



Caregivers' Experiences: Psychosocial Problem of the Elderly in Nursing Home-A Qualitative Study

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Abstract. Background: Psychosocial problems are one of the mental health disorders where every change in a person's life that is psychological or social has an influence and can have a large enough potential to become a factor in mental disorders or vice versa.

Aim: To describe caregivers' experience with the psychosocial problem in older adults at Panti Wening Wardoyo Ungaran.

Methods: Descriptive quantitative is used as the research design with a phenomenology approach describing the caregivers' experiences of the psychosocial problem at Panti Wening Wardoyo Ungaran.

Results: The results of this study are for understanding caregivers caring for the elderly with psychosocial problems, there are 7 themes, namely training experience, depression, family problems, loss, trauma, withdrawal and anger, for how to care for caregivers there are 3 themes, namely communication, social activities and referrals to health services. Furthermore, the obstacles experienced by caregivers have 1 theme, namely lack of understanding, and expectations of caregivers, there is 1 theme, namely being social, so for this study there are 12 themes in total.

Conclusion: The Nursing Home is expected to facilitate caregivers to get training about mental health in elderly. Can be concluded that the accuracy of measuring body weight depends on gender.

Keywords: caregivers' experience · psychosocial problem · elderly

1 Introduction

Elderly is the last stage in the development of the human life cycle. According to Law No. 13 of 1998, an elderly person is someone who has reached the age of 60 (sixty) years and over [1]. According to WHO, the number of elderly people in the world will increase, in 2050 it is estimated to increase by 25.3% and in 2010 it is estimated to be 35.1% of the total population [2]. The number of elderly people in Indonesia in 2021, the proportion of elderly reaches 10.82% or around 29.3 million people [3].

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The polemic regarding mental health in the elderly in Indonesia and the prevalence of the elderly for a percentage, namely, the first is depression for the age of 55–64 years as much as 6.5%, at the age of 65–74 years there is 8.0% and the age of 75 + years is 8,9%. Furthermore, mental health problems in the elderly are emotional mental disorders. For the age of 55–64 years there are 11% then at the age of 65–74 years there are 12.8%, and for the age of 75 + years as much as 15.8% [4]. Based on this prevalence, it can cause psychosocial problems in the elderly which have an impact on dependence on others, isolating themselves or withdrawing from activities in society [5].

Psychosocial problems are changes in a person's life, both psychological and social, which have the potential to be a factor in the occurrence of mental disorders or otherwise mental health disorders that have an impact on the social environment [6]. The important things that need to be considered in the mental health of the elderly, have a fairly serious impact and because they require good attention [7], such as one important aspect is the relationship or relationship with the family and the quality of communication within the family environment, as well as showing concern, warmth, love, care, support and respect for the elderly [8]. A caregiver is needed, which means informal companions from families, volunteers, and cadres who can provide encouragement and assistance to the elderly [9].

In accompanying and caring for the elderly in physical, mental, spiritual and social activities, experience is needed, it can make a caregiver's professionalism in caring for the elderly. Experience is a source of knowledge or a way to obtain the truth of knowledge [10, 11].

2 Methods

This study was a qualitative research design, where qualitative research is a method by collecting data from a scientific background with the aim of interpreting a phenomenon that occurs where the researcher is the key instrument [12]. This study used a phenomenological approach by using life experience as a measurement tool to understand more deeply the socio-cultural, historical context in which the experience occurs [13]. The participants in this study were caregivers who were at the Wening Wardoyo Ungaran Panti. The sampling technique used in this study is *purposive sampling*, in which the sample is taken by selecting a sample among the population in accordance with what the researcher wants or according to the objectives and research problems, so that the sample can represent the characteristics of the previous population [13]. This study was passed ethical review of Faculty of Nursing and Health sciences Universitas Muhammadiyah Semarang Number 0030/KEPK/VII/2022.

This study uses Colaizzi data analysis, involving, observing, and analyzing human behavior in the environment in order to test the experience [14].

3 Results

The participants of this study were *caregivers* with the age of 30 years and over, all participants whose last education was high school, and most of the length of work as caregivers were approximately 7 years and over. The results of research conducted by interviewing 7 below are the explanations:

1. Caregiver's understanding of psychosocial problems in the elderly

The purpose of the first research resulted in 7 themes and their explanations:

a. Theme 1: Training experience

From the same question, 2 participants stated that they had attended training on elderly care, the following is the explanation:

"In the past, I attended a one-week training at Rs. Kariyadi, got a certificate as well, but the training was more physical, but never for mental health", Participant 4.

b. Theme 2: depression

The following is an explanation that almost all participants convey the same thing about psychosocial problems:

"In terms of psychosocial, it seems like a tendency due to depression." Participant 1.

c. Theme 3: family problems

Psychosocial problems in the elderly must have a precipitating factor, as follows:

"As for the consequences, usually there are problems from the family", Participant 1.

d. Theme 4: lost

Other precipitating factors conveyed by Caregiver are as follows:

"Because there was left by her husband", Participant 4.

e. Theme 5: trauma

The factors that cause psychosocial problems in the elderly were also conveyed by the caregiver, one of which was as follows:

"Usually there are mothers with mental disorders who remember because of their past, they immediately get angry", Participant 5.

f. Theme 6: withdraw

The main characteristics experienced by the elderly with psychosocial problems are withdrawal and the following explanations:

"Yes, I like being alone, ma'am", Participant 6.

g. Theme 7: angry

Other characteristics shown by the elderly with psychosocial problems are explained by the caregiver as follows:

“*Yes, I like to be angry*”, participant 7.

2. How to care for the elderly with psychosocial problems
 - a. Theme 8: communication

Elderly psychosocial problems.

From the results of interviews, 5 out of 7 participants said that by being invited to talk, the following explanation:

“*Usually, I sit down and talk with other friends with jokes*”, Participant 4.

- b. Theme 9: social activities

Panti Wening Wardoyo Ungaran facilitates social activities, as follows:

“*Recreational entertainment such as singing is usually every Tuesday, elderly gymnastics every morning, for religious activities on Mondays, Wednesdays and Fridays*”, Participant 6.

- c. Theme 10: Referral to health services

Based on the results of interviews, almost all of the participants said the same thing, the following is an explanation of the referral system:

“*He was referred to the Ungaran kit hospital for those at the clinic, but if the clinic was unable to cope, he was referred to Amino, later if he had improved, he was brought here again*”. Participant 1.

3. Obstacles in caring for the elderly with psychosocial problems
 - a. Theme 11: lack of understanding

Based on the results of interviews, 2 out of 7 participants had the same problem regarding the lack of understanding in the elderly, here are the explanations:

“*Perhaps our problem in delivering the message may not be understood*”, Participant 1.

4. Caregiver expectations for the elderly with psychosocial problems
 - a. Theme 12: socialize

From the results of interviews, almost all participants have the same expectations, as follows:

“*In the future they can socialize with their friends*”, Participant 5.

4 Discussion

Caregiver have a role as a companion for the elderly in the orphanage which contributes quite a lot to caring for the elderly, but some caregiver in the nursing home only have a secondary education background and do not have a health education background. Based

on these conditions, special training is needed for caregiver on how to care for the elderly from the aspect of the age approach in accordance with the developmental tasks of the elderly [15].

Based on the explanation of the results of the study, almost all participants said that the psychosocial problems that occur in the elderly are the same as those with depression. It is explained that psychosocial problems in the elderly such as depression, loneliness, anxiety, loss/grief, paraphrenia and Diagenes syndrome [16]. Psychosocial problems are characterized by feelings of loneliness, fear and depression [17]. Depression is a disorder characterized by feelings of loss of excitement or excitement, and is accompanied by other symptoms such as sleep and appetite disturbances according to [18]. Elderly with psychosocial problems depression has various causes, explained by the theory that the type of depression is psychogenic depression, which occurs due to individual psychological influences, which have symptoms of *exhaustion depression* as a result of continuous emotional stress, persistent tremors, or painful experiences. Repeated [18]. The cause according to the type of loss that can cause psychosocial problems in the elderly is the loss of a loved one [19].

The characteristics of the elderly with psychosocial problems of depression are explained that symptoms of depression can be seen from 3 aspects, namely, physical symptoms, psychological symptoms characterized by loss of self-confidence, social symptoms characterized by being alone [18]. Then other characteristics, namely being aggressive in line with the theory of the characteristics of a person experiencing psychosocial problems including irritability, anger and aggression [6].

The way that caregivers need to pay attention caring for the elderly is with relationships or relationships with family and the quality of communication within the family environment, by showing care, love, warmth, attention, support and respect for the elderly [8]. Elderly who are in an orphanage of course not only live with *caregivers* but also with other elderly, Social interaction must be maintained and developed in the elderly group. Lonely [20]. If it is the elderly who need medical care and psychosocial rehabilitation, the caregivers or *caregivers* can make a referral to a hospital or trauma center to get medical care and psychosocial rehabilitation from doctors and psychosocial experts [21].

The decrease in various aspects of the elderly will cause various problems as well, this can make an obstacle if the elderly is carried out in the treatment or mentoring process. If *the caregiver* experiences problems in the process of caring for the elderly with psychosocial problems regarding a lack of understanding, this has a triggering factor, namely the existence of psychological problems in the elderly [22].

The process of care and assistance, of course, caregiver have goals and expectations for the elderly with psychosocial problems to be able to socialize well in the surrounding environment. This section contains a discussion that relates and compares the research results with the theory and results of previous studies. The discussion section should not repeat results and discuss study findings, interpret them in the context of other trials reported in the literature providing evidence or counterevidence. In this way the validity of the results and the significance of the conclusions for the application in further research are assessed, with respect to the hypothesis, relevance of methods, and significance of differences observed.

5 Conclusions

The results of this study there are 10 themes which explain that, psychosocial problems in the elderly at Panti Wening Wardoyo Ungaran, are the elderly with depression, which arises due to family problems, living death by a partner and past events that resulted in trauma marked by withdrawing behavior from environment. The way to overcome this is by building trust and communication by facilitating social activities and medical treatment or psychosocial rehabilitation in collaboration with Rs Amino Gondohutomo. Caregiver hopes that the elderly will be able to maintain their social activities.

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