

# THE RELATIONSHIP BETWEEN POSITIVE THINKING AND SELF- ACCEPTANCE ON ELDERLY IN THE NURSING HOMES: A LITERATURE REVIEW

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## THE RELATIONSHIP BETWEEN POSITIVE THINKING AND SELF-ACCEPTANCE ON ELDERLY IN THE NURSING HOMES: A LITERATURE REVIEW

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### Abstract

**Background:** Low elderly self-acceptance in nursing homes affects their quality of life. Elderly difficult to adapting so they feel stressed, lose of control of lives, lose identity. Positive thinking is a form of adaption that can be done by the elderly to have good self acceptance to live in nursing homes.

**Objective:** To know the relationship between positive thinking and self-acceptance elderly in nursing homes.

**Design:** A Whittemore and Khanfi's integrative review was used in this review.

**Data Sources:** This systematic review searched 4 electronic database Scopus, Proquest, Pubmed, Science Direct that published in 2015-2020.

**Review Methods:** Key terms and phrases that utilized were positive thinking OR optimism, self acceptance, elderly OR aged, nursing homes OR orphanage. The JBI Guideline used to asses the quality of each study. Data tabulation and narrative analysis were performed.

**Results:** A total of 11 papers were included in this review. The included studies were divided into three-part, positive thinking in the elderly (n=4), self-acceptance (n=3) and both (n=4). The average number of samples used in each study was 35 people.

**Conclusion:** Positive thinking related to self-acceptance of the elderly in nursing homes. Elders who think positively have a positive mind about themselves, acknowledge and accept various aspects including the good and bad and look at life positively, so they get life satisfaction. The elderly more often feels happiness, enthusiasm to support life, actively appreciate the environment. Good quality of life will increase welfare.

**Keywords:** Positive thinking, self-acceptance, elderly, nursing homes.

### INTRODUCTION

Self-acceptance of the elderly in nursing homes is low (Singh et al., 2014). The elderly who live in the nursing homes have difficulty

adapting so they feel stressed, lose control of their life, lose their identity (Rohmah, 2012). The Elderly in nursing homes feels useless and unwanted so that they have feelings of

inferiority and anger towards themselves, others, and the environment. Positive thinking is a form of adaptation that can be done so that the elderly has good self-acceptance to live in a nursing home (Andini & Supriyadi, 2013). Positive thinking is a condition where being able to see badness from a positive point of view, never giving up in facing problems, always emphasizing the positive side of self without judgment (Safari & Akbari, 2018). Positive thinking makes the elderly able to continue their life in the nursing homes. However, until now, the relationship between positive thinking and self-acceptance in the elderly cannot be explained.

Based on the population projection data of the Ministry of the Republic of Indonesia in 2017, it is estimated that the number of elderly people is 23.66 million people (9.03%). Predictions of the number of elderly people in 2020 (27.08 million), 2025 (33.69 million), 2030 (40.95 million), and 2035 (48.19 million). The percentage of the elderly population in East Java has reached 12.92% of the total population (BPS JATIM, 2017). Surabaya is a district/city in East Java with an elderly percentage of 8.64% (BPS JATIM, 2017). The number of elderly living in nursing homes in 2016 reached 872 with 383 men and 489 women (BPS JATIM, 2016).

A preliminary study conducted by researchers by interviewing 5 elderly at an nursing homes in Surabaya showed that 3 (60%) out of 5 elderly people did not accept their presence in an institution. The length of time that the elderly lived in the institution varied from 1 month to 3 years on the grounds that they entered the nursing homes, namely escorted by family, escorted by village officials, living alone, and on their own accord. The sign is shown by 3 elderly people, namely always repeating the statement of life before being in an institution is better than living in an nursing homes. During the interview, the elderly cried more. Life at the nursing homes is spent with a lot of solitude, rarely interacting with other elderly people even though they are involved in mandatory nursing homes activities

such as gymnastics and healthy walks. Researchers also asked about positive thinking in the elderly, it was found that 5 elderly (100%) had good positive thoughts. This was proven during the interview that the elderly had high enthusiasm to continue their old life and were responsible for the decisions they made. From the results of the preliminary study, it was found that the information gap between theory and facts, namely the elderly who think positively have less self-acceptance.

The Elderly is the final stage of the development of human life, where many of the elderly hope to live calmly, peacefully, and live happily with their grandchildren. However, this hope did not come true, due to factors such as the elderly being delivered to the nursing home, the children could not take care of the elderly at home and were busy working (Andini & Supriyadi, 2013). The elderly who are escorted by their families to the nursing homes unilaterally experience feelings of inferiority so that they have bad social adjustment and will not become good personalities (Andini & Supriyadi, 2013). The adjustment of the elderly in an institution is increasingly difficult to do because the elderly is faced with an environment that has never been occupied before and differences in the character of each individual in the nursing homes so that it requires more effort to adjust (Utomo & Prasetyo, 2012).

The low self-acceptance of the elderly living in nursing homes has various negative impacts such as shame, excessive and recurring depression (Gunarsih, 2019). Self-acceptance is an attitude that feels satisfied with oneself, one's qualities and talents as well as recognition of one's limitations (Tentama, 2010). The elderly is expected to have positive thoughts so that they can continue their life at the institution and avoid negative self-acceptance (Andini & Supriyadi, 2013). The elderly with positive thoughts towards themselves, others, and the environment can make good adjustments in the nursing homes, interact with other elderly people, will not hate the family who brings the elderly to the nursing homes. Because living in

a home is not the end of everything and it's not a bad thing. The decisions taken by the family when bringing the elderly to the nursing homes are solely for the good of the elderly, where the elderly can interact with peers, do fun activities, not only take care of grandchildren or homework (Andini & Supriyadi, 2013).

The study, which was conducted using the literature review method, presents an evidence-based assessment of the relationship between positive thinking and self-acceptance in the elderly. This literature review contains 3 main parts, namely an introduction containing the background and basis for why the topic review should be carried out; the main body contains the review protocol, results and analysis and synthesis of findings, as well as discussions that discuss the implications of the review results; a conclusion that contains a summary of the findings that we can study by the research question (RQ) (Triandini et al, 2019). The author hopes that the results of the research can be used as a framework in the development of gerontic nursing science which is related to positive thinking with the self-acceptance of the elderly in nursing. Also, for the elderly in the nursing home, this research can be used as an input that having positive thoughts is useful so that the elderly accepts their presence in the nursing homes and indirectly improve the wellbeing of the elderly. This research can also be useful for health institutions to make innovations that involve positive thinking so that the elderly accepts their presence in the nursing homes.

## METHODS

### Design

This study used a guideline review created by Whittemore and Knafl (2005) which identifies the literature related to the analysis of health phenomena and problems. It allows entering both experimental and non-experimental research. This study demonstrates that a well-conducted literature review demonstrates the state of science and has the potential to play an important role in evidence-based practice for science and nursing practice,

as well as contribute to theory development (Whittemore and Knafl, 2005). The literature review has been identified as a powerful tool for synthesizing the available literature on a particular topic. This approach combines data from theoretical and empirical literature and allows a full understanding of the topic under investigation (Souza et al., 2010).

### Search Methods

This study uses several sources of relevant database searches, including Scopus, Proquest, Pubmed, Science direct. Search for articles using the keywords positive thinking OR optimism, self-acceptance, elderly OR aged, nursing home OR nursing homes.

### Search Outcome

The authors used 8 steps in the process of selecting literature derived from electronic databases before obtaining articles as the final sample of this review. Based on the results of a literature search through 4 databases with using keywords that have been adapted to MeSH, researchers get 933 articles. The researcher then conducted a screening based on the title (n=993), there were 958 exclude articles because of the participants, intervention and aspects outcome is not in accordance with the study. Next, the researcher checked duplication (n=35) and exclude 4 articles because they have different titles same. Researchers selected based on abstract (n=31), as many as 23 articles excluded because the focus of the study was not on the elderly. Total articles obtained is 8 articles. The number of articles does not meet the research requirements, therefore the researcher added 3 articles with the snowball search method, with reference journals (Rijnaard et al., 2016). Snowball sampling is a technique sampling of data sources, which were initially few in number, gradually become big. This is because the data source has not provided sufficient data complete, so it is necessary to look for other data sources (Wijaya, 2018). Snowball This is done by reading 1 article in full, then viewing article reference in reference. After that, the researchers looked for reference

articles that according to the research criteria, and so on. The entire journal The researchers obtained with 19 11 articles. Each study (n=11) was tested for quality using The Joanna Briggs Institute (JBI) Critical Appraisal. After meet the quality assessment of The Joanna Briggs Institute (JBI) Critical Appraisal, obtained as many as 22 articles that can be used in the literature review (Figure 1).

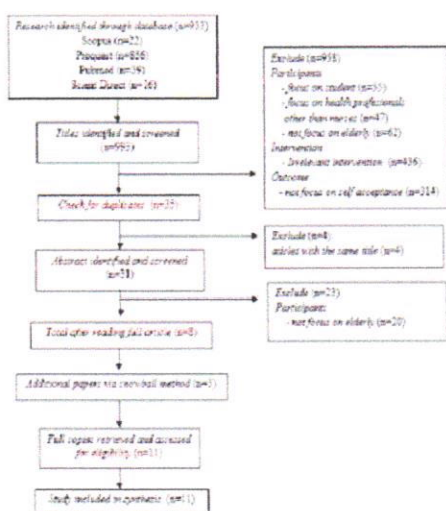


Figure 1. Flow diagram of the article selection process.

To explore the relationship between positive thinking and self acceptance on elderly in the nursing homes, researchers collecting electronic database literature data includes opinion, theoretical, qualitative research and quantitative research, in addition to integrative and systematic reviews

In the literature review we set inclusion and exclusion criteria in the search of electronic databases. Inclusion criteria (1) focus on the elderly who live in the nursing homes, (2) using intervention positive thinking, (3) outcome: self-acceptance, (4) study design: Quasy-experimental studies, randomized control and trial, experimental study, qualitative research and cross-sectional studies, mixed-method study, systematic review, meta-analysis, literature review, (5) published

between 2015 until 2020 (6) published in English and Indonesia language.

Quality Appraisal

The entire journal The researchers obtained with 19 11 articles. Each study (n=11) was tested for quality using The Joanna Briggs Institute (JBI) Critical Appraisal. After meet the quality assessment of The Joanna Briggs Institute (JBI) Critical Appraisal, obtained as many as 11 articles that can be used in the literature review.

Data Abstraction

The grouping of similar comparable data was carried out using the constant comparison method so that the process of further analysis and synthesis to achieve the objectives of this review led to a better understanding of the issues raised, in particular the relationship between positive thinking and self-acceptance of the elderly in nursing homes.

Data Analysis/ Synthesis

Data analysis in research reviews requires that data from primary sources be sequenced, coded, categorized, and summarized into a unified conclusion that describes the research problem (Cooper, 1998). The authenticity of the information and the quality of the methodological quality of data retrieval from primary sources were considered and discussed in the final report (Kirkeveld, 1997). To achieve the research objectives and to find out the knowledge gap related to the relationship between positive thinking and self-acceptance of the elderly in nursing homes, the authors use the framework developed by Green and Kreuter (2005) as a guide. The articles obtained are read several times to find out the patterns, directions, similarities, and differences so as to produce a quality final report.

RESULTS

The grouping of similar comparable data was carried out using the constant comparison method so that the process of further analysis and synthesis to achieve the objectives of this

review led to a better understanding of the issues raised, in particular the relationship between positive thinking and self-acceptance of the elderly in nursing homes.

A total of 4 articles discuss the theme of positive thinking (Nurman Achmad, 2016; Gilbert et al., 2015; Safari & Akbari, 2018; Saffarinia & Dortaj, 2018), 3 articles discuss self-acceptance (Cho et al., 2017; Drageset et al., 2017; Rinnan et al., 2018) and 4 articles discussing both (Lotvonen et al., 2018;

Rijnaard et al., 2016; Sullivan & Williams, 2017; Wren, 2018). The articles used in this literature review are the results of research conducted in various countries, including Indonesia (N. Achmad, 2016), Dubai (Saffarinia & Dortaj, 2018), Norway (Drageset et al., 2017; Rinnan et al., 2018), Iran (Safari & Akbari, 2018), United State (Gilbert et al., 2015; Wren, 2018), South Korea (Cho et al., 2017) and Finland (Lotvonen et al., 2018).

Table 1. General characteristics of study selection

Category	Amount	Percentage (%)
<b>Database</b>		
Scopus	8	66,6
Proquest	3	25
Pubmed	1	8,3
<b>Total</b>	<b>11</b>	<b>100</b>
<b>Publication Year</b>		
2015	1	9,09
2016	2	18,1
2017	3	27,27
2018	5	45,45
<b>Total</b>	<b>11</b>	<b>100</b>
<b>Research Design</b>		
Qualitative Research	3	27,27
Quasi-experimental	2	18,1
Exploratory hermeneutical design	1	9,09
Semi-experimental study	1	9,09
Qualitative meta-synthesis	1	9,09
Mixed Research Integrative Review	1	9,09
Quantitative study	1	9,09
Mixed Methodology (Quantitative and Qualitatif)	1	9,09
<b>Total</b>	<b>11</b>	<b>100</b>

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Table 2. Summary of included literature

Author (year), country	Design	Purpose	Results
Nurman Achmad (2016), Indonesia	Qualitative study		Elderly living in a nursing homes based on his own will and without coercion, consider the nursing homes care as his own home can provide comfort. The elderly is of the view that with living in a nursing home for the elderly adequate health care, can do activities that useful such as gardening and spiritual activity, not feeling lonely.

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		increased life expectancy	
Saffarinia & Dortaj (2018), Dubai	quasi-experimental	To investigate the effectiveness of group logotherapy in improving life expectancy and mental and social wellbeing of female elderly residents of nursing homes in Dubai.	The results show that psychological wellbeing, life expectancy, and social well-being elderly in the nursing homes can be improved with logotherapy. Logotherapy is a helpful therapy the elderly adapts to cope sadness, frustration and illness by giving meaning in life and acceptance in group. Thus, the elderly able to adapt to new environment, get life satisfaction, feel the meaning life, helping the elderly face problems experienced.
Drageset et al. (2017), Norway	exploratory hermeneutical design	To explore crucial aspects promoting nursing home residents' experience of meaning and purpose in everyday life.	Four experiences felt elderly when accepting his existence at the orphanage: 1) Physical and mental well-being 2) Feelings of belonging and acknowledgment 3) Valuable personal activities 4) Spiritual closeness and connectedness
Safari & Akbari (2018), Iran	semi-experimental	To investigate the effectiveness of positive thinking on psychological well-being and Quality of Life (QOL) in the elderly.	Psychological well-being (self-acceptance, autonomy, environmental mastery, personal growth, purpose of life) of the elderly in the orphanage increased by positive thinking training is done. PTT is done with emphasize the beauty of the world, see the bad things that happen in live from the positive side, don't give up face problem. Training It also has a positive impact on the quality of life of the group treatment versus group control ( $p < 0.01$ ).
Rinnan et al (2018), Norway	Qualitative study	to explore the phenomenon of Joy of life (JOL) among elderly individuals living in NHs and to provide a deeper understanding of which dimensions constitute JOL in this population.	The results showed that when the elderly in the orphanage have positive social relationships, feelings have, meaningful resources, feel good, and have self-acceptance, then the elderly feel the happiness of life (joy of life (JOL)). Good self-acceptance shown by the elderly in the orphanage are easy to adapt, have good coping mechanisms against sadness and failure, have positive outlook on life.
Hillivan & Williams (2017)	Qualitative meta-synthesis	Provide an appraisal of older adults transition experiences to LTC	The results showed that transfer of elderly to nursing homes negative impact on the elderly. Seniors express homesickness related have autonomy, activities that give meaning, feeling to known and appreciated about what

			achieved in life. Reception the elderly self in the nursing homes is described with the elderly feel like home alone, have social relations good with the residents of the nursing homes
7	Gilbert et al., (2015), United State	Mixed Research Integrative Review	To determine factors that influence relocation transitions for older adults who are considering a move from independent living to supervised housing, such as assisted living, using the Theory of Planned Behavior as a conceptual guide
			The results showed that positive perception or view of the elderly while in the nursing homes affects elderly self-acceptance.
15	Cho et al., (2017), South Korea	Qualitative study-descriptive	To explore older adults' perceptions of their daily lives in South Korean nursing homes.
			Five aspects that are felt by the elderly who living in a nursing homes is self-acceptance for being in the orphanage and existing facilities, improvement comfort, have a relationship good interpersonal.
	Lotvonen et al (2018), Finland	Quantitative study	More information about the relationships between mental and physical parameters
			At this time 44% reported that they are very or very positive about the future, almost half do not report thoughts positive or negative and 8% reported very or very negative thoughts. After 12 months, 22% of participants feel the symptoms of depression every day or every week and 59 rarely or Never. There is not any significant change in symptoms depression during the first year in the orphanage. Opportunity to make decisions in life decreases ( $p=0.018$ ), down from 82% after 3 months to 69% after 12 months. However, after 12 months, feelings the most frequently expressed is that the respondent always has such an opportunity (69%) and they rarely have trouble in controlling feelings or negative aggressiveness, while speaking with other people (56%) and they rarely feel depressed or anxious. (53%). After 12 months 39% of participants reported that they have no or little problem sleep, while 31% reported a lot or trouble sleeping constant.
23	Rijnaard et al (2016), Netherlands	Quasi-experimental	To provide an overview of factors influencing the sense
			Feeling comfortable living in an orphanage it is felt that the elderly is affected a lot



		31	psychological factors elderly, social and environmental context built.
Wren (2018), United State	Quasi-experimental		Life satisfaction and quality of life the elderly in the orphanage can be improved with life reviews. Life review used for reframing events negativity in life becomes something more meaningful (Wren, 2018).

**DISCUSSION**

*Positive thinking on the elderly in the nursing homes.*

Positive thinking is a condition where the elderly can see badness from a positive perspective, never give up in facing problems, always emphasize the positive side of a person (Safari & Akbari, 2018). Elderly who live in an nursing homes based on their own will and without coercion will feel comfortable considering the nursing homes as their own home (Nurman Achmad, 2016). After 12 months in the nursing home, mental capability (ability to think clearly and remember) was very good and relatively good in 36% of participants. As many as 44% of participants expressed positive thoughts about future life, almost half reported neither negative nor positive thoughts, and 8% had sufficient or very negative thoughts (Lotvonen et al., 2018).

the results of the study stated that there was a significant difference between the control and treatment groups in the aspects of well-being, components of life expectancy including tracking thinking and agent thinking, and components of social well-being including social cohesion, social participation, social flourishing, social integration, and social adoption after logotherapy intervention in the elderly (Saffarinia & Dortaj, 2018). Logotherapy itself is a term coined by Viktor Frankl which is used as a person's approach to facing problems and how to solve them (Shantall, 2020).

The positive views of the elderly while in the institution can be improved with a life review (Wren, 2018). Life review is used to reframe the negative events in life into something more meaningful. Before the intervention, 5/9 elderly (55.5%) had a negative view of life in an nursing homes. However, after a life review intervention, as many as 7/9 elderly (77.7%) had positive thoughts about living in an institution (Wren, 2018).

*Self-acceptance of the elderly in the nursing home.*

Elderly in the nursing homes experiencing acceptance of life in a nursing homes will feel 4 things, namely, physical and mental well-being, a feeling of belonging and being recognized, personally valuable activities, spiritual closeness and connection (Drageset et al., 2017). Happiness while in the nursing homes is supported because of positive relationship factors, feelings of belonging, feeling meaningful by doing positive activities, feeling good and self-acceptance (Rinnan et al., 2018).

The self-acceptance of the elderly in an institution can be improved with a life review (Wren, 2018). Life review is used to reframe the negative events in life into something more meaningful. Before the intervention, only 2/9 elderly (22.2%) were able to accept their presence in the nursing home. However, after a life review intervention, as many as 7/9 elderly

(77.7%) were able to accept their presence in the nursing homes (Wren, 2018).

The elderly accepts their presence in the home due to reducing the burden of home ownership, feeling safe and comfortable, receiving continuous nursing care (Gilbert et al., 2015). The elderly who live in the nursing homes state that they feel comfortable, can maintain physical and cognitive functions, have meaningful interpersonal relationships, can adapt and accept their existence in the institution (Cho et al., 2017). After 12 months of living in an institution, 42% of the elderly stated that it was safe to live in an institution (Lotvonen et al., 2018).

#### *The relationship between positive thinking and self-acceptance on elderly in the nursing homes.*

The elderly lives in a nursing homes for several reasons, including don't want to bother their family, family decisions, being sick, living alone (Nurman Achmad, 2016). The transfer of the elderly to an institution is one of the events that causes stress and can affect the mental and physical well-being of the elderly (Lotvonen et al., 2018). After 12 months of living in the nursing home, 22% of the elderly experienced depression with daily or weekly symptoms. As many as 39% of the elderly feel lonely. Elderly people easily forget promises, lose things, have difficulty learning something, the chances of making decisions about personal life decrease, ADL (Activity Daily Living) decreases (Lotvonen et al., 2018). Thinking positively and focusing on positive aspects is an adaptation step taken by the elderly to accept their existence in a nursing home (Rinnan et al., 2018).

Positive thinking is a condition where being able to see badness from a positive point of view, never giving up in facing problems, always emphasizing the positive side of oneself without judgment (Safari & Akbari, 2018). Elderly can think positively by looking at the good things they get while living in the nursing homes, namely facilities, social relations with other residents, and the reduced feeling of

loneliness due to previously living alone (Gilbert et al., 2015). Another study states that the elderly who are sick and live in nursing homes receive care from health workers so that the quality of the elderly's health improves (Nurman Achmad, 2016). The elderly at the nursing homes do useful activities such as gardening, spiritual activities, participating in competitions held by the nursing homes (Nurman Achmad, 2016). During their stay in the nursing homes, the elderly feels physical and mental well-being, a feeling of belonging and being recognized, personally valuable activities, spiritual closeness and connection (Drageset et al., 2017). The elderly in the nursing home experience an increase in psychological and physical comfort while living in the nursing homes (Cho et al., 2017).

Research conducted (Safari & Akbari, 2018) states that positive thinking training has an impact on psychological well-being (self-acceptance, autonomy, environmental domination, personal growth and purpose in life) elderly. Positive thinking training is a training that is carried out by emphasizing the beauty of the world, seeing the ugliness that occurs in life from the positive side, not giving up in facing problems or frustrations and trying to increase life expectancy (Safari & Akbari, 2018).

The self-acceptance of the elderly in an institution can be improved with a life review (Wren, 2018). Before the intervention, only 2/9 elderly (22.2%) were able to accept their presence in the nursing home. However, after a life review intervention, as many as 7/9 elderly (77.7%) were able to accept their presence in the nursing homes (Wren, 2018). Life review is a therapy that is used so that a person finds peace and well-being through reflective thinking and tells and remembers and recounts life events from the beginning to the present during life. Life reviews are used to reframe negative events in life into something more meaningful (Wren, 2018). Life reviews are directly related to coping mechanisms, mastery of feelings and increased life satisfaction (Wren, 2018).

Self-acceptance of the elderly who live in an institution and the meaning of life for the elderly can also be improved by logotherapy (Saffarinia & Dortaj, 2018). Logotherapy itself is a term coined by Viktor Frankl which is used as a person's approach to facing problems and how to solve them (Shantall, 2020).

Elderly who think positively and view the nursing homes from the positive side can accept their presence in the nursing homes. This is supported by research (Andini & Supriyadi, 2013) which states that positive thinking is a form of adaptation that can be done so that the elderly has good self-acceptance to live in a nursing home. Self-acceptance is a positive individual attitude that is shown by feeling happy and satisfied with himself, accepting the state of the self, facts, reality both physically and psychologically with all the weaknesses and strengths that exist in oneself without feeling disappointed and trying to develop themselves as optimally as possible (Hensides, 2018). Positive thinking is a form of individual coping mechanism that results in self-acceptance outcomes. Therefore, it can be concluded that positive thinking is related to the self-acceptance of the elderly in the nursing home.

## CONCLUSION

The results of this literature review show that positive thinking is related to the self-acceptance of the elderly in nursing. Elderly people can think positively by looking at the good things they get while living in the nursing homes, namely facilities, social relations with other residents, and reduced loneliness due to previously living alone, getting care from health workers so that the quality of the elderly's health improves, doing useful activities such as gardening, activities spiritual, participating in competitions held by the nursing homes, feeling physical and mental well-being, feeling of belonging and being recognized, personally valuable activities, spiritual closeness and connection, experiencing increased psychological and physical comfort while staying at the nursing

homes. Self-acceptance of the elderly in an institution obtained by positive thinking makes the elderly happy and satisfied with themselves, accepting their self-condition, weaknesses and strengths and accepting the facts they are experiencing. This literature review recommends that therapy related to positive thinking can be used as an intervention to increase the self-acceptance of the elderly in nursing.

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## DECLARATION OF CONFLICTING INTEREST

Related to conflict of interest that arise when conducting article.

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## AUTHOR CONTRIBUTION

**Retno Indarwati:** Compiler of the literature review and looking for sources used for article writing.

**Neisya Pratiwindya Sudarsiwi:** Searching for sources used for writing and checking for English writing.

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