

# The Effect of Social and Participation Environmental Factors on Achievement of The Well-being for Elderly

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**The Effect of Social and Participation Environmental Factors on Achievement  
of The Well-being for Elderly**

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**ABSTRACT**

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Elderly was part of the growth and development process. The existence of physical deterioration and social changes lead to dependency on the activity of its sovereignty. Elderly who were accustomed for having the activity will be more independent than the elderly who were in dependency. Family environment in the form of family support and community support, can affect the condition of the elderly well-being. Elderly are part of the family, which was expected to provide support in the achievement of physical well-being. Whereas the elderly themselves, because of decreasing process in the physical, psychological, social and mental ability, resulted in a lessening in the role and status of the elderly in the family. This study aims to determine the relationship between the family and society, the independence of the elderly with the elderly well-being. Descriptive analytic with cross sectional approach was used in recent study. Samples include 400 elderly and families in Surabaya with Multistage Random Sampling technique. Collecting data using interviews and observation. Confirmatory Factor Analysis was used in the data analysis. The result showed that family environment that supports the well-being of the elderly was an environment that provides opportunities for elderly to participate in daily activities, family support which given in the achievement of the elderly well-being were the instrumental support in the form of fulfilling the daily needs, harmonious home environment; emotional support in the form of trust in the family, a sense of care to the elderly. Results of the data analysis showed the value of the social environment, loading factor 0,72; social networking loading factor 0,71, self independency-loading factor of 0.33; and problems faced by the elderly in the family 0,66; Chi-square 4.97, p-value = 0,17500 RMSEA = 0.0006. It showed that the family and the community environment with the provision of family support, independence having a significant influence on the elderly well-being. The role of nurses was important to raise families and the elderly, so that the health, well-being and quality of life of the elderly can properly be met.

**Keywords** : family support, the well-being of the elderly,

**INTRODUCTION**

Age-related further period with hearts change lifecycle. The social environment around of elderly life that operates directly not with the well-being (both-existing) elderly. The ability of the elderly liver to respond to various problems among life, stress of life, stress depends on the achievement of

aging, (2013). It singers subscribe with the elderly personal growth, while the growth depending on the implementation of different telecoms developments in every stage of life. Based on the data which states that the year of the increase in the elderly term 25% in 2020. Based on data from susenas states that figure elderly population dependency ratio in 2014 was at 17.02 that show every 100 elderly population productive age should bear approximately 17 population elderly. Elderly are not earning more and more must be a dependant family, society and the government. Socio-economic conditions of the elderly in the previous surabaya currently categorized generally cannot be qualified living prosperous elderly resulted more low, decrease in the degree of health and un-independence (on dependence other family). Figures elderly dependency in 2014 ranges from 17.02 stating that every 100 elderly population of productive age must bear approximately 17 elderly. Elderly dependency burden value at psychological impact of the elderly.

Environmental media where are a living beings, finding and had characters and the typical functions which operates subscribe reciprocal with existence of beings who occupied mainly role the man who have more complex and real. All that is with may be used by the human environment for human life needs sufficient review, because carrying that neighborhood has a neighborhood's ability to review support the livelihood of human and other living things (azizah, 2011). The neighborhood has a relationship by elderly. Environment influences such attitude and human behavior also the elderly, as well as human life environment will affect his place.

If the elderly not being able to run telecoms operating developments optimal psychological happiness so not met. Inability troubleshooting pressure against environmental and self adjusting under privileged hearts, feel yourself not needed, a shape of the psychological stress experienced by the elderly. If by advanced age adaptable environment, has optimal development of personal, so it can overcome psychosocial stress and can achieve optimum aging and even aging has been successfully get. Positive attitude the is with advanced age is a form of response acceptance with conditions aging, associated positively with other orangutans shown seniors with liveliness in 'the community leads shown to the formation of the function of psychological functioning the positive (psychological functioning positive) that brings shown to the realization of well-being psychological (psychological well-being) (gilmour, 2012). Positive self assessment the singer is praying the well-being indicators. Mental health is a prayer one dominant aspect hearts formation of well-being. The condition is not fully achieved can in further ages, thus impacting in no achievement of well-being.

Based on the findings of research in surabaya, obtained data that the average elderly have hearts well-being higher-especially men, while more women are having moderate well-being. The efforts undertaken to achieve meaning fulness life review is a long stay, worshiping, helping families, and maintain relationship. The forms of support can improve the well-being is a concern, encouragement, information, solutions experienced an issue differences, financial aid, transportation, entertainment, health and development service capabilities (mahajudin et al, 2008). Another issue not only at at elderly term needs parent compensation, but rather involves cultural value. Seniors contribute hearts of cultural continuity that pattern of behavior, confidence into the next generation. Seniors yang yang high achieve social status hearts a culture where the elderly get the award, penghormati, instrumental hearts particularly useful functions and is valuable in this case we can elderly well-being materialized.

Social networking (social network) may provide further advantages for seniors, the good society relations hearts social problems as well as problems related to health. There is social support in 'communities as a result from social networks there is affect their aid granted by the individual, family and' the community (Gilmour, 2012; heave, Brown, et.al, 2012). Based on the description

above can be interpreted that the social environment affects the well-being of the elderly. The aims of this study were identification of family and community interaction component in the elderly, the identification of the physical well-being of the elderly, and the analysis of social environmental influences on physical well-being.

### MATERIAL AND METHODS

<sup>5</sup>  
This study aims to determine the characteristics, social environment component that supports the well-being of the elderly and independent activity. The study want to know components social environment factors, participation elderly related to the well-being elderly. this research is a survey. Conducted on 400 elderly. Samples elderly who live with their families and aged 60 years and older. The research sample obtained with the multi-state random sampling technique.

Instruments related to social environment data consist of social network, family and society interaction, problem faced by elderly at home, The instrument used closed instrument with likert scale amounted to 13 item as for component in instrument covering availability of society environment in achieving prosperity of elderly that is existence (1) never, (2) sometimes (3) often (4) always, Possible score 1- 4, with a higher value indicates that the social environment plays a role in the activities of elderly Independence of the elderly in conducting daily activities using the instrument Bartels Index (Lowton & Brody, 2012) is an assessment to assess the status of independence of the elderly, the ability of self-sufficiency of patients as for the score include:

value 0-21: dependence, 21-61: very heavy dependency, 62-90: heavy dependence, 91-99: mild dependency, 100: independent. Possible score 0-4. The greater the score indicates good independence.

While the instrument for the elderly physical well-being data using the health indicator instrument (Kemenkes, 2008), which has been modified for the purposes of the suitability of existing physical conditions in the elderly consisting of elderly no complaints of minor or severe pain as for krietri assessment 1: no complaints 2 : there are complaints of mild health, 3 no complaints do not interfere with the activity, 4 there are complaints and disrupt the activity. The score results range from 1-4, the smaller the score indicates good old age physical health.

Instruments related to problems in the family using a closed instrument of 8 items referring to problems that often arise in the elderly in the home and in the environment (azizah, 2011). The choice of answers in this component is to use the likert scale (1) strongly agree, (2) agree (3) quite agree (4) disagree (5) strongly disagree, Possible score 1- 5, with higher score indicates that elderly has a problem in his/her life.

Data were analyzed using LISEREL statistic program. Data were analyzed using factor analysis confirmatory. The research variables consisted of the independent variables that are characteristic of the elderly and social environment that consists of, social networks, family and community interaction, problems faced by the elderly in the family. The value of the loding factor is found to meet the criteria > 0.3. The social factor reliability (construct) of the social environment uses the reference value of construct reliability ®, if it is worth 0.5 then the reliable const. while the variable is declared signifikan with alpa value 0.05.

### RESULT AND DISCUSSION

<sup>2</sup>  
The social environment (family and community) based on the results shows that the majority of family and community environment is very good 52.8% and good 36%.

**Tabel .1** Identification of family and society environment component in the elderly(n=400)

<b>Indikator</b>	<b>Category</b>	<b>Frequency</b>	<b>Precentage</b>
Family and society environment	Less Good	6	1.5
	Good Enough	39	9.8
	Good	144	36
	Very Good	211	52.8

The physical well-being of the elderly shows that the elderly majority are independent in their daily activities of 58%

**Tabel 2.** The identification of the physical well-being of the elderly(n=400)

<b>Indikator</b>	<b>Category</b>	<b>Frequency</b>	<b>Precentage</b>
Independent	Heavy Dependence	2	0.5
	Medium Dependence	40	10.0
	Light Dependence	126	31.5
	Independent	232	58.0

Based on Table 3 shows that the social network of the elderly is very good at 53%

**Tabel 3.** The identification of social networking of the elderly(n=400)

<b>Indikator</b>	<b>Category</b>	<b>Frequency</b>	<b>Precentage</b>
Independent	Less Good	3	0.8
	Good Enough	33	8.3
	Good	156	39.0
	Very good	208	52.0

The physical well-being of the elderly shows that the elderly majority are independent in their daily activities of 58%.

**Tabel 4.** The identification problems of the elderly(n=400)

<b>Indikator</b>	<b>Category</b>	<b>Frequency</b>	<b>Precentage</b>
problems faced by the elderly in the family	Less problems	10	2.5
	Problem Enough	82	20.5
	problems	298	74.5
	Heavy problems	10	2.5

The effects of social environmental factors, independence to the physical health of elderly. Table 4 shows the value of effect gained from the analysis of elderly physical well-being factors. Based on the results showed variable independence of loading factor 0,33, social network value 0,71, while family and society 0,72, problem faced by elderly 0,66.

The reliability factor (construct) social environment using the reference value of construct reliability  $R$ , if the value of 0.5 then the reliable constants. Result of calculation of social environment  $R$  0,73.

**Tabel 3.** Signification variables

<b>Indikator of Name and Symbol</b>	<b>Loading Factor (λ)</b>
Independent	0,33
Social Network	0,71
Family environment and society	
problems faced by the elderly in the family	0,72
	0,66

Results of the data analysis showed the value of the social environment, loading factor 0,72; social networking loading factor 0,71, self independency-loading factor of 0.33; problems faced by the elderly in the family 0,66; Chi-square 4.97, p-value = 0,17500 RMSEA = 0.0006.

**DISCUSSION**

The social environment is an environment where advanced of interaction social life, while being a singer is their study of social networks around advanced age, advanced interaction age hearts family and 'society, as well as issues affecting the hearts of family well-being and advanced age. Life of the neighborhood highly advanced age plays against further development age, environmental conditions that will provide further support can increasing interest in age to the review reached well-being (Hamidah, 2012).

The problems faced by families hearts advanced age, advanced age tin data that 74.5% had problems hearts advanced age friendly happiness and the issue further reduce age. It singer according to the research conducted by agency for research on rights of man, which states that the independence of advanced age increasingly feel you with change shape of large families being a family nucleus that causes potential for a review express more freely, but things singer actually can make losing the family as a social basis of stability and regulation. Economic factors play a role being more hearts singer family and become status indicator and life changes. Singer circumstances occurred by for members hearts leaving family home. Even in a state of hearts family, continued age with children who lived in a home may act as caretakers grandchildren. Economic help dismissal family operates in addition to adding further flurry on age.

Social support can help older people deal with problems more effectively. According to Cheng, Lee & Chow, 2007 in Papalia (2008) that for elderly social support can improve physical and mental health. Social support is associated with reduced symptoms of elderly diseases, as well as the fulfillment of the ability to meet their own health care needs. Physiological needs of elderly include basic fulfillment such as fulfillment of nutritional needs, comfort, good shelter, and also appreciated by others, in the elderly basic needs have been met then the elderly will require self-actualization needs (Potter & Perry, 2009)The interaction of elderly in family and society showed very good amount of 52,8%, whereas got less good amount 1,5%. This shows that the elderly fulfillment of social needs.

The existence of a health problem, a less harmonious relationship faced by elderly in the family, obtained elderly data that 74.5% of elderly have problems in the family and the problem is reducing the happiness of the elderly. This is in accordance with research conducted by the human rights research body, which states that the elderly self-sufficiency is increasingly felt by the shaping of the extended family into a nuclear family that causes the potential for self-expression more freely, but

this can actually create a loss of family sense

Theoretically, the independence function in the elderly contains the sense that the ability possessed by the elderly not to depend on others in doing their activities, all done by their own decisions in order to meet their needs (Mahajudin, et al, 2008). Independence means unattended, rewarded or an active person. an elderly person who refuses to perform a function is regarded as not performing a function, even though it is deemed capable (Azizah, 2011).

In this study, the elderly interaction in their family and society were very good (52,8%), and 1,5% had poor interaction. Those results showed that the elderly had fulfilled their social need. Seventy four point five percent had problems in family life, and those problems affected their happiness. Those condition are in line with previous study that conducted by Human Right Organization. Elderly are more and more experienced with independency when the extended family form change to nuclear family form. The benefit of this change is the elderly feeling freer to express their "want" with their life. However, these changing make the elderly feeling lose their sense of family situation. The elderly who have small families in fulfilling their daily activities, a small portion of their needs are served, so that the elderly are more independent, it can be said that the independent elderly have psychological well-being higher than the elderly who are not independent because the elderly have the disease so that the physical condition will cause elderly depending on the family (Margaret, 2008).

In response, the elderly living with the family in general has not changed its activity even increased. As it is known that the elderly in many families who still perform their role as parents such as raising grandchildren, cleaning the house and others. So as to enhance the sense of independence of parents in daily activities as the basis of social stability and regulation (Azizah, 2011).

Based on the theory, elderly independency has definition as elderly ability to not dependency to other people during practice their daily ability. The elderly will do everything by themselves, as well as in the term of decision making in order to fulfill their need (Mahajudin, et al, 2008). The meaning of Independency is without supervision, appreciation, doing their activities by them self (Azizah, 2011). Generally, the elderly who life with their extended family they will have a new roles which is taking care her/his grandchildren, cleaning their house and other daily task. Those activities increase the ability of elderly to become independent when they doing daily task and this is as base of social stabilization and regulation (Azizah, 2011).

Social environment fulfill elderly need and the community cares about the elderly condition. Those situations provide positive support in elderly well-being. The well-bwing of elderly have positive correlation with appreciation which given by community and environment (Elo & Isola, 2011, Hamidah, 2012). We can conclude that environment condition influence the independency of elderly. Family treat elderly as in their aging process condition, and it has positive influence to well-being achievement in the elderly.

**2**  
Results of the data analysis showed the value of the social environment, loading factor 0,72; social networking loading factor 0,71, self independency-loading factor of 0.33; problems faced by the elderly in the family 0,66; Chi-square 4.97, p-value = 0,17500 RMSEA = 0.0006.

Based on the above results note that social environmental factors contribute in the achievement of physical health of elderly. This is certainly supported by the condition of elderly healthy and independent in performing daily activities so that the elderly do not feel dependent in the fulfillment of his life. The feeling of autonomy is positive in the elderly. Psychological strength of the elderly in facing the problems faced by the elderly can manage the problem of life (Gilmour, 2012). Based on the above matter can be stated environment and social support around the elderly affect the well-

being of elderly. Elderly well-being can be created with favorable environmental and family conditions. In the Surabaya community, elderly Posyandu program has been developed in every area of Puskesmas. Other elderly programs that support is a program organized by BPJS, among others is Prolanis, based on the results of interviews in research with a qualitative approach also obtained data that the elderly were happy with the event held. Because the government provides facilities so that the elderly get facilities as well as a container to interact with peers (Ministry of Health, 2016). The social environment that provides for the elderly, the people who always care about the elderly condition support the achievement of elderly well-being. The awards given by society and the environment are positively related to well-being (Elo & Isola, 2011; Hamidah, 2012). So it can be stated Environmental conditions positively affect the independence of the elderly because the family has treated the elderly in accordance with the conditions of aging and all limitations, also positively affect the well-being of the elderly.

### CONCLUSION

Family and community environment is very good 52.8%, 58.0% Independent elderly Independence, Results of the analysis of data Showed the value of the social environment, loading factor of loading factor = 0.72, social networking = 0,71 independency and self-loading factor of 0,33; problems faced by the elderly in the family 0,66 Chi-square 4.97, p-value = 0.17500, RMSEA = 0.0006

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