

The Relationship Between Social Support from Nursing Home Administrators and Psychological Well Being of Elderly People Living in Nursing Home

Windi Arini*

Ariniwindi@gmail.com
Faculty of Psychology Gunadarma University
Street Margonda Raya No. 100, Depok 16424

Abstract

This research is a quantitative study that aims to examine the relationship between social support from nursing home administrators and the psychological well-being of the elderly in nursing homes. The participants in this study were elderly living in nursing homes, with a total of 70 elderly respondents, consisting of 50 elderly women and 20 elderly men. The results of the study indicated that the social support perceived by the elderly from nursing home administrators and their psychological well-being were found to be in the moderate category. The highest dimension of psychological well-being lies in relationships with others, and the highest form of social support lies in support of belonging. The findings of the analysis indicate a relationship between social support from nursing home administrators and psychological well-being of the elderly, with a significant value of 0.000 ($p < 0.05$) and $r = 0.697$. This finding supports the hypothesis that social support from nursing home administrators is associated with the psychological well-being of elderly individuals residing in nursing homes.

Keywords: Social support, Psychological Well-Being, Elderly, Nursing Home.

1. INTRODUCTION

The final stage of human development is late adulthood or old age (Hurlock, 2008). According to the Constitution of the Republic of Indonesia No. 13 of 1998 on the Welfare of the Elderly, late adulthood or old age is defined as individuals aged 60 years or older. At each stage of human development, various changes occur both physically and psychologically, as well as among the elderly.

Many of the misconceptions about the elderly circulate in society, such as being unproductive, passive, social isolation, feeling lonely, no one taking care of them, and being neglected by the family. Negative perceptions of the elderly may be strengthened if the elderly live in social institutions or nursing homes, as many people believe that elderly residing in such facilities are abandoned by their families.

Generally, wherever individuals live, they must have their own ups and downs, including the elderly who live in nursing homes. Living in a nursing home has positive and negative sides for the elderly. Some of the positive sides of living in a nursing home include daily needs such as food, drinks, and clothing that have been fulfilled. But the negative side for the elderly who cannot adapt to the nursing home environment or the elderly who do not want to live in the nursing home may prefer to be alone rather than mingle with other residents (Aisyah and Hidir, 2013).

This is in line with the results of the researcher's interview with one of the residents of the nursing home who claimed to live in the nursing home of their own free will. The elderly feel at home because they find friends with similar fates to share stories with. Some elderly residents admitted that they did not feel at home, they did not like their roommates, feelings neglected by the nursing home administrators, were not satisfied with the facilities and food provided at the nursing home.

Various factors in the nursing home environment influence the physical and psychological well-being of the elderly. Administrators of such facilities are obliged to provide the resolution of the issues and to ensure the well-being of its residents. An individual's ability to adapt to environmental changes significantly impacts psychological well-being, as Widianingtyas (2015) explains.

According to Ryff (1995), psychological well-being is characterized by an individual's capacity to embrace their past experiences without remorse, thereby facilitating self-acceptance and a more optimistic outlook. This state is characterized by the establishment of harmonious interpersonal relationships, autonomy, the ability to create an optimal environment for one's own well-being, the presence of life goals, and ongoing improvement in personal growth and development.

There are numerous factors that can influence an individual's psychological well-being. In this regard, the social support provided by nursing home administrators should be considered a crucial factor for elderly living in such facilities. Santrock (2002) defines social support from a psychological perspective as feedback and information from others, with the result that the individual feels loved, cared for, and valued. Taylor (in Santrock, 2002), indicates that social support plays a significant role in the management of stress. The results suggest that individuals who receive social support demonstrate a higher ability to cope with stress and may even experience a greater reduction in stress levels. In addition, Albrecht and Goldsmith's (2003) revealed that social support not only fosters positive emotions but also enhances overall health, encompassing both physical and mental well-being. Consequently, the importance of receiving social support in maintaining a healthy lifestyle is emphasized.

This means receiving social support is important to live a healthy life. Other benefits of social support received by an individual are psychological adjustment, increased efficacy, better coping with unpleasant situations, and more resistance to disease.

2. RESEARCH METHODS

This study's participants were 70 elderly residents in a nursing facility. The participants were required to be at least 60 years or older, in good health, and capable of both listening and speaking. The psychological well-being variable was measured using a scale for the elderly in Indonesia developed by Jaya (2011) which was adapted and modified to suit the research respondents. This scale, which was adapted and modified to suit the research respondents, consists of 21 items with assessment criteria ranging from 1 (very suitable) to 4 (very unsuitable). The variable of social support was measured using the ISEL social support scale from Cohen and Hoberman (1983), which is an adaptation and modification of the forms of social support from Cohen and Hoberman. The researcher adapted and modified the scale to suit the respondents, resulting in a total of 28 items with a rating criterion of 1 (very suitable) to 4 (very unsuitable).

This study uses a nonprobability sampling technique called purposive sampling, which involves specific considerations (Sugiono, 2013). Data collection uses a questionnaire or Likert-type scale method, with researchers reading directly to elderly nursing home residents.

This study's first step was to determine the scale that researchers would use to measure the social support of nursing home administrators and the psychological well-being of the elderly in nursing homes. After determining the scale, the researcher discussed with the assessor how many respondents would participate in the study. Subsequently, the researcher visited the nursing home to confirm the total number of respondents and discussed the files that needed to be prepared by researchers to get permission for the research.

3. RESULTS AND DISCUSSION

3.1 Normality Test

This study used a normality test from Kolmogorov-Smirnov on the social support scale from the nursing home administrator and on the psychological well-being scale of elderly residents of the nursing home. Based on testing the normality of the social support variable from the nursing home administrator, a significance value of 0.200 ($p > 0.05$) was obtained. This shows that the social support scale score from the nursing home administrators is normally distributed, and on the psychological well-being of elderly residents of the nursing home, a significant value of 0.200 ($p > 0.05$) is obtained, this shows that the psychological well-being data is normally distributed. The results of the normality test can be seen in table 1.

Table 1. Results of the Normality Test

	Kolmogorov-Smirnov			
	Statistic	Df	Sig.	
Psychological well-being	0,075	70	0,200	Normal
Social Support From The Administrators of Nursing Home	0,084	70	0,200	Normal

3.2 Linearity Test

The results of the test indicated a significant value of 0.000, which suggests the presence of a linear relationship between social support and psychological well-being. The outcomes of the linearity test are presented in Table 2

Table 2. Result of Linearity Test

Variable	F	Sig.	P	
Social Support and Psychological Well Being	64.254	0,000	<0,05	Linear

3.3 Hypothesis Test

Based on the results of the above analysis, the hypothesis is accepted. This means that the higher the social support received by the elderly from the nursing home administrators, the higher the psychological well-being of the elderly, and vice versa, the lower the social support received by the

elderly, the lower the psychological well-being of the elderly. The results of hypothesis testing are presented in Table 3.

Table 3. Hypothesis Test

Variable		Social Support	Psychological well-being
Social Support	Person Correlation	0,697	1
	Sig. (2-tailed)	0,000	
	N	70	70
<i>Psychological well-being</i>	Person Correlation	1	0,697
	Sig. (2-tailed)		0,000
	N	70	70

This is in accordance with the results of research that has been conducted with Asante's research (2012), and several previous studies which state that social support has a relationship with psychological well-being and can be one of the factors that influence psychological well-being. This is because social support can reduce various negative feelings such as stress, trauma and depression and can reduce the tendency for various events to occur that can cause stress.

The results of the analysis show that the highest score of psychological well-being variables lies in the dimension of relationships with others. This shows that the elderly who live in institutions can be said to have a good relationship with fellow residents of the institution. According to Kadir (2009) living in a social institution can allow an elderly person to find friends who are relatively the same age and can be used as friends to share stories. In addition, social service programs held by the nursing home can strengthen the relationship between fellow residents of the nursing home.

The lowest psychological well-being variable is in the dimension of life goals. According to Ryff (1995) the dimensions of life goals and personal growth will decrease as an individual age. This is because when an individual has entered late adulthood, the individual will continue to consider things in the past and no longer feel the sensation of developing towards the future.

On the social support variable of the nursing home administrators, the highest score lies in the social support form of belonging support. Belonging support is related to a sense of togetherness and the feeling of acceptance of an individual as part of a group. This means that the elderly who live in social institutions can be said to have a good sense of togetherness.

The lowest value of the social support variable for nursing home administrators lies in the form of instrumental social support. Instrumental support is related to the assistance provided directly by the nursing home administrators to the elderly. This can occur due to several things, including the elderly residents of the nursing home not wanting to ask for help from the nursing home administrators, which can be caused because the elderly residents of the nursing home feel that the nursing home administrators are unwilling or unable to provide help. According to Apolo and Cahyadi (in Maziyah, 2015) several inhibiting factors for receiving

According to Apolo and Cahyadi (in Maziyah, 2015) several factors inhibiting the acceptance of social support are withdrawal from others, fear of receiving criticism or rejection when asking for

help and factors that can inhibit the provision of social support are the insensitive attitude of the social support provider to the recipient of social support.

4. CONCLUSION

Based on the results of the study, it can be concluded that there is a relationship between social support from the nursing home administrators and the psychological well-being of the elderly living in the nursing home. Based on the analysis of the seven dimensions of psychological well-being, it is found that the highest dimension lies in the dimension of relationships with others. This means that the elderly who live in social institutions are able to foster a fairly good relationship with other residents in the nursing home, while in the social support variable of the nursing home administrator, the form of social support that has the highest value lies in belonging support which relates to the feeling of being accepted as part of the group and the sense of togetherness of the elderly residents of the nursing home. This means that the elderly who live in nursing home can be said to have a good sense of togetherness.

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