# SOCIAL INTERACTION RELATIONSHIP WITH THE QUALITY OF LIFE OF THE ELDERLY AT UPTD PSLU TRESNA WERDHA NATAR SELATAN LAMPUNG, LAMPUNG PROVINCE

**Gunawan Irianto[1*], Mohamad Hussain Habil[2,] Farida Hashim[3]**
**[1] Muhammadiyah Pringsewu University, Indonesia**
**[2] Mahsa University, Malaysia**
**[3] Mahsa University, Malaysia**
*Corespondency Email : gunawaniianto@umpri.ac.id*

## ABSTRACT

Insufficient social interaction among the elderly could influence their quality of life of the elderly and will cause the elderly to feel isolated loneliness and cause depression (Samper, PT, Pinontoan, RO, & Katuk, EM 2017). This study aims to know the relationship between social interaction and the quality of life of the elderly, especially in the social institution where the elderly did not have any family and homeless condition. The population in this study was 72 elderly in a social institution in Natar, Lampung Province. An analytical descriptive and cross-sectional methodology was used in this study. By using the instrument of Duke social support and WHOQOL-Old, and Pearson product-moment with linear regression statistic exam had found that the more interaction social of the elderly the higher their quality of life (r = 0.804 and p-value=0.00). Therefore, the elderly need to get motivated for being socialized among them and actively join the program that has been scheduled by social institutions, it can be enhanced by the role of the caregivers who take care of the elderly in social institutions.

**Keywords: Elderly, Social Interaction, Quality of Life, Social Institution**

## INTRODUCTION

Population elderly Keep going increase Along with increasing age, the elderly will experience degenerative processes both physically and mentally. This increase in the number of elderly people will have an impact on various lives. The main impact of this increase in the elderly is an increase in their dependence on the elderly. This dependence is caused by a physical, psychological, and social decline in the elderly which can be described through four stages, namely weakness, functional limitations, inability, and inhibition that will occur along with the aging process (Ekawati, 2014). Changes that occur in the elderly will result in descending degrees of health in the elderly and result in social interactions with other elderly people. That thing will influence interaction with social elderly because the elderly will be interesting self from the surrounding

environment slowly. Insufficient Interaction social of the elderly could influence the quality of life of the elderly will cause the elderly to feel isolated like loneliness and will cause elderly depression (Samper, PT, Pinontoan, RO, & Katuk, EM 2017).

Based on previous research conducted by Andesty (2017) in getting significant results, it means there is an influence Among connection interaction social with the quality of life elderly. Besides that, the research done by Andreas (2012), states that there is a significant relationship between interaction social and the quality of life elderly If the social interaction of the elderly continues to decline, the quality of life of the elderly will be affected. The ability of the elderly to continue to establish social interactions is the main key to maintaining their social status based on social skills. Research conducted by Trisnawati (2017), states results study to elderly about interaction social with quality life that is showing part big respondent with interaction social good whereas respondent yes n g at least is interaction social enough. Based on the *pre-survey* that has been conducted by researchers at UPTD PSLU

Tresna Werdha Natar Lampung there are 72 elderly at the time of the initial survey it was found that 30 elderly said they did not like to interact with other elderly they prefer to be alone and spend time without interacting with other elderly. After Interviews were conducted on the elderly, there were 24 elderly who experienced a decreased quality of life, and obtained Results 40 seniors at UPTD PSLU Tresna Werdha Natar Lampung still lilike be alone and do not like to join other elderly people, resulting in a lack of communication between newcomers and old elderly people because there are some elderly people who have introverted personality types.

The things above are an obstacle to the social interaction of the elderly in UPTD PSLU Tresna Werdha Natar Lampung. Based on the temporary observations of the researchers during the initial survey, it was still found that elderly people had their quality of life decreased. In addition, 25 elderly people experience a decrease in their level of independence in carrying out daily activities, so they need help from Panti officers or fellow elderly friends.

## METHOD

The Study in this research use *descriptive-analytical with a cross-sectional approach* to knowing the correlation between social interaction with the quality of life elderly and in the social institution. The population in the study is the Elderly living in a social institution with the number of samples being 72 people, with criteria seniors who can communicate and not experience dementia. Instrument use WHOQol -Old to measure quality of life of elderly in the social institution and Duke social support for measure social interaction of elderly in the social institution. Analysis of the data uses Pearson product-moment and linear regression.

## RESULTS AND DISCUSSION

Respondents in the study were all elderly who is at PSLU Tresna Werdha Natar South Lampung Year 2020 which amounted to 72 respondents. Based on test correlation using Pearson Product Moment between social interaction with quality of life of elderly in social institution showed as scatter plot diagram and table below.

**Diagram 3.1 Correlation between Social Interaction and Quality of Life in elderly**
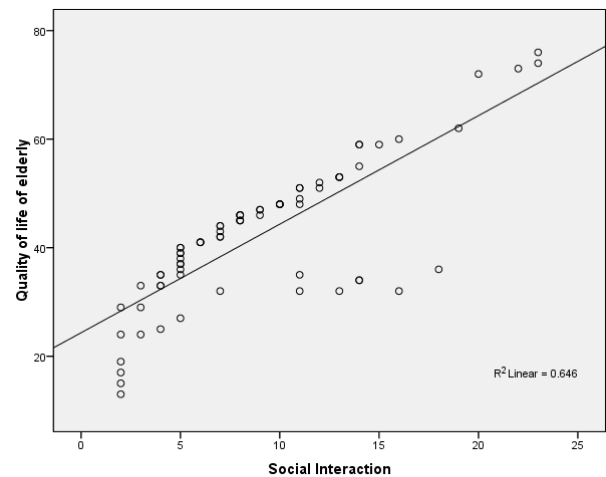


As seen in this scatter plot diagram, that social interaction correlated with the quality of life of the elderly in the social institution in a positive way. This means, that the more elderly have social interaction among them in a social institution, the higher the quality of life for the elderly themself.

**Table.3.1 Correlation between Social Interaction and Quality of Life in elderly**

| Variable | N | r | P-value |
|---|---|---|---|
| Social Interaction*Quality of Life on Elderly | 72 | 0.804 | 0.00 |

As seen in table 3.1 correlation between social interaction and quality of life for the elderly had a strong correlation, with r =

0.804 or strongly correlated. It means social interaction affected the quality of life of the elderly in a social institution (p-value = 0.00).

**The model of correlation between social interaction and quality of life could be seen in table 3.2**

| Variable | r | R2 - | Model | P-Value |
|---|---|---|---|---|
| Social Interaction | 0.804 | 0.646 | Qol = 24.32+2 *social interaction | 0.00 |

Based on this model, social interaction among the elderly have 64.6% is a good variable to explain the correlation with the quality of life in the elderly (p-value = 0.00).

The results of the Spearman Rank statistical test showed that the p-value of 0.00 was less than 0.05 (p-value <0.05). This states that Ha accepted and rejected Ho, which means that there is a significant relationship between Social Interaction and Quality of Life for the Elderly at UPTD PSLU Tresna Werdha Natar, South Lampung in 2020. Likewise, the value of r = 0.804 means the level of closeness of the relationship is very strong. (r = 0.76 – 1.00). The model of this

correlation is QoL = 24.32+2*social interaction, it means to predict quality of life of elderly in social institution

Social interaction is one aspect that should not be ruled out in the life of the elderly. Where social interaction is an indicator of realizing the quality of life of the elderly. This is illustrated in the research conducted by Andesty & Syahrul (2018), the elderly who have poor social interaction status mostly have a low quality of life and vice versa, the elderly who have a high quality of life have good social relationships.

The same thing was found in the research of Samper, Pinontoan, and Katuuk (2017), with the title Relationship of Social Interaction with Quality of Life for the Elderly in PSLU Senja Cerah, North Sulawesi Province. The results of the analysis of data processing using a computer software program with a Chi-square test with a significance level of 95% ($\alpha = 0.05$) and obtained a p-value of 0.004 <0.05. This result shows that there is a relationship between social interaction and the quality of life of the elderly. The results of the data analysis showed that the most

social interaction was in the good social interaction category, namely 20 people (62.5%), and the rest in the sufficient social interaction category, namely 12 people (37.5%). Meanwhile, data analysis on the quality of life of the elderly found that the highest quality of life was the high quality of life, namely, 19 people (59.4%), and the rest, namely quality of life was sufficient for 13 people (40.6%). The results of the study revealed that good social interaction supports a high quality of life.

The results of this study are also reinforced by research conducted by Widodo, Nurhamidi & Agustina (2016), it was found that the elderly in the working area of the Pekauman Health Center Banjarmasin are mostly older people who have good relationships with other people and have a good quality of life. The elderly have good social interactions mostly because they feel comfortable physically, psychologically, and socially and optimally use their lives for the happiness of themselves and others. Meanwhile, poor social interaction is related to the history of the disease experience, so it causes the elderly to feel less satisfied with their lives, especially with the disease they are experiencing.

According to Stanhope and Lancaster (Kiik, Sahar, & Permatasari, 2018), revealing that the physiological condition of the elderly decreases and biological risk factors include age-related risks in the elderly, namely the occurrence of various declines in biological functions due to the aging process. Social and environmental risks in the elderly, namely the existence of an environment that triggers stress. The economic aspect of the elderly is a decrease in income due to retirement. Behavioral or lifestyle risks such as habitual patterns of lack of physical activity and consumption of unhealthy food can trigger disease and death, this can be a factor in good social interaction that can result in a moderate or ordinary quality of life for the elderly.

Quality of life is defined as an individual's perception of his or her position in life in the context of the value system and culture in which they live and in relation to their goals, expectations, norms, and concerns combined in complex matters of a person's physical health, psychological state, level of independence, social relationships, personal beliefs and their relationship to important things in the environment (Azizah, & Hartanti, 2016).

Researchers opinion that the elderly with good social interaction but a poor quality of life can be caused by factors that affect the quality of life of the elderly such as physical conditions or health problems that make the elderly limited in moving and communicating and an unsupportive environment such as the Covid-19 pandemic condition with the social distancing regulation which makes the elderly interactions with the others.

## CONCLUSION

Social interaction is important in improving the quality of life of the elderly, especially the elderly who are in the social institution because they can be socializing and actively participate in activities at the social institution will reduce boredom and stress levels in the elderly, so that the elderly will be more productive and optimistic in facing their old age.

Therefore, the role of the elderly caregivers in social institutions must be increased to be able to assist the elderly who are in a social institution to get active and getting interaction among them.

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