

LONELINESS IN THE ELDERLY IN NURSING HOMES: A CASE STUDY OF UNDERSTANDING THE PHENOMENON OF LONELINESS

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Abstract

This study seeks to describe the phenomenon more clearly and in depth about how lonely the elderly at the Melania Nursing Home is. This research uses interview and observation method. The subjects of the two primary sources were the elderly female who lived permanently at the Mellania Nursing Home, and the secondary research sources were the nursing home staff and closest friends. The results of this study indicate that the loneliness of the two primary sources is very deep. With the conditions experienced by the research subjects and a less supportive environment, the loneliness of the two subjects increased. However, there are differences in attitudes in showing the loneliness experienced by the two subjects.

Keywords : loneliness, elderly

1. PRELIMINERY

The cycle of human development begins in the prenatal period to old age (elderly). According to Suardiman (in Ishak, 2013) the elderly are individuals who experience the aging process, with increasing age a person will experience a natural decline in physical and non-physical conditions so that the elderly will experience a decrease in productivity and even unable to meet their needs.

At this old age, individuals who begin to enter the elderly will experience a decline / degenerative both in terms of physical and mental terms. Declining degrees of health and physical abilities will cause the elderly to slowly withdraw from relationships with the surrounding community, which can lead to decreased social interactions. According to Suardiman (in Ishak, 2013) the elderly are individuals who experience the aging process, with increasing age a person will experience a natural decline in physical and non-physical conditions so that the elderly will experience a decrease in productivity and even unable to meet their needs.

Individuals who begin to enter the elderly who experience various declines or declines in both biological and psychological functions can affect mobility and also social contact, one of which is a sense of loneliness.

The problem of loneliness experienced by the elderly causes feelings of helplessness, lack of confidence, dependence, and neglect. Someone who declares himself lonely tends to judge himself as an individual who is worthless, uncared for and unloved. The feeling of loneliness will be increasingly felt by the elderly who previously were someone who was active in various activities that presented or associated with many people.

Elderly people who experience loneliness often feel bored and bored with their lives, so they hope that death will come to pick them up soon. That's because he doesn't want to trouble his family and the people around him.

As for loneliness according to Bruno (Gunarsa, 2004) defines loneliness (loneliness) as a mental state that is mainly characterized by feelings of alienation and lack of meaningful relationships with other people.

Loneliness is a feeling of being empty and alone in a crowd or because the individual has lost his or her own identity, and does not have the ability to adapt in a social environment so that eventually he/she experiences loneliness.

Departing from the phenomenon that occurs in the elderly, namely loneliness, the researcher aims to understand the phenomenon of loneliness experienced by research subjects.

2. RESEARCH METHODS

In this study, the method used is qualitative with a case study approach, because it is suitable for behavioral research (Purwandari, 2005), including the theme of this research, namely loneliness in the elderly. in this study using the type of research case study research (case studies). According to Suharsimi Arikunto, a case study is an intensive, detailed and in-depth approach to certain symptoms.

The qualitative method of case study approach used in this research is:

1. Research focus

This study focused on loneliness experienced in the elderly and the trigger factors for loneliness experienced in the elderly.

2. Research informants

- a. The primary informants were 2 women, aged 65 years and 73 years, both of whom were never married. Residing in Panti Werdha, South Jakarta.
- b. Secondary informants consist of closest friends at the orphanage and nursing home staff.

3. Data collection method

The technique of collecting research data on loneliness in the elderly uses in-depth interviews and observation. Interviews were conducted with a strict structure, in order to obtain information directly. While observations were made to see the gestures, expressions, and behavior of research informants during interviews and their lives. The data analysis used is qualitative, and the validity of the data is carried out using the source triangulation method.

3. Research findings

The results of data analysis carried out by interview and observation techniques, researchers found different forms of loneliness from the two subjects. The subject with the initials BB experiences emotional and situational types of loneliness. Then the subject with the initials MM experienced a type of emotional and social loneliness.

The types of emotional loneliness in the two subjects are: loss of a figure who gives attention, loss of intensity of social relationships both family and closest people, feeling ignored by people around because it is considered troublesome.

The results of the detailed research from the two subjects who experience loneliness and the triggering factors of loneliness are as follows:

3.1 First Informant (BB)

The form of loneliness experienced by Mrs. BB is emotional loneliness and situational loneliness, namely: not having a partner until now, the routine that used to work as an a civil servant in the Ministry of Agriculture is no longer carried out so that she feels lonely, has been abandoned by her closest friend while still working as an ASN, feels good health. feeling unwell and feeling helpless that triggers loneliness, feeling neglected by family, living alone while still living at home from a young age until now, feeling lonely when night comes.

The change in attitude experienced is that they tend to close themselves off and feel helpless with themselves now, thus making them want to quickly face their creator.

3.2 Second Informant (MM)

The form of loneliness experienced by Mrs. MM is emotional loneliness and social loneliness, namely: not having a life partner until now, lack of attention from those closest to her, during her life she has never been involved in family matters because she is considered unable to do useful things, lacks social activities when in the environment, during life you are always faced with unsupportive choices, always limited when you want to show your abilities when you are young.

The change in attitude experienced by the subject is that they tend to close themselves off, feel ignored by family members, are sensitive to other people's words.

4. DISCUSSION

The results of interviews and observations made that the loneliness experienced by the two subjects were emotional, situational and social loneliness.

Emotional loneliness shown, namely: losing a figure who gives attention, losing the intensity of social relationships both family and closest people, feeling ignored. According to Sears (2009), emotional loneliness arises from the absence of an intimate affectionate figure, as usually given by parents to their children or which can be given to someone by a fiancé or close friend.

The study also found situational loneliness which was indicated by a feeling of being left behind by the closest person. feeling poor health and feeling helpless that triggers loneliness, feeling neglected by family, living alone when still living at home from a young age until now, feeling lonely when nightfall approaches. This is according to Cheryl & Parello (2008) which is about life situations experienced when a person's feelings will be lonely. Life situations, such as divorce, separation, social situations, individuals hospitalized or chronically ill children or family members, and those who have recently moved to a new environment or schoolsystem.

Social loneliness which is shown to be less socially active when in the environment, during life you

are always faced with unsupportive choices. This is in accordance with Sears (2009) Social loneliness Occurs when people lose a sense of being socially integrated or integrated in a communication, which can be provided by a group of friends or coworkers.

This is in line with the opinion of Lake (1986), which states that loneliness arises due to loss of contact or communication with other people, especially loved ones, as well as not meeting the need to communicate with others for various reasons.

Wess (in Santrock 2003) Emotional loneliness arises because there is no intimate love figure that individuals can have as parents usually give to their children, which can be given by close friends, fiancées or husbands to their wives. Then social loneliness arises when a person does not have an integrated involvement in himself, does not participate in groups or communities that involve togetherness, common interests, organized activities, meaningful roles, a form of loneliness that can make a person feel isolated, bored. and worried.

The factor of not having a life partner causes both subjects to feel lonely. This is in accordance with the opinion of Berhm (2002). In general, unmarried people feel more lonely when compared to married people

5. CONCLUSIONS AND RECOMMENDATIONS

5.1 Conclusion

The two elderly people studied experienced a combination of emotional loneliness, situational loneliness and social loneliness. Then the factors causing the emergence of loneliness in the two elderly people have similarities, namely feeling that there is no accepted figure of affection such as husband/wife, and other closest people.

Loss of social integrity or not being integrated in communication, as well as experiencing changes in the situation of being left by the closest person, feeling poor health and feeling helpless, feeling neglected by family, living alone while still living at home. both feel lonely in old age not accompanied by a spouse and feel unnoticed after old age.

As for the changes in attitude that appeared in the two subjects, namely feeling helpless, closing themselves to the environment, being sensitive to other people's words and cursing themselves by wanting to die quickly.

5.2 Recommendation

The loneliness experienced by the elderly in this study included emotional loneliness, situational loneliness, and social loneliness. Whatever the form of loneliness experienced by the elderly can affect their psyche which can cause a decline in health experienced by the elderly.

The researcher proposes suggestions to the elderly and their closest and family members who are still there so that the subjects in this study become more positive individuals in their final age, namely:

1. Re-establish social contact with people in the surrounding environment by starting to gather and be active with the activities of the current home.
2. The importance of the role of the family to return to giving attention and hope to give encouragement in their daily activities.

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