FACTORS AFFECTING LIFE SATISFACTION OF ELDERLY IN SUKOHARJO REGION, INDONESIA

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Abstract

The majority of Indonesia elderly have difficulty in supporting themselves. Because of their lack of earning, a large number of them have to rely on family support, whereas 32 per cent self-employed. It is affecting to their life satisfaction. The aim of study was to scrutinize relation between psychosocial factor, economic capacity and life satisfaction, and to explore how life satisfaction is affected by a number of socio-demographic. A correlation study addressed among elderly in District of Sukoharjo, Province Central Java, Indonesia. The respondents of the study were elderly age 60 year and over in remote areas of Sukoharjo, specialty whose live in Subdistrict Gatak. Procedure of data collection was use Life Satisfaction Index-Z (LSIZ). The data was collected by self-administered questionnaires. The result of study shows 72 per cent of psycho-social factors of the elderly were low level. Regarding the life satisfaction, only 34 per cent satisfied with their life. The study finds that psychosocial factors were positively related with life satisfaction. Psychosocial factor was a strong predictor of the elderly people's life satisfaction. Life satisfaction was a different to some personal factors, including gender and level of job. Psychosocial factors mean the interrelationship with the others. Association with everyone could using many rules, direct or indirect relation, in the special clubs or out of the groups. The reasons to made relation are to share, communicate, and assist the others. The correlation could mean being member of "*posyandu*" and meeting friends tend to positive effects. Being member of *posyandu* are determined of life satisfaction. Two of that component was part of social variables. In order to obtain the contentment and acceptance, elderly should related both in the inner institution and outer institution.

Keywords: psychosocial factors, life satisfaction, LSIZ, elderly Indonesia.

Presenting Author's biography

Supratman is PhD in community health nursing. He worked for Universitas Muhammadiyah Surakarta from 1998. He joined the faculty of health sciences, school of nursing. He was interested to giving lecture on community nursing, biostatistic, epidemiology, leadership and management in nursing. He earned his doctoral degree from Kanazawa University in 2014. Formerly, he was a clinical nursing at the Jakarta Islamic Hospital. His research interests are in quality of health services, quality of life, and community nursing. In 2016 he developed a research center called health development nursing.

INTRODUCTION

The recent demographic changes that have been occurring in the developing countries with increased longevity have given a specific weight of the elderly as a social. Indonesia is the first largest Southeast Asian Country. It is estimated that by 2020, elderly people in Indonesia who reach 60 years old will reach about 11% (more than 25 million) of the population. During the period 1990-2025, Indonesia specifically, the growth in the elderly population aged 65 years old and above is predicted to amount to 414% compared to, for example, to Japan (129%).

Life satisfaction is a multi-dimensional issue that depends on many objective and subjective characteristics including the cognitive functions, emotional status, social support, physical condition, and independence as well as socio-demographic variables. Onishi et al (2010) defined life-satisfaction as a significant indicator to ascertain the quality of life of elderly persons [1]. Since elderly individuals feel worthless and powerless, aging is considered as a significant obstacle before them in gaining satisfaction from life [2, 3].

Life satisfaction is a situation or a consequence obtained through comparing someone's expectations with their own possessions. When the life satisfaction is addressed, generally, a satisfaction related to whole life experience is understood, rather than the satisfaction pertaining to a certain condition. It was determined in other countries research that life satisfaction serves as an indicator to determine the elderly people's quality of life. Liu et al (2003) indicated that economic income, family relation, health self-evaluation, living activity, marital status, were important determinants of life satisfaction in Shanghai [4]. According to Liu, elderly people in Indonesia with an average income of USD 55 per annum will be difficult to get their life satisfaction because a large number of them had to rely on family support [5]. It meant that the economic well-being variable emerged as the primary predictor of life satisfaction.

Again, Ozer (2004) found that the life satisfaction of the elders who lived in a family environment were higher than the life satisfaction of them who lived in nursing homes [2]. The preliminary survey found a huge number of Sukoharjo citizens lived in family environment. They were unwilling to live in nursing homes for elderly people (Indonesia, *panti jompo*) because they were not able to communicate with other people. They also believed that if the elders lived with their family members, they could feel more satisfied and comfortable in their life.

Anantanasuwong and Seenprachawong (2011) studied the determining factors of life satisfaction of elderly people in Thailand [6]. The result of the research concluded that there were four domains, with income from work and meeting friend as the most significant factors dealing with life satisfaction. It was found that elderly individuals who had higher life satisfaction demonstrated behaviors to make contact with other people [7]. Psychologically, they were willing to share, communicate, and assist other people who need their support. This research was valuable in regards to reveal the influence of psychological factors on elderly population's life satisfaction. In the present study, we aimed at investigating the factors affecting the life satisfaction of the elderly people in the District of Sukoharjo, Indonesia. Our ultimate goal of such studies was to improve the quality of life of the elderly people and modify the variables that affect their life satisfaction.

METHODS

The study employed a correlational design to explore the association between psychosocial, economic capacity, and life satisfaction. This design was appropriate for describing the status of phenomena or for describing relationship among phenomena. A correlational scheme could most appropriately be used to infer time sequence under circumstance when a strong theoretical framework guided the analysis.

The study population was enlisted from Community Health Centre (*puskesmas*) in the District of Sukoharjo. They were employing a total of 753 elderly people who lived in Kartasura, Gatak, and Baki community. The inclusion criteria for participation consisted of: elderly people aged 60 years old or over, are literate and have good communication, and are willing to participate in this study. The investigators administered over 180 questionnaires, and 72 questionnaires were completed (40% response rate).

The data used for this analysis were collected from elderly people who lived in household area. A questionnaire was administered in June 2014. Appropriate ethics approval was received. There were 180 elderly employed at the family environment, and we received 72 consecutively completed responses. Two instruments were used for data collection: psychosocial factors and life satisfaction. A sociodemographic profile sheet was also attached to the questionnaire to describe personal characteristics of the samples population. The investigator also developed a tool that was designed to measure life satisfaction. The life satisfaction scale was developed from *Life Satisfaction Index-Z* (LSIZ) modified from Visual Analog Scale (VAS) (health status, economic status, relationship with family, relationship with friends, and daily living) [8, 9]. In order to measure internal consistency reliability, the investigators used Cronbach's alpha with coefficients about 0.73 to 0.84.

The data were analyzed by using descriptive statistics, including means, standard deviations, frequency, and percentages. All analyses were conducted by using SPSS version 15.0. Descriptive statistics and a Spearman rank of correlation were employed to analyze research question: "What are the psychosocial and economic capacity factors that influence life satisfaction?" A logistic regression analysis also was employed to determine life satisfaction. The study variables were placed in a logistic regression equation. The investigators performed a backward logistic regression (LR) analysis, in which the first variable that was considered for backward entry into the equation was the one with the largest positive or negative correlation with the dependent variable.

RESULTS

A total of 72 questionnaires (40%) were returned. The majority of the samples were female (61.1%), most of the respondents (65.3%) were 60-74 year old, and nearly a half (41.7%) were employed in various occupation.

Table 1. Statistical description of total sample by gender, age, and occupation (N=72)

Group	N	%
Gender		
Male	28	38.9
Female	44	61.1

Age	47	65.3
60-74 year old	25	34.7
> 74 year old		
	30	41.7
Occupation	42	58.3
Yes		
No		

The complete percentages of the overall life satisfaction, psychosocial, and economic capacity were reported in Tab. 2. Most of the elderly people said that they were not satisfied in their life (66.7%). Whereas, the study reported that a large percentage (72.3%) of elderly people had low level with the overall psychosocial factors. and 76.4% had low level capacity of economic.

Table 2. Statistical description of total sample by life satisfaction and psychology factors (N=72)

Group	N	%
Overall life satisfaction		
High	24	33.3
Low	48	66.7
Psychosocial		
High	20	27.7
Low	52	72.3
Economic capacity		
High	17	23.6
Low	55	76.4

Chi-square test (X^2) and Contingency coefficient (C) technique were used to conclude the correlation of each of the demographics variables (gender, ages, occupation, psychosocial factors, and economic capacity) with overall life satisfaction at 0.05 level of significant due to the demographics characteristic, which were categorical variables. The result of study showed that there was no significant relation between gender, ages, occupation and overall life satisfaction (Tab. 3). According to independent variables, we could know that only psychosocial variable had a significant relation with life satisfaction (ρ 0.54). At the same time, economic capacity did not have any significant correlation with life satisfaction.

Table 3. Correlations between sociodemographics, independent variables, and life satisfaction (N=72)

Variables	1	2	3	4	5	6
1. Gender	1	0.03	0.15	0.06	0.19	0.09
2. Age		1	0.13	0.19	0.22	0.12
3. Occupation			1	0.30	0.16	0.07
4. Psychosocial				1	0.20	0.54*
5. Economic capacity					1	0.20
6. Life satisfaction						1

Note: *Correlation is significant at 0.05 level (two-tailed)

Table 4 summarized the result of the regression analysis. Regression analysis procedure was designed to get a better understanding of the strength of relation between psychosocial factors and life satisfaction. The regression coefficients (ß) indicated a change in satisfaction, measured on a four-point scale, associated with a one-unit change in the independent variable. In the Backward Logistic Regression (LR) selection, the first variable considered for forward entry into the equation was the one with the largest positive or negative correlation with the dependent variables. For this question, the orders that the investigators entered the independent variables were psychosocial factors. The dependent variable was life satisfaction. The results of the regression analysis indicated that some variables did contribute to life satisfaction. The model explained 16% of the variance in life satisfaction as measured by formula: $p = \dfrac{(1)}{(1 + 2.7^{-(-1.39)})}$. This variable served as a predictor of life satisfaction.

Table 4. Logistic regression of psychosocial and life satisfaction (N=72)

Independent Variables	B	S.E.	Wald	Sig.	Exp(B)
Psychology factors	1.32	.51	3.09	.09	1.18
Life satisfaction	1.40	.48	7.08	.01	3.88
Constant	-2.79	.67	45.09	.00	.09

a. Variable(s) entered on step 1: psychology factors

DISCUSSION

Some studies focusing on the elderly people intended to improve their quality of life and to help them live a successful aging. The presence of high levels of welfare and life satisfaction is among the main criteria that are mentioned as components of successful aging. Life satisfaction is a subjective phenomenon [10,11]. Therefore, by improving our knowledge about the determinants and factors affecting the levels of life satisfaction of elderly people is essential for the nursing staff and policy makers as well as other care providers to help the elderly people live while being satisfied with their lives instead of infirmities [12].

The study found that the variable of economic capacity did not have any correlation with life satisfaction; nonetheless, psychosocial factors were reported as strongly-correlated variables with life satisfaction. However, economic capacity is main basic of human needs. The economic capacity made elderly people rely on good preparation for their basic needs, such as health maintenance and biological need. Anantanasuwong and Seenprachawong (2011) found that one of the determining variables of life satisfaction was income from work. It meant that economic capacity must be obtained from their work. The result of this study was not similar to the study conducted by Anantanasuwong and Seenprachawong [6].

Psychosocial factors include interrelationship with other people. The relationship with everyone can use many rules, direct or indirect relation, in the special clubs or out of the groups. Basically, the reason of elderly people in making relationship is to share, communicate, and assist the other elderly people. The relationship could mean being member of social club (in Indonesia, it is commonly called *posyandu lansia*) and meeting friends tend to have positive effects. Consistent with prior research, Anantanasuwong and Seenprachawong (2011) found that being member of club and meeting friends determined life satisfaction [6]. Conceptually, two of such components were parts of social variables. Again, Dahlan et al. (2010) suggested that the main elements of life satisfaction were contentment

and acceptance from their friends [13]. This meant, in order to obtain the contentment and acceptance, elderly people must made relation both within an institution and outside of the institution.

The implications of this study for aged care and nursing management were the fact that the nursing leaders may enhance their nurses' performance by understanding and addressing the factors that affect their motivation. Motivation is a driver to mobilize nurse to promote Indonesian health program for elderly people. Community health nurse would like to assist elderly people to achieve their satisfaction according to the social assistance of the elderly law from the Government of Indonesia. Health organizations (Indonesia, *puskesmas*) need to focus on the factors contributing to life satisfaction as a unique group of society.

We concluded that life satisfaction of the elderly people was a multi-dimensional issue and it was affected by various determinants. The study found that elderly people's life satisfaction was greatly affected by their consideration of their opinions. Furthermore, the elderly satisfaction with their lives was inter-correlated and essential for their contentment and successful aging process.

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