

**Research Article**

# Elderly Efforts in Improving Social Well-being: Qualitative Study in Surabaya

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**ABSTRACT**

The aging process would cause problems related to health, economic, and social aspects. The elderly's social well-being was a condition of elderly satisfaction with social aspects. Elderly social well-being in urban areas is still a problem that needs to be improved in order to increase their quality of life.

**Objectives:** The research objective was to provide an overview of the efforts of the elderly in improving the social well-being and problems faced by in order to improve social well-being. the qualitative approach was performed to descriptive phenomena, and in-depth interviews was applied to collect the data. Participants in this study were 11 elderly, in the Rungkut District, Surabaya. Thematic was implied for data analysis.

**Results:** The results obtained 6 themes which included (1) conducting social activities in the community (2) following the elderly community to exchange ideas (3) developing social life (4) the physical condition of the elderly who is disturbed or limited (5) the availability of an unsupportive environment (6) a positive elderly relationship with family, peers, and an environment that supports the elderly to work. Efforts to improve the social well-being of the elderly could be increased personally or in groups. This was inseparable from the individual, family and well-being policies of the government

**Keywords:** social, well-being, elderly, health, qualitative research.

**INTRODUCTION**

The problem of the social well-being of the elderly in this decade is a form of change that occurs as a result of rapid population growth and population trends with an aging process. In the second half of the twentieth century, the world economy faced an active aging population (Frolova & Malanina, 2016). These conditions affect the socio-economic system of countries throughout the world, including such as the labor market, labor market, income, and consumer markets, as well as social funds, national policies, social relations, and others. The proportion of the elderly in the structural age of society continues to increase by more than 25% of the world population will be included in the category of elderly in 2050 according to the (Global AgeWatch Insight, 2018). At the Asian level the number of elderly population (60 years and over) Indonesia is ranked fourth, namely in 2010 the number of elderly population 8.8% is estimated to be 24.5% in 2050 while other countries such as Korea 42.6% , China 35.2%, and Vietnam 27.7% (Robert, 2014). The elderly population or in 2020 is estimated to reach 28.8 million people or 11.34 percent of the total population in Indonesia (Kemenkes, 2015). Surabaya is a city that has the largest number of elderly people in East Java.

This city is one of the areas inaugurated to be an elderly-friendly city. Government policies have been designed to create an environment that creates prosperity for the elderly. In the initial phase, there are 5 Community Health Centers in Surabaya, East Java that will implement a polite or elderly-friendly program based on the profile of the Surabaya city builder in 2018. Every effort is made to complement these interests, but there are still some problems that need improvement to meet the elderly-friendly city program. Good quality condition of life will be found if a person has excellent health, both physical, mental, spiritual and social (Lifshitz, Nimrod, & Bachner, 2019). A healthy body condition will be able to carry out activities better and optimally. Elderly who are always close to various problems require attention, the elderly who have difficulty in their activities, in the future will have an impact on their quality of life (Hyde, Maher, & Elavsky, 2013). The current phenomenon is still found in the elderly who have difficulties in social activities, difficulty in accessing health services, also found in the elderly it is difficult to interact with the community because they have physical complaints, even though they are in an urban environment. Limited land for activities for the

elderly, results in the elderly having low self-integrity, social welfare related to the physical health of the elderly (Wiliyanarti, Notobroto, & Asri, 2017) Urban environment that has been seen as complete in fulfilling social welfare but also saves problems, environmental expectations which is conducive to a friendly and pro-aging policy. Not only the health aspects of the elderly population are needed, but also social welfare becomes a very important component to create elderly people through old age, succeed in having a satisfying and meaningful life. Social welfare in the elderly is a sense of satisfaction of the elderly with social aspects, the achievement of social welfare is often found obstacles, both personal, family, community and community constraints (Ivankina & Ivanova, 2016). Social withdrawers were the most prone to reducing life satisfaction and health related quality of life and increased loneliness and experienced participation restrictions (Id, Peterson, & Reina, 2019). Elderly people who have high levels of social welfare can be identified about the role of social activities. Social changes experienced by individuals can be a source of stress for the elderly must have a positive attitude so that they can survive and undergo the aging process (Ryff, 2014)

### RESEARCH METHOD

This design was chosen by the researcher because the researcher wanted to get a picture of the participants' experiences related to efforts to improve social well-being. Participants were selected purposively with inclusion criteria, namely elderly (aged 60 years or more), living in the Rungkut sub-district in the city of Surabaya. The Rungkut subdistrict area is a pilot area in East

Java in the elderly Santun Community Health Center program. Rungkut area has an area of 21.8 KM with an elderly population of 11,880 inhabitants. Data collection was carried out by semi-structured interviews using interview aids namely interview guidelines, field notes, and recorders in the form of voice recorders. Researchers obtain elderly data from the health center and then go to the elderly and provide informed consent to the elderly after explaining of the research first. At the time of the interview conducted for 45-60 minutes during 2 meetings. Data analysis was performed using the Thematic Method. Data analysis was carried out in conjunction with the data collection process. Data saturation was obtained in the eleventh participant. Data analysis using the thematic method was done by re-reading the transcript of the interview results and quoting meaningful statements (Burhan Bungin, 2006). Describe the meaning that is significant statements, describe the meaning that is significant statements. Organizing collections of meanings that are formulated into groups of themes. Write a complete description. Meet participants to validate the description of the results of the analysis, Combine the validation results data into the description of the results of the analysis.

**Data Validity:** Validates verbatim transcripts to participants was done by the researcher. Triangulated data collection methods, namely interviews and observations, and finally, validation returned to the participants were performed by the researcher.

### RESULTS

**Background characteristic of the study participants.**

**Table 1: The Characteristic of Participants**

No	Initial	Sex	Age (years old)	Work Status
1	P1	M	74	Does not work (Pensioner)
2	P2	F	68	Does not work (Pensioner)
3	P3	F	66	Does not work (Pensioner)
4	P4	F	70	Does not work (Pensioner)
5	P5	M	69	Does not work (Pensioner)
6	P6	M	72	Entrepreneur
7	P7	M	69	Entrepreneur
8	P8	F	65	Does not work
9	P9	F	64	Does not work
10	P10	F	66	Entrepreneur
11	P11	M	62	Entrepreneur

Table 1 shows the results of research on the characteristics participants. The majority of participants aged between 62 and 74 years were 5 men and 6 women. Most participants were

retired and did not have a job. After conducting in-depth interviews with the participants, then the results of the analysis of themes were obtained in obtaining 6 themes This research resulted in 6

themes that were elaborated according to the research objectives. The themes identified in this study were 6 themes that answered specific objectives related to the experience of the elderly to improve social well-being.

Efforts to maintain social well-being are illustrated by the theme below.

1. Elderly activities in the community either routine or as a time filler becomes one of the efforts of the elderly to improve their social well-being. This is consistent with what was stated by the participants below

Participant 2 said "By participating in activities in the village as an elderly cadre, I can improve my welfare. Carrying out activities at home and being active in activities outside the home I have never left

2. Gather with the elderly community to exchange ideas

Elderly association is a form that can be a place for the elderly to do activities and exchange ideas. In accordance with the participant's expression below,

"When gathering with other friends of my age, my mind is more open, I can take advantage and experience examples from them so that I can run my life to become more relaxed. In my opinion, this activity is very important" (P4).

3. Developing social life

Several interviews about efforts to improve the welfare of the elderly can be grown with a spirit of mutual help. Providing this assistance does not have to be in the form of material but also in the form of attention or thought according to the ability of the elderly. It can be seen the expression of the elderly below. "I feel prosperous when I can give something to others. I can help financially at this foundation even though it is not routine and the desire to give to others makes me satisfied with my life"(P 10)

#### **Problems faced by the elderly to achieve social well-being.**

The problem of the elderly is illustrated in the theme of the physical condition of the elderly who is disturbed or limited, the availability of an environment that does not support,

1. Limited physical condition

Decreased body function in the elderly is a physiological condition of the body as a result of the aging process. Body conditions that can be known from the health status of the elderly, will affect daily activities. In the elderly, daily activities can improve well-being.

'As I get older, sometimes my body aches and becomes weak, at that time I felt that I could not do anything for others and could not gather at the elderly health program." (P5)

2. Environmental limitations in facilities and atmosphere

The availability of environmental facilities and infrastructure in limited elderly activities will affect the achievement of elderly well-being.

'I enjoy living in this neighborhood, which is harmonious and peaceful. In my opinion, what can make the elderly prosperous is a comfortable environment and they can feel free to interact with their neighbors. "(P9)

#### **Environmental conditions that enhance social well-being.**

Environmental conditions are illustrated by the theme, positive elderly relationships with family, peers, and a supportive environment to continue to provide opportunities for the elderly to work.

1. A supportive environment for work and meaning

Environmental conditions that are friendly to the elderly, equipped with facilities and infrastructure that support the welfare of the elderly are the hopes of the elderly so that they can continue to enjoy life well, as stated by the elderly below;

'The environment that I hope for is an environment that can keep me involved in activities even though I am old. although only as a companion in the activity "(P8))

2. Elderly relations with family, peers and community

environment and family presence, the atmosphere created when gathering together increases the well-being of the elderly. In accordance with this phrase under the elderly.

"In my opinion, when my grandchildren and my children coming on the weekend, I become more excited, I feel happy and prosperous." (P1)

#### **DISCUSSION**

Elderly age ranges from 64-74, in this case classified as elderly at the age of 60-69 years are young elderly, 70-79 years old are middle aged, and 80-89 years old Participants are elderly including young elderly and some middle-aged elderly. The results of the study found that older people who expressed satisfaction and were always grateful for retirement even though monthly income declined but were still able to expense their own lives, even helping children and grandchildren to fulfill their expense. This is in line with Giovanni's study (2017) that there is a relationship between income and health in late life is well established, but the link between subjective financial wellbeing (SFW) and self-rated health (SRH) has been relatively ignored, especially among the elderly in Europe. Well-being in the elderly is not only seen in terms of income but how the elderly can adapt to the conditions of the income decline (Papalia, Olds, &

Feldman, 2009) The ability of the elderly in financial management will be an effort to improve welfare (Fave et al., 2018)The government should be able to provide breakthroughs related to businesses or activities that can be used by the elderly in increasing income. So far, the policy on elderly care clinic as a form of business that can be developed to help increase income in the elderly (Kemenkes, 2015).

**The efforts of the elderly in improving social well-being:** The efforts of the elderly in improving social well-being can be illustrated by the theme of social activities undertaken by the elderly in the community. The elderly conveyed that in one week they routinely participated in activities such as religious activities, sports or training activities in elderly service centers such as the elderly Health care program in the community setting. The elderly also conducts social activities including contributing to social foundations, as well as to disadvantaged families. The activities they have done for a long time make the elderly feel meaningful that they are part of the community. This is supported by (Burton, Mitchell, & Stride, 2011) that the elderly who feel confident that they are part of their community are the elderly who have social actualization. The thing that is felt by the elderly both the attitude of the elderly related to the acceptance of the elderly, the purpose of life of the elderly, the ability of the elderly in the environment, the personality of the elderly regarding the independence of the elderly in determining the best conditions without being influenced by others (Ryff, 2014). Based on research (Fave et al., 2018)that elderly who do moderate level of exercise activity are reported to have a higher level of emotional well-being, it can be stated that elderly well-being can be improved by doing physical activity properly. Another theme that illustrates the business of the elderly is the elderly can gather with fellow elderly friends who are the community and then do the activity of exchanging experiences. Elderly conveyed joining in the health community for example PROLANIS (elderly community organization) creates a sense of recognition by the elderly. Elderly feel needed by society. A community that has positive goals, supported by community members who synergize and generate positive views will increase the sense of closeness within the group (Erpandi, 2015). The research results also obtained data on participants carrying out social activities is a major need. For the elderly, their lives want to be spent with activities that have high human values. Social networking is beneficial for the elderly, that good social relations can improve the well-being of the elderly. Existing social support in the community

as part of social networks (Robert M. Huff, Michael V. Kline, 2014). In addition, social well-being is examined in two views. The first view of social well-being according to Law No. 11 of 2009, namely the condition of fulfilling the needs of the ministerial, spiritual, and social citizens so that they can live more properly and be able to develop themselves, so they can carry out their social functions. In line with expert opinion which states social wellbeing is an individual achievement to face social duties and roles in social structures and communities (Keyes, Waterman, & Heaney, 1980). Based on the above theory that the elderly are said to be socially prosperous if able carrying out his duties and social roles. **(Social well-being) (Problems faced by the elderly in fulfilling Social well-being).** Elderly in achieving social well-being has obstacles or problems. Almost all participants said that physical condition was the main thing that disturbed the well-being of the elderly. This physical condition is a measure of the ability of the elderly to carry out daily activities. perceived elderly complaints that are conveyed that complaints are mild to the physical condition if the body feels uncomfortable but does not interfere with activities, and severe complaints if the body feels uncomfortable and greatly interferes with daily activities. Elderly's ability to remember an object, certain circumstances are also a component of physical well-being. The aging process can reduce cognitive abilities and memory (Carolin N; Harada; Marissa C. Natelson Love, 2014). Elderly feel unwell if there is a function disorder remembering) The statement above is in accordance with the opinion of (Hyde et al., 2013) which states that physical activity undertaken by the elderly is closely related to the level of well-being of the elderly. Elderly people can generally do activities without assistance, although this is different for each age while the elderly have a physical decline. The ability of physical activity is a skill possessed by the elderly in carrying out tasks that are carried out continuously and has a personal role, in the family and community. The physical condition of the elderly found in the phenomenon of society there are some who are vulnerable to disease. Looks at complaints submitted by the elderly not only on 1 complaint but more than one complaint. In addition, environmental conditions that do not provide support for the development and activities of the elderly are the main obstacles. The elderly conveyed social activities depending on the environment of the elderly. In line with the results of Indonesia's national survey of the elderly, the physical picture of the elderly half of the elderly (52.12) experienced health

complaints in the last month, consisting of 50.22% of men and 53.74% of women (Kemenkes, 2015). Concern of parents about their well-being is closely related to their health condition. The social aspect is significant with one's attitude towards one's own health. The older the declining public health in that it becomes more difficult to maintain health and subsequently take overall health care. An increasing number of cost-based medical services and reduction in free medical care are forcing people to change their attitudes towards aspects of health by taking responsibility and caring for their own health. According to Russian republic research, the number of people who submit complaints to physician about illness is 32% in 2012 to 25% in 2014, and 32% of parents who treat themselves (Ivankina & Ivanova, 2016) Another problem encountered by the elderly in improving social well-being is when the elderly is placed in an environment that does not have facilities for socialization and positive activities. Among others is the availability of elderly health care program, the availability of elderly parks, reading parks. This is in line with research by (Othman & Fadzil, 2020) which states that the well-being of the elderly can be achieved supported by social facilities, one of which is the environmental conditions, the existence of the elderly center. in this case, the needs of the elderly are inseparable from the role of health services and government policies. Community services provide a positive influence in achieving the welfare of the elderly (Ryff, 2014)

**Environmental conditions that enhance social well-being in the elderly:** Increased elderly well-being is related to the social environment of individuals. Some respondents said that there are social groups, elderly interactions with families and communities, as well as problems faced by the elderly in families Supporting research from the findings above are according to (Elo & Isola, 2011) states that the physical condition of the environment supports elderly well-being including a form of environment in an area that allows elderly to carry out activities safely. Social environments that support elderly well-being include social environments that allow older people to receive help, allow them to stay in touch with their family and friends as support for well-being and an environment that offers happiness while living in the area (Papalia et al., 2009). Another study stated that parents who lived three generations or with their grandchildren had better psychological well-being than those who lived in a generation of households. Besides being able to improve the well-being of the elderly by getting financial support, it can also increase emotional

ties with children. The existence of the family helps the elderly in adapting to social change. This was also conveyed by other researchers stating that well-being according to the elderly is a positive relationship with others, especially families in their environment. Having a family in old life gives emotional support. Although the elderly are expected to be independent in overcoming various social changes, but the role of the family in fulfilling daily activities greatly affects the well-being of the elderly. The environment around the elderly supports the improvement of elderly well-being. One of the activities and platforms for the elderly to interact with one another is the presence of the elderly health care program in the community setting. This positive activity has the potential to create elderly well-being (Ivankina & Ivanova, 2016). The other research states that older people who perform care in the elderly center also need a comfortable spatial, broad view of their environment. The existence of plants on the environment also affects the physical, psychological and social needs of the elderly (Othman & Fadzil, 2020). Government policy as an effort to overcome social problems related to well-being is regulated in Law Number 36 Year 2009, the government is obliged to maintain the well-being of the elderly in order to continue to live healthy and productive socially and economically. To make efforts to provide facilities and facilities to support the health of the elderly in the city. Health services for the elderly must be given early, namely in the elderly age (45-59 years). Health development carried out in the elderly is by taking into account the risk factors that must be avoided to prevent various diseases that may occur. Then it is also necessary to pay attention to protective factors that are carried out to improve the health and well-being of the elderly (Wiliyanarti et al., 2017) Efforts that have been made in Indonesia to improve health services for the elderly include geriatric services in hospitals, health services in health centers, the establishment of home care for elderly people with special needs, and the existence of Integrated Service Posts (Posyandu) Elderly or Integrated Development Post (Posbindu). Based on this, it is necessary to study the experience of the elderly in achieving social well-being improvement (Kemenkes, 2015).

## CONCLUSION

Efforts of the elderly in improving social well-being can be done through social activities in the community, gathering with the elderly community as a place for the exchange of experiences. the physical condition of the elderly is disrupted or

limited; conditions that experience interference will affect the elderly unable to interact socially thereby reducing their well-being. The availability of an environment that is less supportive can cause the social welfare of the elderly not being met. The elderly need a supportive environment for work, freedom of activity so that the elderly feel meaningful in their social life

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