

The Relationship of Social Interaction With The Loneliness Of The Elderly

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ABSTRACT

Purpose: to determine the relationship of social interaction with the loneliness of the elderly in Ciamis Village. **Methods:** the method in this study is quantitative, with a cross sectional approach, data collection using a questionnaire distributed through a questionnaire. Sample: the sample in this study amounted to 96 respondents. This research was conducted in March-April 2022. **Result:** Based on the result of the study that of 96 respondents there were 22 respondents (40%) in the category of good social interaction with loneliness, 32 respondents (59.3%) in the category of good social interaction with loneliness. Not lonely, 9 respondents (30%) in the category of social interaction is sufficient with lonely, 12 respondents (100%) in the category of social interaction in less with not lonely. From the result of the Chi-Square Statistical Test the value (0.023) <value (0.05). **Conclusion:** good social interaction will reduce loneliness in the elderly.

Keywords: Social Interaction, Loneliness, Elderly

Introduction

According to WHO, the elderly are humans who have reached 60 years and above. The final stage of life is a process that the elderly are going through. The aging process is one of the processes that occur in the elderly (Jamini, Jumaedy, & Agustina, 2020). (Pujiastuti, 2003) Elderly is the final stage that humans go through seen from the decline in the body's ability to stress the environment.

Feeling insecure, feeling alone, anxious, pessimistic and lonely is one of the psychological changes that will be (Kusumawaty, Marliani, Sukmawati, & Noviati, 2021) felt by the elderly (Siti, Nurkhalizah; Siti, Rochamani; , 2021). Psychosocial changes in the elderly are mental stress, and decreased adaptability to change. Decreased adaptability is one of the psychosocial changes of the elderly (Heryani, Khoerunnisa & Noviati, 2019).

Social interaction is a reciprocal relationship that humans need in their daily lives. Because social interaction can have a positive impact on life . Lack of interaction can have an impact on a person's quality of life, such as feeling ignored, not considered, isolated and eventually feeling depressed (Nuraini, Kusuma, 2018). Loneliness can be prevented by good social interaction, such as chatting with friends, family, spouses, children every day. Because then loneliness will decrease (Andriyani, Y, & A, 2019). he existence of a group that can

understand feelings, can understand, be open to other people's stories, have something to like together is (Nuraini, Kusuma, 2018) .

Loneliness is the feeling of emptiness caused by the abandonment of life partners, friends, family and the feeling of not being able to live alone. This condition can be threatening and dangerous (Budiarti, P, & W, 2020). According to Sukmawati, & Kusumawaty, (2022) several factors that cause loneliness, namely negative feelings, fear, worrying about yourself, are psychological factors.

Statistical data in 2020, in Indonesia there is a percentage of the population from 2010-2020 in the elderly aged >60 years, namely 7.59% to 9.78%. Based on data obtained from the Ciamis Regency Health Office in 2020, the number of elderly people was 118,620 people, consisting of 57,144 men and 60,611 elderly women (Kusumawaty et al., 2023).

The results of data from the Ciamis Regency Health Office obtained are that the highest number of elderly people aged > 60 years 2020 in UPTD Puskesmas Ciamis out of 37 Puskesmas in Ciamis Regency. The number of elderly people in UPTD Puskesmas Ciamis in 2020 is 9,124 people consisting of 3,712 elderly men and 5,412 elderly women, while the largest number of elderly people aged > 60 years based on the coverage of Puskesmas Ciamis services in 2020 is in Ciamis Village with a total of 2,364 elderly people.

Methods

This research is quantitative, with a correlation analytic design with a cross sectional approach. The sampling technique is quota sampling. The research was conducted in March-April 2022. The study population is all elderly people in Ciamis Village who are aged 60 years and over as many as 2,364 people with a sample of 96 elderly. The sampling technique in this study used quota sampling. The instrument used in this study was a questionnaire.

Primary data were obtained from questionnaires and interviews with respondents during the study where the results of elderly characteristics data were obtained. Secondary data includes the number of elderly people obtained from the Ciamis Health Office. Data that has been obtained then at data and edited, coded and then scored.

Results

A. Univariate Analysis

Table 1. Distribution Frequency Distribution of Respondent Characteristic

Variables	Frequency	%
Age		
60-75 (elderly)	45	46,9
70-80 (old)	48	50
>80 (very old)	3	3,1
Gender		
Male	49	51
Female	47	49
Status		
Marriage	0	0
Have a Partner	58	60,4
Widow/Widower	38	39,6
Education		
SD	41	42,7
SMP	35	36,5
Highh School	18	18,8
D3/S1	2	2,1

Table 1 The age of these respondents shows that half of the respondents were aged 75-80 years (old) as many as 48 elderly (50%), then aged 60-75 years as many as 45 elderly (46.9%), and aged >80 years as many as 3 elderly (3, 1%) . The gender seen from the total of

96 respondents, the majority were elderly men with 49 respondents (51%), followed by elderly women with 47 respondents (49%). The frequency of marital status for elderly people who still have a partner was 58 respondents (60.4) out of a total of 96 respondents, and those who were widows/widowers were 38 respondents (39.6). The education of these respondents shows that the majority of elderly people are elementary school graduates consisting of 41 respondents (42.7%), middle school graduates totaling 35 respondents (36.5), elderly graduates with high school education 18 respondents, and elderly graduates with D3/D3 education. S1 amounted to 2 respondents (2.1%).

Table 2. Frequency Distribution of Social Interaction

Interaction Social	Frequency	%
Good	54	56,2
Simply	30	31,2
Less	12	12,5

Table 2 shows that of the 96 elderly there were 54 respondents (56.2%) with good social interaction, then 30 respondents (31.2%) with sufficient social interaction, and 12 respondents (12.5%) with poor social interaction.

Table 3. Frequency Distribution of Loneliness

Loneliness Elderly	Frequency	%
Loneliness	31	32,2
No Loneliness	65	67,7

Table 3 shows that the majority of elderly people are not lonely, numbering 65 respondents (67.7%), then respondents who experience loneliness are 31 respondents (32.3%).

B. Bivariate Analysis

Table 4. Frequency Distribution of Social Interaction Relationship with Elderly Loneliness

Social Interaction	Elderly Loneliness						P-Value
	Loneliness		Not Loneliness		Total		
	F	%	F	%	F	%	
Good	22	40,7	32	59,3	54	100	0,00
Simply	9	30	21	70	30	100	
Less	0	0	12	100	12	100	
Total	32	70,7	65	229,3	96	1000	

Table 4 shows that there is a relationship between social interaction and loneliness in the elderly in Ciamis sub-district. Data shows that from 96 respondents, 32 respondents (59.3%) were in the category of good social interaction and not lonely.

The results of the Chi-Square statistical test obtained a p -value (0.023) $<$ α value (0.05), which means that H_a is accepted, namely "There is a Relationship between Social Interaction and Loneliness of the Elderly in Ciamis Village".

Discussion

a. Overview of Social Interaction in the Elderly

The results of table 2 show that of the 96 respondents there were 54 respondents (56.2%) with good social interaction. The results of filling out questionnaires and interviews with several respondents during the research showed that elderly people with good social interaction took part in activities in the sub-district such as elderly gymnastics, posbindu, gathering with neighbors, often exchanging ideas to solve problems, weekly and monthly recitations, and jumsih activities. which is routinely done once a week. Researchers also looked at the interactions that occurred between elderly people while at the research site. According to (Nuraini, Kusuma, 2018) social interaction is a reciprocal relationship or mutually influencing relationship between humans that lasts throughout their lives in society.

Based on table 1 it shows that of the total 96 respondents, 49 respondents (51%) were men. The results of interviews during the respondent research said that some men in Ciamis Village had a patrol (night watch) schedule every day because there was a picket schedule. Based on the questionnaire item, the highest number of respondents answered number 1, namely that the elderly in Ciamis Village often do mutual cooperation. Numbers 2 and 6 elderly often gather with neighbors and exchange ideas to solve existing problems. No. 5 elderly often carry out activities carried out by community health centers or villages such as posbindu, monthly and weekly Koran studies.

Social interaction can have a positive impact on the quality of life because with social interaction the elderly do not feel lonely, therefore social interaction must be maintained and developed in the elderly group. Lack of social interaction in the elderly can cause feelings of isolation, so that the elderly are alone and experience social isolation, with the elderly feeling isolated and ultimately depressed, this can affect the quality of life of the elderly (Nuraini et al, 2018) . It can be concluded that the more active the elderly are in activities in the surrounding environment, and have good relations with neighbors, they have good interactions.

b. Description of Loneliness in the Elderly

The results of table 3 show that the majority of respondents are not lonely, 65 respondents (67.7%). The results of filling out the questionnaire showed that elderly people in Ciamis Village did not feel lonely because the surrounding environment respected each other, felt close, felt appreciated and understood each other. The results of table 1 show that out of a total of 96 respondents, the majority of 58 respondents (60.4%) were married, this is in line with the results of table 3 which shows that they are not lonely. As you get older, only your partner will accompany you.

Factors that cause loneliness are the loss of a life partner, loss of peers, and the inability to live independently. Elderly people who experience loneliness often feel fed up and bored, feel worthless, unnoticed and unloved (Maulidiyah, Sigit & Setyowati 2021) . The highest questionnaire results were number 1, namely elderly people who were not left by their partners, 38 respondents, number 2, 28 respondents left their families, number 3, elderly people abandoned by their peers, 24 respondents, number 4 elderly people who felt alone, 34 respondents.

According to the results of interviews with several respondents, the elderly did not have a partner and children or their house was close to the child's house. Researchers assume that elderly people do not feel lonely because they have a partner, family who accompany them when they are old, and also have peers. Basically, humans cannot live alone, they need someone to accompany them and help them with their daily lives. It can be concluded that loneliness can be caused by the factors of being abandoned by a partner, peers, family, feeling appreciated, feeling understood.

c. Knowing the Relationship Between Social Interaction and Loneliness in the Elderly

Based on table 4, it shows that the relationship between social interaction and loneliness of the elderly in the Ciamis sub-district shows that from 96 respondents there were 32 respondents (59.3%) in the category of good social interaction and not being lonely. Based on the Chi-Square Statistical Test on the independent variable social interaction with the dependent variable loneliness in Ciamis Village, the result was p (p value) = 0.023, which means $0.023 < 0.05$, so H_0 is rejected and H_a is accepted, which means there is a relationship between social interaction and loneliness in the elderly. in Ciamis Village.

According to interviews with several respondents during the research, several elderly people were active in mutual cooperation, patrolling for some elderly people, the existence of a once a week event created communication between the elderly. According to researchers' observations, elderly people are active in mutual cooperation activities, congregational prayers, weekly and monthly recitations, gathering with neighbors while chatting with other elderly people. This makes the elderly not feel lonely because every day is filled with positive things.

In line with Nuraini's (2018) research, good social interaction reduces the level of loneliness in elderly people, and lack of social interaction can cause elderly people to experience loneliness. The death of a spouse and friend and the absence of social involvement after leaving work are some of the life factors that contribute to the condition of loneliness in the elderly. This is supported by research results from that there is a fairly strong relationship between social interaction and loneliness in the elderly in RT 03 RW 06, Tlogomas Village, Malang City with a person's correlation of -0.594 and Sig. (2-tailed) of 0.000 (0.05). According to Dini (2017) social interaction is a relationship that occurs within a group of individuals who are interconnected both in communicating and carrying out social actions. According to Aprilia (2020) Loneliness is an individual's emotional and cognitive reaction to a condition where the individual has few social relationships and they do not satisfy them because they do not meet their expectations. Based on this research, it can be concluded that social interaction influences loneliness in the elderly. If social interaction is good then loneliness will decrease, if social interaction is lacking then loneliness will increase.

Conclusion

The social interaction of the elderly in Ciamis Village is mostly in the category of not loneliness with good social interaction.

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