



DESCRIPTION OF THE QUALITY OF LIFE IN ELDERLY AT NURSING HOME

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ABSTRACT

The quality of life among the elderly is prone to decline due to physical, mental, and social deterioration. Assessing the quality of life in the elderly is essential to measure the effectiveness of care in nursing homes, ensuring that residents live safely and comfortable. This study aims to describe of the quality of life among the elderly at UPTD Pusat Pelayanan Sosial Griya Lansia (PPSGL) Ciparay. Method: This research is a quantitative descriptive study. The sample consisted of 60 elderly individuals selected using purposive sampling technique. Data were collected through the WHOQOL-OLD questionnaire which has been translated into Indonesian and has been tested for validity using the Rasch Model and its reliability with the results of the Cronbach's Alpha value of 0.75. Data were analysis using univariate analysis. The results showed that 55% of the elderly had a good quality of life, with 80% at a good level in the death and dying domain and 48.3% at a poor level in the sensory abilities domain. Good quality of life is something that needs to be maintained. However, almost half of the elderly at the UPTD Pusat Pelayanan Sosial Griya Lansia (PPSGL) Ciparay are at a poor level in the past, present and future activity and sensory abilities domain.

Keywords: elderly; nursing home; quality of life; WHOQOL-OLD

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INTRODUCTION

Indonesia is projected to have the highest population in Southeast Asia by 2023, reaching 30 million individuals (Economic and Social Commission for Asia and the Pacific, 2023). The increase number of elderly people result from rising life expectancy and declining mortality rates. The average life expectancy in Indonesia in 2021 is 71.57 years (Badan Pusat Statistik, 2023). However, this increase presents challenges, particularly regarding the quality of life in the elderly, as they naturally experience physical, mental, and social declines (Triwanti et al., 2014; WHO, 2020). The quality of life in the elderly tends to decline due to life stage-related changes and setbacks, which increase their needs (Krisman Gea et al., 2024; Triwanti et al., 2014). Ensuring a good quality of life is critical as it helps the elderly enjoy their later years, find meaning in life, and adapt to setbacks (Triwanti et al., 2014; Setiwati & Sri, 2021).

Increasing age can impact the quality of life. A similar study conducted by Gobbens (2019) showed that older age is associated with lower quality of life. This is supported by research conducted by Juanita (2022), which proved that age affects quality of life. Aging affects the quality of life of the elderly in relation to their declining health status (Ariyanto et al., 2020). The increase in age impacts the decline in quality of life, likely related to chronic diseases in the elderly (Cwirlej-Sozanska et al., 2018). Social factors also play a significant role in influencing the quality of life of the elderly. Elderly individuals with greater social involvement tend to have higher enthusiasm and life satisfaction, leading to an improved quality of life (Nugraha, 2020). Good quality of life reflects an individual's life moving toward a state of well-being, while conversely, low quality of life indicates a life moving toward a state of ill-being (Gultom et al., 2020).

In response, every country must provide solutions to meet the long-term care needs of the elderly, including personal care, social support, and meaningful activities to improve their quality of life (WHO, 2020). Social services in institutional settings are among the government's efforts to enhance the quality of life and welfare of the elderly (Kementerian Sosial Republik Indonesia, 2012). Adequate facilities and programs in nursing homes significantly influence the quality of life of elderly residents (Gultom et al., 2020; Iswatun, 2020).

However, nursing home cannot fully replace the warmth and interactions of a home environment (Nurbasari et al., 2020). Research shows that the quality of life in elderly individuals living in nursing home is generally lower than of those living in the community. Stress due to relocation and feelings of loss contribute to this decline (Andesty & Syahrul, 2020; Sury et al., 2013 in Müller et al., 2017). Therefore, quality of life is serves as an essential metric to evaluate elderly care in nursing homes, ensuring a safe and comfortable living environment (Rodríguez-Martínez et al., 2023). Based on this review, this study aims to determine how the description of the quality of life of the elderly in the nursing home.

METHOD

This study employed a descriptive quantitative approach to explore the quality of life among the elderly at the UPTD Pusat Pelayanan Sosial Griya Lansia (PPSGL) Ciparay. The sampling used purposive sampling technique based on inclusion criteria, which included individuals aged 60 years of age or older, capable communication, and willing to participate voluntarily. The sample size consisted of 60 respondents. Data were collected using the Indonesian version of the WHOQOL-OLD instrument, translated by Gondodiputro et al, (2021). This instrument has been tested for validity and reliability by Gondodiputro et al, (2018) to 175 elderly people with inclusion criteria aged more than 60 years, not suffering from dementia after the MMSE examination, able to read and speak, and willing to participate in the study. The validity test using the Rasch Model with the unidimensional method obtained a raw variance by measure value of 24.6% and raw unexplained variance by measure 15% and the reliability test using the Cronbach's Alpha method obtained the entire WHOQOL-OLD instrument has a Cronbach $\alpha = 0.75$ value. This instrument comprises 24 Likert scale questions grouped into 6 dimensions. Data analysis was conducted using univariate analysis to describe the quality of life of the elderly at the UPTD Pusat Pelayanan Sosial Griya Lansia (PPSGL) Ciparay. This study received ethical approval from the Ethics Committee of Universitas 'Aisyiyah Bandung with number 1133/KEP.01/UNISA- BANDUNG/XI/2024.

RESULT

Respondent Characteristics

In this study, it was found that the characteristics of respondents were mostly in the age range of 60-74 years (66.7%) with majority having elementary educationa (55%) and being divorced (95%). Most had living in the nursing home for 1-5 years (51.7%).

Table 1.
Respondent Characteristics (n=60)

Respondent characteristics	f	%
Age		
(Elderly) 60-74 Years	40	66,7
(Old) 75-90 Years old	16	26,7
(Very Old) >90 Years old	4	6,7
Gender		
Female	27	45
Male	33	55
Education Level		
Not in School	7	11,7
Elementary School	33	55
Middle School	5	8,3
High School	13	21,7
Diploma/Bachelor's/Master's/Doctorate	2	3,3
Marital Status		
Unmarried	2	3,3
Married	1	1,7
Divorced	57	95
Length of stay at the center		
<1 Year	16	26,7
1-5 Years	31	51,7
5-10 Years	9	15
>10 Years	4	6,7

Quality of Life

In this study, the frequency distribution showed that most elderly (55%) had a good quality of life, with an average 68,23.

Table 2.
Frequency Distribution of Quality of Life (n=60)

Quality of Live	f	%	Cut Off Point
Good	33	55	≥68,23
Poor	27	45	<68,23

The results of the frequency distribution of quality of life based on domains at the UPTD Griya Lansia Social Service Center (PPSGL) Ciparay showed that 25 elderly people (41.7%) were at a poor level in the social participation domain, 27 elderly people (45%) were at a poor level in the domain of past, present and future activities, and 29 elderly people (48.3%) were at a poor level in the sensory ability domain.

Table 3.
Frequency Distribution of Quality of Life by Domains (n=60)

Respondent characteristics	<i>f</i>	%
Sensory Abilities		
Good	31	51,7
Poor	29	48,3
Autonomy		
Good	39	65,0
Poor	21	45,0
Past, Present, and Future Activity		
Good	33	55,0
Poor	27	45,0
Social Participation		
Good	35	58,3
Poor	25	41,7
Death and Dying		
Good	48	80,0
Poor	12	20,0
Intimacy		
Good	43	71,7
Poor	17	28,3

DISCUSSION

Research conducted at the UPTD Pusat Pelayanan Sosial Griya Lansia (PPSGL) Ciparay shows that most are at a good quality of life level. The results of this study are in accordance with other studies which state that most of the quality of life of the elderly in nursing homes is at a good level (Khadgi, 2021; Setiawati & Sri, 2021; Tan et al., 2021). Good quality of life is the result of achieving holistic patient-centered care and achieving the needs and activities in the nursing homes (Setawati & Sri, 2021; Tan et al., 2021). However, this study is different from other studies which state that most of the elderly living in nursing homes have a low quality of life (Andesty & Syahrul, 2018; Nurbasari et al., 2020). This is influenced by changes in residence that require the elderly to adapt to accepting new environments and people (Andesty & Syahrul, 2018).

This high quality of life is influenced by various factors, one of which is external factors in the form of the environment, both physically and socially. The fulfillment of holistic needs in the nursing home, especially their spiritual needs, can affect the death and dying domain. This is in accordance with the results of the study which show that most of the elderly are at a good level in the death and dying domain. The results of this study are in accordance with the results of previous studies which found that the death and dying domain has a high score in nursing homes (Gobbens et al, 2019; Sandgren et al., 2020; Simeão et al., 2018). A good environment is also indicated by the presence of emotional attachment, social integration and mutual assistance between the elderly in nursing home (Masaong et al., 2023). The results in this study show that the elderly are at a good level in the intimacy domain, in accordance with other studies (Anum et al., 2021; Gebrye et al., 2022; Lim et al., 2023; Soósová, 2016; Tiwari et al., 2023). High scores in this domain indicate that the elderly feel a high sense of friendship and emotional attachment between the elderly in nursing home (Marten & Greiner, 2023; Simeão et al., 2018).

A good nursing home environment is inseparable from the role of nurses in it who are able to carry out holistic patient-centered care (Cheluvappa & Selvendran, 2022). This patient-centered holistic care involves the elderly actively in making the right decisions about their care and treatment choices. So that the quality of life of the elderly can improve, especially in

the autonomy domain (Shaban et al., 2024; Tan et al., 2021). This is in accordance with the results of this study, where most of the elderly at the UPTD Pusat Pelayanan Sosial Griya Lansia (PPSGL) Ciparay are at a good level in the autonomy domain. The results of this study are in accordance with other studies that found the autonomy domain tends to be high (Bökberg et al, 2019; Gobbens et al, 2019). The less dependent the elderly are on nursing home staff, the more likely the elderly are to have choices in their lives which will affect autonomy (Bökberg et al, 2019).

However, almost half of the elderly at the UPTD Pusat Pelayanan Sosial Griya Lansia (PPSGL) Ciparay are at a poor level in the sensory abilities domain. This result is consistent with previous studies that found poor scores in the sensory abilities domain (Duzgun & Durmaz-Akyol, 2021; Nurbasari et al., 2019; Özen et al., 2019). This is related to the aging process that occurs, as age increases, organ function and structure decline, including sensory function (Frank et al., 2024; Xiao et al., 2021). This aging process is in accordance with the wear and tear theory which suggests that aging is caused by the gradual decline of organ cells and tissues over time with repeated use (Wiesmann, 1882 in Sattaur et al., 2020). This results in low sensory abilities as a result of continuous use throughout their lifetime.

The aging process is also a natural process of partial or total withdrawal from the environment and society as mentioned in the disengagement theory (Walker et al., 2022). So that as you get older, your involvement in activities decreases. The results of this study indicate that almost half of the elderly at the UPTD Pusat Pelayanan Sosial Griya Lansia (PPSGL) Ciparay are at a poor level in the social participation domain. This is in accordance with previous research which found low scores in the social participation domain (Gomes et al., 2023; Medeiros et al., 2020). Data at the UPTD Pusat Pelayanan Sosial Griya Lansia (PPSGL) Ciparay shows that only some of the elderly participate in activities in nursing home.

The separation from the family and accompanied by entering nursing home is not of their own accord so that they consider entering nursing home is not expected and there is no opportunity to change reality which will affect the low domain of past, present and future activities (Medeiros et al, 2020). The results of this study indicate that almost half of the elderly at the UPTD Pusat Pelayanan Sosial Griya Lansia (PPSGL) Ciparay are at a poor level in the past, present and future activity domain. The results of this study are in accordance with other studies that have found that scores tend to be low in the past, present and future activity domain (Medeiros et al, 2020; Soósová, 2016).

CONCLUSION

Based on the results of this study, it can be concluded that the quality of life of the elderly at the UPTD Pusat Pelayanan Sosial Griya Lansia (PPSGL) Ciparay mostly has a good level of quality of life. However, almost half of the elderly are at a poor level in the domain of past, present and future activity and sensory abilities.

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