elderly Integrated Healthcare Center activities provided useful information especially related to the development of her health. Social coherence is an individual's perception of an organization in the social world, including forms of individual attention in understanding the social environment [7]

The results showed the factors that influence social well-being to the research subjects include social support, social contact, social participation, and social attitudes. Both subjects received social support obtained from the family. Subject 1 received support from biological children in the form of suggestions that made her more confident in following the elderly Integrated Healthcare Center activities. Subject 2 received support from children and husband, in the form of information and moral support related to the benefits of joining the elderly Integrated Healthcare Center. Social support refers to the quality and

number of people that are trusted and relied on by individuals, as well as the extent to which person is needed and important to others and society. Social support can be received from people closest to and meaningful to the individual, such as family [10].

Social well-being on the subject in this research was also influenced by social contact factors. Elderly Integrated Healthcare Center makes both subjects find it easy to meet with peers and chat together. Subject 1 felt happier to join the elderly Integrated Healthcare Center activities than just staying at home. While subject 2 was happy to join the elderly Integrated Healthcare Center because it was able to meet friends whose homes were far away. Social contact and interacting more time spent with friends or neighbors affects someone's social well-being. Social contact made by someone and having good relations with friends or neighbors, through the time spent together, which is part of the environment, affects the level of one's social well-being, compared to relationships with family [7].

Social participation is a factor that also influences social well-being in research subjects. Both subjects took part in Integrated Healthcare Center activities voluntarily and without coercion. Subject 1 participated in various activities in the elderly Integrated Healthcare Center for 13 years. Subject 2 besides participating in elderly Integrated Healthcare Center activities, also voluntarily invited elderly friends to join the elderly Integrated Healthcare Center. According to Muller, high social participation, by frequently being involved in a community and voluntarily, is closely related to the social well-being of the individual. The interests, interactions, achievement of activities and valuable goals for the environment are closely related to social well-being. In addition, there is a sense of togetherness and involvement in group activities aimed to improve relations with the environment [11].

Social well-being on the subject in this research was also influenced by social attitudes. Both subjects showed positive social attitudes because the elderly Integrated Healthcare Center activities were beneficial for themselves and others. Subject 1 showed an attitude of satisfaction with the activities in the elderly Integrated Healthcare Center. Meanwhile subject 2 showed a positive attitude towards the activities of the elderly Integrated Healthcare Center because it provided new knowledge and experience for the subject. Muller explained that a person's social attitude also influences the individual's social well-being. Trust and satisfaction with the community and even government institutions are positively related to social well-being. A more positive social attitude is associated with a person's high social well-being [11].

#### IV. CONCLUSION

Based on the results of the research it was concluded that the social well-being of the elderly in this research was illustrated in the dimensions of social integration, social acceptance, social contribution, social actualization and social coherence. The factors that influence social well-being in the elderly who attend the elderly Integrated Healthcare Center include social support from the family in the form of information, social contact with peers, volunteering to join the elderly Integrated Healthcare Center activities and social attitudes shown by feeling satisfied with the elderly Integrated Healthcare Center activities held in the environment.

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