

Happiness in Elderly: Contribution of Health's Perception and Filial Piety

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Abstract. The elderly is considered as a fairly difficult period. At this time, someone will begin to think about death and a sense of loss left by a spouse, family, and begin to retire from work activities. Additionally, the elderly often feel Empty-nest, a loneliness in life because their children have left home to shape their own lives. To avoid negative psychological effects, the elderly need to increase happiness. Happiness in the elderly is influenced by various factors, such as: health's perception and filial piety. This study aimed at determining the contribution of health's perceptions and filial piety to elderly happiness. The sample of the study involved 161 elderly aged 60-75 years old and above who lived in Malang, East Java, Indonesia, who were physically active and had a family. The research method used was quantitative research to determine the effect of each variable. Moreover, this study applied multiple linear regression for analyzing the data. The results of the study showed that there was a significant effect of health's perceptions and filial to increased the happiness of the elderly.

Keywords: Health's perception, filial piety, happiness, elderly

Introduction

Elderly is the final stage of human development with an age range above 60 years and more. At this stage, human will experience a decline in physical and psychological functions. Physical decline is characterized by changing for its hair color, skin, decreased vision function, weakened motor condition, and decreased health level; whereas psychological function can be seen from their memory weakened and volatile emotional state. These changes can be faced positively by the elderly with the existence of social support, especially family, children and spouse greatly affect the comfort or not of the elderly in dealing with some of the most difficult changes and conditions in life.

According to 2010 statistical data, the percentage of Indonesia's elderly population of 7.59 percent, shows that Indonesia is one of the countries that entered the age of aging structured population because the number of people aged 60 years and over has exceeded seven percent. This high number of old population must be a concern of all circles. How the elderly welfare both physically and psychologically to be fulfilled so that the Indonesian people in all over the stage of development has a good quality of life.

Happiness according to Seligman (2004) is the capacity of individuals to activate happiness through the perspective of hedonic and eudemonic, combining the two perspectives of happiness is formulated through three basic principles, namely: (1) pleasure, related to positive emotions today, past, and future; (2) engagement, involvement in fun activities that make someone feel happy; (3) meaning, purpose in one's life

that makes a person survive and understand the value of his life.

Physical health is generally an index in measuring individual well-being. Simulated, that the healthier individuals and the belief that they are healthy can show that the individual has positive psychological well-being. According to *World Health Organization (WHO)*, health is a condition that is not only in the form of illness or not sick, but also related to the situation in which a person has a complete and good physical, mental and social condition.

The health's perception is personal trust and self-evaluation of general health status (McDowell & Claire, 1996). A positive self-evaluation will make a person feel happiness and satisfaction in his life, and vice versa if evaluating a person's health is negative will make them feel dissatisfaction. Elderly must have positive or negative perceptions related to their health. These perceptions make the elderly feel happy and unhappy in life, due to limitations and physical health will make the elderly able to do various things so they will feel the joy of life.

Associated with the state of health, most of the elderly will feel the decline in conditions and physical performance, accompanied by the emergence of various diseases and decreased levels of health. But most important is the state of self-acceptance and positive perception of their current situation, with a positive outlook on the physical condition and health will make the elderly more grateful for what is inside so appear happiness in life.

Filial piety is a form of family structure and intergenerational relationships between parents and children through a system that defines connections and obligations between children and parents (Lum *et al.*, 2015). Filial piety is a characteristic of eastern society, where as a form of gratitude children will take care and care for their parents when they are late, although this culture and local characteristics are more or less rarely done.

Filial piety between children to parents also has an important essence for the Elderly life. Individuals as social beings always relate to each other, establish relationships, interact and need each other. Children's devotion is the biggest support needed by the elderly to help overcome problems both moral and material, which will normatively affect the welfare, life satisfaction, and level of personal happiness in the elderly.

The state of the social environment around the elderly, especially the acquisition of filial behavior from children will make psychological well-being in the elderly (Cheng & Alfred, 2006). Another study conducted by Amalia (2015) shows that family support is an important factor in increasing happiness in the elderly. The presence of families around especially children who always support the elderly is one form of filial piety.

If happiness factor in the elderly is not addressed, it will display a variety of psychological problems such as dissatisfaction and despair in life that led to the decline in life expectancy and integrity in the elderly. This will lead to dissatisfaction in life and decreased of self-esteem in the elderly. This situation can also be accompanied by a decrease in health conditions, having a negative social perspective, decreased activity, and emotional instability. Unhappiness in the elderly will result in increasing a variety of health problems and degenerative problems (Delirium, Dementia, and Amnetic disorders) as well as psychological conditions such as feelings of worthlessness, neglect, anxiety, *et cetera*. Support from family and people around will increase happiness and enthusiasm of life of the elderly, so that life expectancy in the elderly has increased.

The purpose of this study was to find out the contribution of health perceptions and children's devotion to happiness in the elderly.

Method

This study was included in the quantitative study using survey methods, namely by distributing questionnaires. Shaughnessy (2012) explains that survey research is used to assess individual thoughts, opinions, and feelings. Quantitative method was used to obtain the influence of existing variables, namely the health's perception, filial piety and happiness. The subjects of the study were 161 elderly people in the Malang Raya, East Java, with a total of 63 men and 98 women. The sample selection technique used purposive sampling, with the following sample criteria: (1) Age 60-75 years; (2) Gender of men and women; (3) Living in a home community (either living at home, or living with

children); (4) Still having a spouse / no spouse. The data collection process was carried out by filling three measurement instruments, namely: happiness scale, health's perception questionnaire, and filial piety scale.

Happiness scale

Happiness is a degree to evaluate life as a whole in a positive view, achieved through three principles, namely: (1) pleasure, related to positive emotions in seeing the past, the future, and the present; (2) engagement, involvement in fun activities; (3) meaning, purpose in one's life. Moreover, happiness will be measured by making a self-assessment on the happiness scale adapted from Peterson *et al.* (2005).

The instrument used was a Likert scale with 4 answer choices: very suitable; appropriate; less appropriate; and very inappropriate. The initial number of items is 18 items with 6 items describing aspects of engagement; 6 items describe aspects of pleasure; and 6 items describe aspects of meaning. After the trial was used, the number of happiness orientation scale items became 12 items. Reliability coefficient was 0.844 and corrected total item-correlation in the range of 0.26 to 0.75.

The health's perception questionnaire

Health's perception is a personal belief and evaluation of health status in general, is a subjective concept that reflects the feeling of self towards the actual state of physical health, including: (1) current health; (2) rejection of the sick role; (3) resistance to illness; (4) health outlook; (5) worry or concern health; (6) prior health. It was measured by using a questionnaire adapted from The Health's Perception Questionnaire (HPQ) of John E. Ware in 1976.

The instrument used was a Likert scale with 4 answer choices: very suitable; appropriate; less appropriate; and very inappropriate. The initial form of this instrument was in English format, then researcher translated the results into Indonesian language. Total item was 33 items. After the trial has been used, the number of health perception scale items was 24 items. The reliability coefficient is 0.93 and the corrected total item-correlation is in the range 0.21 to 0.82.

Filial piety scale

Filial piety is an intergenerational relationship between elderly and their children through a system that defines the connection and obligations between them, there are 8 behavioral behaviors performed by children towards parents who have entered the elderly period, namely: maintaining interaction, providing assistance related to daily routines, providing financial assistance, adherence to parents (being obedient), providing accommodation related to needs, showing respect, taking care of health conditions, and listening to problems. This condition is measured from the assessment of the filial piety scale.

The instrument used was a Likert scale with 4 answer choices: very suitable; appropriate; less appropriate; and very inappropriate. The initial number of items is 36 items. The measuring instrument was developed by

researchers using aspects of Gallois etc. (in Cheng & Alfred, 2006). After the trial was carried out, the number of children's scale items was 26 items. Reliability coefficient was 0.95 and corrected total item-correlation was in the range of 0.20 to 0.87.

Result

The regression test results showed the constant value of unstandardized coefficients was 10.224. This number was a constant number, which means that if there was not health's perception (X1) and filial piety (X2), the consistent value of happiness (Y) in the elderly was 10.22. The regression coefficient number for health perception (X1) was 0.23. This number meant that for every 1% increase in health perception (X1), the happiness (Y) of the elderly increased by 0.23. While the regression coefficient number for filial piety (X2) was 0.15. This number implies that every additional 1% of filial piety (X2), then happiness (Y) of the elderly increased by 0.15.

Based on the results of testing the regression value in table 1, obtained multiple linear regression equation as follows: $Y = 10.22 + 0.28X1 + 0.15X2$, based on the probability value, note that:

- a) X1: $p = 0.000$ ($p < 0.05$), "there is an influence between the health's perception and happiness in the elderly"
- b) X2: $p = 0.000$ ($p < 0.05$), "there is an influence between the filial piety with happiness in the elderly"

It can be concluded that the happiness of the elderly can improve because of the influence or contribution of health's perceptions and filial piety with a 95% confidence level. Another finding was the $R^2 = 0.64$ which indicates that 64.2% of elderly happiness was influenced by health's perceptions and filial piety, while 35.8% were influenced by other factors.

Discussion

From the results, it is known that the health's perception and the filial piety have an influence on the happiness of the elderly. This showed that the happiness of the elderly was influenced by internal factors and external factors of the individual. An internal factor can be seen from how elderly perceived their health. When the elderly had a positive view of the health's state, it will increase the happiness. Besides, an external factor in this case was children's devotion contributed to the happiness of the elderly, the more children paid attention and provided support as a form of devotion, and the elderly felt a more positive psychological state.

Physical health is generally an index in measuring individual well-being, it can be simulated that the healthier individual is and there is an individual mindset that they are healthy shows that the individual has psychological well-being. According to World Health

Organization (WHO), health is a condition that is not only in the form of illness or not sick, but whose someone has a complete and good physical, mental and social condition. In research by Bourne et al (2010) conducted a study of the male population in Jamaica showed that self-reported happiness depends on a person's feelings about his health. Some of the theories and studies of the article are the basis that happiness is influenced by activity and health status in the elderly. The result was that the more a person looks positively at his health condition, they will feel happiness in his life.

A positive perception of health in the elderly will make the elderly feel that they can still do the things they enjoy and feel they can still contribute to the environment without having to be hampered by the health and illness they are suffering from. It can be understood that the health condition of the elderly will decrease with age, the disease will be more often experienced, and the body's immunity will decrease. In the midst of this limitation, if the elderly are able to accept and consider these limitations and disadvantages as normal in the elderly, it will make the perception of the health of the elderly more positive. This positive health perception will make the elderly feel happiness.

Filial piety is an important concept of how children should treat their parents when they entered old age, in a study conducted by Yeh & Olwen (2003) in Chinese society it was found that children's filial attitudes will affect individual development in a positive direction. Oztop etc. (2009) also conducted a study on 200 elderly people in Turkey, this study sought to determine the effect of intergenerational support on the level of satisfaction of elderly people. The results showed a negative relationship between elderly men and women related to life satisfaction and the amount of assistance received from their children. In other words, the more assistance provided by children, the lower level of life satisfaction of the elderly. These results may be contradictory to eastern culture where older people will be happier if they can get the attention and assistance of their children.

Filial piety to parents also has an important essence in the life of the elderly. Individuals as social beings always relate to each other, establish relationships, interact and need each other. Filial piety is the biggest support needed by the elderly to help overcome problems both moral and material, which will normatively affect welfare, life satisfaction, and personal happiness levels for individuals, especially the elderly.

According to Rowe & Kahn (1998) social support is defined as information that directs someone to believe that cared, loved, valued, and become a member of a profitable network. Likewise elderly, social support can they get from the family in the form of filial piety. The perception of family support means how a person understands or agrees a relationship that can give care, love and appreciation. Perception of family support positively will feel better, than those who perceive family support negatively.

Conclusion

Based on multiple regression analysis testing, it can be concluded that there is an influence of health's perception and filial piety towards elderly happiness. The magnitude of the influence of health's perceptions and filial piety is 64.2%, while 35.8% is influenced by other factors beyond the health's perception and filial piety.

This study has a deeper contribution to developing studies based on positive psychology. Especially for psychological studies of development related to the development of late adulthood, where there are still few researchers in Indonesia who have links in conducting research with elderly subjects so that this research could be one of the references in the effort to develop research on elderly subjects.

For further researchers who want to do happiness-related research on the elderly to be able to develop insight and knowledge on other variables that may also have an influence on elderly happiness because of the results of the study there are other factors in influencing the happiness of the elderly in addition to health's perceptions and filial piety.

This research can only be generalized to elderly people in Malang Raya, East Java, so that for further studies it can be more varied in the study area with more subjects so that the results of the research can be more varied and generalized more broadly. From this research, it is hoped that the public can find out that the elderly are also part of the community who need psychological well-being or happiness. The results of this study can contribute for the community to play an active role in treating the elderly respectfully so that the elderly are comfortable in the surrounding community.

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