



THE RELATIONSHIP BETWEEN SOCIAL INTERACTION AND FAMILY SUPPORT TO THE QUALITY OF LIFE OF THE ELDERLY

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ABSTRACT

In 2045, it is estimated that the population growth rate will enter the Super Aged Society category with the number of elderly $\geq 21\%$ of the total population. This is a challenge because in general the elderly face weaknesses, limitations and inabilities. One of the things that needs to be considered is the quality of life of the elderly. Objective: To identify the relationship between social interaction and family support on the quality of life of the elderly. Methods: Quantitative research design with a cross-sectional data collection approach. The population in this study is all elderly people aged 60 years and above in Jogjogan Village, Bogor. The sampling technique uses purposive sampling with a sample of 92 people. The research has been carried out from February to June 2024. Data collection was carried out using questionnaires and observations. Data analysis uses a computerized process with a static test, namely the chi-square test. Results: The social interaction of the elderly was in the good category (30.4%), family support in the supportive category (53.3%) and the quality of life of the elderly was in the good category (60.9%). The results of the bivariate test showed a significant relationship between social interaction and quality of life (p-value: 0.00), and the relationship between family support and quality of life (p-value: 0.020). Conclusion: Social interaction and family support provided to the elderly are significantly related to the quality of life of the elderly.

Keywords: family support; quality of life; social interaction

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INTRODUCTION

According to the Ministry of Health of the Republic of Indonesia, the growth rate of the elderly population in 2019-2024 is included in the Aging Society category with the number of elderly $\geq 7\%$ of the total population and is expected to enter the Super Aged Society category in 2045 with the number of elderly $\geq 21\%$ of the total population (KEMENKES, 2020). The Central Statistics data estimates the number of older populations in 2025 to be 33.69 million, in 2030 to 40.95 million and in 2035 to be 48.19 million (BPS, 2023). The West Java region ranks fifth in Indonesia with an elderly population (7.09%), therefore it is important to prepare and identify the things needed to optimize the quality of life of the elderly. As we age, there will be a decline in biology, psychology and psychology (Siswoyo et al., 2021). Old age faces many medical or health problems that require quick treatment according to the increasing age of the elderly regarding physical, behavioral, mental and social problems (Sonza et al., 2020). Worldwide, Asia and Indonesia from 2015 have entered a mature population period as the number of people aged 60 years and above (eiging population) exceeds 7% (Eswanti & Sunarno, 2022). The role of social interaction has a significant positive relationship with the life satisfaction of the elderly, meaning that the higher the social interaction carried out by the elderly, the higher the life satisfaction of the elderly (Nadyastuti et al., 2019).

The existence of the family has an important role in the life of the elderly. Good social support from family and friends is needed to achieve a better quality of life (Wiraini et al., 2021). If the elderly feel isolated, which has an impact on the lack of social support, the elderly will tend to have a lower quality of life. Support from family plays an important role in the elderly because the physical capacity of the elderly themselves will naturally decrease as they age (Pradina et al., 2022). In the elderly, good social support is very necessary, because the existence of social support for the elderly can increase their welfare and happiness. The elderly think that they still feel loved and appreciated by the surrounding environment, which means that social interaction with family, friends and others can improve the quality of life of the elderly (Gestinawarti et al., 2019). In general, the elderly face weaknesses, limitations and disabilities, so the quality of life of the elderly tends to decrease. Social interaction and family support are important in supporting the quality of life of the elderly (Lutfi, 2022). From the results of the researcher's observation of the elderly when conducting a preliminary study using the elderly quality of life interview technique, data was obtained from 10 elderly people as many as 6 people (60%) said that they did not enjoy their lives as a whole. As many as 50% said they rarely socialized due to physical limitations and 60% of the elderly said that they were not cared for when they were sick, their families did not provide time to take the elderly for treatment. Based on this phenomenon, researchers are interested in identifying how the relationship between social interaction and family support affects the quality of life of the elderly. The purpose of the study is to identify the relationship between social interaction and family support to the quality of life of the elderly.

METHOD

Correlational quantitative research method with cross-sectional data collection. If the relationship between independent and dependent variables is measured at the same time and observed only once. (Bohari et al., 2021). Sampling of the study was carried out by purposive sampling. Population is the whole individual, organization, case or object, where the results of the research will be generalized (Swarjana, 2022). The population in this study is all elderly in Jogjogan Village which totals 120 elderly people, In the calculation of the number of samples taken from the researcher's population using the slovin formula, the number of samples is 92 people. Data analysis was carried out in univariate and bivariate. This univariate analysis was carried out on the characteristics of the elderly (gender, age, marital status, and education), as well as variables of social interaction, family support and quality of life of the elderly. Bivariate analysis aims to see if there is a relationship between dependent variables and independent variables. The statistical test that will be used in this study is the chi-square test. Data processing is carried out through the stages of Editing, Coding, Data Entry, and cleaning. The ethics in this study consist of Informed Consent, Anonymity, Confidentially, Balancing Harms and Benefits and Justice.

RESULT

The results of the Univariate Analysis regarding the characteristics of the respondents found that the majority of the elderly were female, namely 55 people (59.8%), the majority aged 60-74 years, as many as 81 people (88.0%), the majority of marital statuses were married, 72 people (78.3%), the majority of elementary school education was 54 people (58.7%), 29 people (31.5%) were not in school.

Table 1
Frequency Distribution of Social Interactions

Social interaction	f	%
Good	28	30.4
Not Good	64	69.6

Table 1 shows that the social interaction of elderly people is in the good category, namely 28 people (30.4%).

Table 2
Frequency Distribution of Family Support

Family Support	f	%
Support	49	53.3
Not Support	43	46.7

Table 2 shows that the majority of family support is in the supportive category with results of 49 people (53.3%).

Table 3
Frequency Distribution of Quality of Life

Quality of Life	f	%
Good	56	60.9 %
Not Good	36	39.1 %

Table 3 shows that the majority of elderly people's quality of life is in the good category, namely 54 people (60.9%).

Table 4
Analysis of the Relationship between Social Interaction and Quality of Life

Social Interaction	Quality of Life						P value
	Good		Not Good		Total		
	f	%	f	%	f	%	
Good	26	92.9	2	7.1	28	100	0.000
Not Good	30	46.9	34	53.1	64	100	

Table 4 shows that there is a significant relationship between social interaction and the quality of life of the elderly with a p value of 0.000.

Table 5
Analysis of the Relationship between Family Support and Quality of Life

Family Support	Quality of Life						P value
	Good		Not Good		Total		
	f	%	f	%	f	%	
Support	37	75.5	12	24.5	49	100	0.002
Not Support	19	44.2	24	55.8	43	100	

Table 5 shows that there is a significant relationship between family support and quality of life with a p value of 0.002.

DISCUSSION

The number of elderly populations in the world has experienced significant growth. The increase in the number of elderly requires adaptation regarding integrated care centered on the elderly and their preferences and guaranteeing access to multiple age-friendly services closely engaged with families and communities (Rudnicka et al., 2020). Social interaction and family support for the elderly is one of the factors that can support care efforts that focus on the elderly. Social interaction is very important for life satisfaction. As humans enter old age, it is essential to actively engage in social networks, maintain contact with people, receive psychological support from people close to us, and experience satisfaction with relationships. However, as they age, their physical function tends to deteriorate, leading to a decrease in

activity levels. Social interaction is broadly defined as the subjective feeling of having a close and positive relationship with others. This supports Maslow's theory of affection and loving relationships with others as basic human needs (Jeong-Hye Park & Kang, 2020; Suragarn et al., 2021). Family support is very important in providing life satisfaction and well-being for the elderly. The results of a study conducted in China showed a significant relationship between different types of family support and elderly satisfaction. Family member meetings are useful for alleviating stress for family members, especially sharing information on how to provide care and social support to the elderly. Family support for the elderly is one of them through mediation and family therapy interventions. This approach is built on family therapy and therapeutic mediation in providing social support to the elderly. The existence of a support group is an important source of assistance for family members in providing social support to the elderly (Bražinová & Chytil, 2024; Wang et al., 2020).

The results of the univariate analysis showed that the majority of respondents were female, namely 59.8%. This supports the data BPS (2021), which states that the population of elderly women in Indonesia is greater than that of men, further review based on data from the Central Bureau of Statistics shows that the life span of elderly women is longer than the life span of elderly men (Ainistikmalia, 2019). The researcher believes that among men and women, researchers meet elderly women more often because women tend to be at home compared to men because they work even though they are over 60 years old. These results also support previous research by Cahya (2021), stated that researchers also met more often with female respondents (82.1%) than male (17.9%). stated that researchers also met more often with female respondents (82.1%) than male (17.9 %).

The majority of elderly people are 60-74 years old, namely 88%. This supports previous research conducted by Afnesta (2018), where the research results showed that the majority of respondents were in the "elderly" age group (60-74 years) as much as 89.7%. Based on marital status, the majority of respondents were married and still had a living partner, namely (78.3%). Elderly people who have a life partner or are married will affect the health condition of the elderly both physically and psychologically. According to Faridah (2021), Married couples will feel happier with a partner who always accompanies them. The research results are in line with research by Astuti (2019) where the majority of elderly people are married (85.7%).

The majority of respondents' last education level was elementary school, namely 58.7%. The low level of education for the elderly is due to the lack of supporting facilities and infrastructure. Apart from that, education was still limited at that time, especially in rural areas or developing countries. According to the Central Statistics Agency, elderly people in Indonesia have a low educational background, namely 32.48% have not completed elementary school and 13.96% have not attended school (BPS, 2023). The results of this research support previous research by Yulianti (2018), where the majority of elderly people had elementary school education, namely 39.8%. The research results show that social interaction is in the good category, namely 30.4%. Elderly people who interact with others, for example taking part in recitation events once a week and other activities, there are still elderly people who cannot take part in activities or gatherings because of their physical limitations. Social interaction behavior makes people not feel lonely or have the feeling that there are other people who accept them. According to Oktavianti & Setyowati (2020), the majority of feelings of loneliness often experienced by the elderly tend to be in a bad direction, resulting in a decline in the health status and social role of the elderly. According to Andesty & Syahrul (2018), elderly people experience a decline in interaction in their old age.

Therefore, elderly people will find it difficult to socialize, this is also due to the age factor. This is in line with Setyowati (2023), research, where the social interaction of the elderly is categorized as lacking.

Family support in the supporting category was 53.3% while in the unsupportive category it was 46.7%. The family is the main support system for the elderly in maintaining their health (Maryam, 2012). This research is in accordance with Ratnawati (2019), showing that 53.0% of family support results have good support while 47.0% have poor family support. The elderly have good family support because family members provide support to each other to the elderly, providing physical and psychological comfort when the elderly experience stress or problems. According to researchers, the family's understanding of the health of the elderly plays an important role in providing support to the elderly. The support provided is in the form of family members' concern for the elderly's independence in their daily activities, such as providing attention by creating a comfortable environment.

The quality of life of the elderly is in the good category at 60.9%. The results of this research are in accordance with Hutabarat (2022) research, which was conducted in the Aek Nauli sub-district of Medan where the majority had a good quality of life, 30 people (68.2%), on average those who had a good quality of life were the older age group (60-74 Years). Quality of life is an individual's perception of their position in life seen from the cultural context and value system in the place where the elderly live. Life is related to life goals, hopes, standards and focus which includes several physical, social psychological and environmental aspects (Kiling, 2019). Elderly people who have a good quality of life are elderly people who accept life as it is, feel satisfied with the conditions in which they live and with themselves (Oktavianti & Setyowati, 2020). The results of research conducted by Supriani et al., (2021), stated that the overall physical health condition of the elderly will experience a decline in their lives. Mailani (2018), stated that the quality of life of the elderly is influenced by various factors such as physical health, psychological health, social relationships and the environment. Physical health greatly influences the quality of life of the elderly, which includes daily activities, physical conditions that are increasingly vulnerable make the elderly feel that their life is no longer meaningful, this is one sign that the quality of life of the elderly is low because they cannot enjoy their old age.

The results of the analysis show that there is a relationship between social interaction and the quality of life of the elderly in Jogjogan Village, Bogor. A social interaction behavior makes humans not feel lonely or have the feeling that there are other people who accept them. The majority of feelings of loneliness experienced by the elderly tend to be in a bad direction, resulting in a decline in the health status and social role of the elderly (Stavrova & Ren, 2023). The results of this research support previous research conducted by Damayanti (2021), stating that there is a relationship between social interaction and the quality of life of the elderly in Simpang Kelapang village, Aceh. The enthusiasm and satisfaction with life experienced by some elderly people in Jogjogan village, Bogor, has caused their quality of life to improve, although there are still elderly people who lack social interaction with their environment. This means that the better the social interaction, the better the quality of life for the elderly. However, if there is a lack of social interaction, the quality of life of the elderly will decrease. This is in line with research by Setyowati (2023), these results suggest that there are other factors that influence the quality of life of the elderly, where it is explained that a person's level of education has an influence on responding to something that comes from outside.

The results of the analysis show that there is a significant relationship between family support and the quality of life of the elderly in Jogjogan Village Bogor. Family support influences the quality of life of the elderly. The results of this research support previous research by Zuhana (2023), stating that there is a relationship between family support and the quality of life of the elderly in the Palembang Community Health Center Work Area. According to Pradina (2022), family support is important for the elderly because it can increase their self-confidence and make them more enthusiastic about living their lives. According to Friedman (2010), there are four forms of family support provided, namely instrumental support or assistance, information support, assessment support, and emotional support. Elderly people who live at home are influenced by family and community support so that elderly people will experience positive changes in their lives and conversely, elderly people will experience negative changes if they receive family and community support. According to Putri (2015) in Setyowati (2023), Individuals who have families who are intact and harmonious, the quality of life will be higher, this is because the family can provide support and love to improve the quality of life (Faridah, 2021).

CONCLUSION

Based on research conducted on the elderly, it shows that there is a relationship between social interaction and family support on the quality of life of the elderly. Elderly people who have good social interactions will have a good quality of life. Apart from that, family support also influences the quality of life of the elderly.

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