



# Elderly Psychological Conditions in the Nursing Home Tresna Werdha (Pstw): A Study Descriptive Riau and West Sumatra Indonesia

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## Abstract

**BACKGROUND:** The aspects of emotion, memory, motivation, and independence are psychological conditions that are often experienced by the elderly who live in nursing homes, experienced by the elderly who are in the nursing home environment.

**AIM:** This study aims to describe the psychological condition of the elderly in the *Husnul Khotimah Pekanbaru* social home for 35 elderly and 45 elderly *Sabai Nan Aluih Pariaman* nursing home.

**MATERIALS AND METHODS:** This research is a descriptive survey. The research subjects were 80 elderly who were taken with the total sampling technique. Data were collected using questionnaire sheets and descriptive analysis.

**RESULTS:** This study shows that the psychological condition of the elderly which includes emotional aspects of the nursing home in the second category of the *Husnul Khotimah* nursing home is (69%) and the *Sabai Nan Aluih* nursing home is 73%. About 80% in the *Husnul Khotimah* nursing home and 69% in the good category in the *Sabai Nan Aluih* nursing home. Motivational aspect at both nursing homes is in the moderate category (51%). The independence aspect is in the good category (80%) in the *Husnul Khotimah* nursing home, while the moderate category is 67% in the *Sabai Nan Aluih* nursing home.

**CONCLUSIONS:** Broadly speaking, the aspects of emotion, memory, and motivation are good categories, category motivation is moderate, and the category independence is good at the *Husnul Khotimah* nursing home and moderate at the *Sabai Nan Aluih* nursing home.

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## Introduction

Getting older is a process that is often experienced by humans who have gotten older, but it is something that is normal for the elderly to experience. Where everyone hopes that in carrying out the elderly, they want to live a quiet, peaceful and loving life with their children, grandchildren, and family. In this condition, the elderly carry out the fulfillment of their physical, biological, psychological, social, and economic conditions. Based on the above problems, efforts are needed to overcome new problems for the elderly and the community can be resolved properly [1].

Data obtained by the Ministry of Health 2020, the number of elderly people in Indonesia continues to increase every year, by 25.9 million people (9.7%) in 2019 to 27.1 million people in 2020, and it is predicted that in 2035 it will continue to increase 48.2 million people (15.8%). Riau Province currently has 11,217 elderly people in 2019. Meanwhile, West Sumatra Province in the same year has 17,948 elderly people [2]. Based on these criteria, age continues to increase the

life expectancy of the elderly. That the conditions in their field are often neglected, even being put into nursing homes by their families. Therefore, the important role of the nursing home as a place for care and care for the elderly is needed [3].

A nursing home is a house or place (residence) that accommodates, cares for or a gathering place for elderly people, either voluntarily or submitted by the family to be taken care of all their needs, equipped with adequate facilities and infrastructure, service schedules, and adequate services for elderly [4], [5]. The quality of life of the elderly is influenced by various factors such as physical health, social, and environmental relationships from psychological [6]. Psychological conditions that are often experienced by the elderly include aspects of emotion, memory, motivation, and independence [7].

The purpose of this study was to analyze the psychological health conditions of the elderly consisting of aspects of emotion, memory, motivation, and independence [8] in the nursing homes of *Husnul Khotimah Pekanbaru* and *Sabai Nan Aluih Pariaman*.

## Methods

This type of research is a descriptive survey. The subjects in this study amounted to 35 elderly people in the *Husnul Khotimah* nursing home, Pekanbaru, and 45 elderly people in the *Sabai Nan Aluih Pariaman* nursing home with a total sampling technique. Data collection is taken using a questionnaire containing emotional variables with good categories if 68–100%, moderate if 34–67%, and less if 0–33%; memory variable is in good category if 68–100%, moderate if 34–67%, and less if 0–33%; good motivation variable if 68–100%, moderate if 34–67%, and less if 0–33%; and independence variable in good category if 68–100%, moderate if 34–67%, and less if 0–33%. The data were collected descriptively by presenting a description of each variable presented in the two nursing homes studied.

## Results

Emotional aspects which compare emotional aspects between two nursing homes are presented in Figures 1 and 2. Emotion aspects included annoyance, sickness, happy activities, happy to interact, sad for the family to come home, talking, fear of dark, and sleeping difficulty were categorized into good category if 68–100%, moderate if 34–67%, and less if 0–33%.

Based on the data from Table 1, out of 35 respondents in *Husnul Khotimah* nursing home, giving the answer for question 2 in the category of moderate (they feel the sickness when the manager always dictates) have the highest value of 69% with good criteria in emotional aspects; while out of the 45 respondents in *Sabai Nan Aluih Pariaman*, giving the answer for question 4 is in good category (likes to interact with others) have the highest value 73% with good criteria in emotional aspects.

The memories aspects included remembering prayers, remembering eating, remembering hours, forgetting something, remembering friends' names, remembering experiences, remembering children's

names, remembering family names, remembering years of birth, remembering years of children's birth, remembering birth of husbands, remembering births of wives, remembering those who led to the orphanage were categorized into good categories if 68–100%, moderate if 34–67%, and less if 0–33%.

Based on the data from Table 2, out of 35 respondents in *Husnul Khotimah* nursing home, giving the answer for question 3 was in good category (remembering hours) have the highest value as much as 80% with good criteria in memories aspects; while out of 45 respondents in *Sabai Nan Aluih Pariaman*, giving the answer for question 2 was in good category (remembering eating) have the highest value of 69% equal to good criteria in memories aspects.

Motivation aspects included health checks, not taking medication, not needing family visits, indifference, reading, spirituality, sports, skills, and watching TV; categorized into good categories if 68–100%, moderate if 34–67%, and less if 0–33%.

Based on the data from Table 3, out of 35 respondents in *Husnul Khotimah* nursing home, giving answer to question 4 is in the category of very bad (managers and families are indifferent to elderly conditions) with the highest value of 51% with moderate criteria in motivation aspects; while out of 45 respondents in *Sabai Nan Aluih* nursing home, giving the answer for question 6 in moderate category (must remember spiritually every day) which having the highest value as much as 51% with moderate criteria in motivation aspects.

Independence aspects include lavatory, taking medicines, conflicts, completing tasks, helping friends, putting things in their place, being happy to be involved in group activities, discussing equating perceptions, and assignments given fairly are categorized into good categories if 68–100%, moderate if 34–67%, and less if 0–33%.

Based on the data from Table 4, out of 35 respondents in *Husnul Khotimah* nursing home, giving the answer for question 8 was in good category (when given the task of discussing and equating perceptions) have the highest value of 80% with good criteria in independence aspects; while out of 45 respondents *Sabai Nan Aluih* nursing home, they are giving answer

**Table 1: The percentage of emotional aspects of elderly between *Husnul Khotimah* nursing home and *Sabai Nan Aluih* nursing home**

Emotional Aspects	Annoyance	Sickness	Happy Activities	Happy to interact	Sad for the family	Talking to others	Fear of dark	Sleeping difficulty	Average
<i>Husnul Khotimah</i> nursing home									
Very good	3%	3%	9%	20%	29%	20%	6%	3%	11%
Good	20%	14%	34%	49%	46%	29%	26%	20%	30%
Moderate	51%	69%	40%	20%	9%	20%	20%	31%	33%
Not good	3%	9%	6%	0%	9%	11%	29%	29%	12%
Very not good	23%	6%	11%	11%	9%	20%	20%	17%	15%
<i>Sabai Nan Aluih</i> nursing home									
Very good	2%	2%	7%	9%	13%	4%	4%	9%	6%
Good	16%	31%	64%	73%	60%	53%	18%	27%	43%
Moderate	49%	33%	13%	13%	18%	13%	20%	31%	24%
Not good	16%	22%	9%	2%	9%	24%	56%	27%	21%
Very not good	18%	11%	7%	2%	0%	4%	2%	7%	6%

**Table 2: The percentage of memory aspects of elderly between Husnul Khotimah nursing home and Sabai Nan Aluih nursing home**

Memory Aspects	Remembering prayers	Remembering eating	Remembering hours	Remembering something	Remembering friends names	Remembering experiences	Remembering children's names	Remembering family names	Remembering years of birth	Remembering of children's birth	Remembering birth of husbands	Remembering births of wives	Remembering those who led to the orphanage	Average
<b>Husnul Khotimah Nursing Home</b>														
Very Good	17%	17%	3%	9%	9%	17%	20%	20%	9%	6%	0%	0%	6%	20%
Good	37%	57%	80%	54%	17%	20%	23%	23%	11%	9%	6%	9%	43%	29%
Moderate	20%	20%	11%	29%	69%	57%	40%	40%	31%	17%	9%	11%	6%	20%
Not Good	17%	3%	3%	9%	6%	3%	11%	11%	6%	6%	20%	17%	11%	11%
Very Not Good	9%	3%	3%	0%	0%	3%	11%	11%	43%	63%	66%	63%	34%	20%
<b>Sabai Nan Aluih Nursing Home</b>														
Very Good	9%	9%	4%	0%	2%	7%	4%	4%	2%	4%	2%	0%	0%	4%
Good	49%	69%	53%	47%	38%	42%	42%	42%	44%	44%	40%	42%	42%	46%
Moderate	22%	20%	33%	42%	51%	36%	29%	29%	20%	16%	22%	27%	22%	29%
Not Good	18%	0%	2%	7%	4%	2%	9%	9%	2%	9%	11%	7%	16%	7%
Very Not Good	2%	2%	7%	4%	4%	13%	16%	16%	31%	27%	24%	24%	20%	14%

question 7 was good category (happy to be involved in activities at the orphanage) with the highest value of 67% with moderate criteria in independence aspects.

## Discussion

The discussion on the psychological condition of the elderly from both nursing homes consists of aspects emotion, memory, motivation, and independence.

### Aspects of emotion

- The study of emotions and the elderly shows a negative emotional response in the elderly who experience decreased cognitive and physical abilities. This often causes the elderly to experience stress due to failure to maintain physiological stress conditions [9].
- According to the Tentama [10], Herawati [11], elderly is expected to increase positive thoughts to continue the next life well. Positive thinking is the ability to judge things from a positive side so that positive thinking will increase if there is the formation of the ability and habit to judge things from a positive side. The elderly who are in the nursing home by still thinking positively to themselves, others and the environment, the elderly will be able to make good adjustments in the home, the elderly can interact well with other elderly people, and do not distance themselves from new associations at the orphanage of elderly [11].
- Based on the researcher's analysis, the emotional level of the elderly in both nursing homes was in the good category because when the elderly felt sick when the manager always reminds the elderly to follow the schedule set by the nursing home such as bath time, eating, doing social activities, and so on. This is due to the fluctuating emotional level of the elderly. Whereas at the Sabai Nan Aluih nursing home the elderly mostly like to act because of their friends to tell stories, both the elderly in one guest house and the elderly at another guest house, who are considered to agree with the elderly to tell stories, complain, joke, and play dominoes for passing togetherness in a nursing home.

### Aspects of memory

- Memory is a mental process that includes coding, storing, and recalling information and knowledge, which are all centered in the brain [12]. External stimuli can be in the form

**Table 3: The percentage of motivation aspects of elderly between *Husnul Khotimah* nursing home and *Sabai Nan Aluih* nursing home**

Motivation Aspects	Health check	Not taking medication	Not needing family visits	Indifference	Reading	Spirituality	Sports	Skills	Watching TV	Average
<i>Husnul Khotimah</i> Nursing Home										
Very Good	14%	9%	17%	6%	9%	9%	11%	3%	9%	10%
Good	26%	20%	9%	9%	26%	40%	23%	20%	20%	21%
Moderate	9%	11%	9%	11%	11%	29%	34%	29%	9%	17%
Not Good	11%	17%	29%	23%	20%	3%	29%	20%	14%	18%
Very Not Good	40%	43%	37%	51%	34%	20%	3%	29%	49%	34%
<i>Sabai Nan Aluih</i> Nursing Home										
Very Good	2%	2%	2%	2%	0%	2%	0%	2%	7%	2%
Good	42%	22%	33%	31%	24%	27%	13%	13%	29%	26%
Moderate	18%	22%	16%	20%	31%	51%	49%	31%	20%	29%
Not Good	27%	42%	33%	27%	9%	4%	16%	7%	9%	19%
Very Not Good	11%	11%	16%	20%	36%	16%	22%	47%	36%	24%

of everyday events, also known as sensorium memory; sensorium memory quickly disappears unless given attention to certain stimuli [13]. There are several stages of memory that are widely embraced, namely, formation, storage and recall of memory. Formation begins with stimuli from within and from outside. Stimulus from within, useful for maintaining basic life. For example, remembering time, thirst, and hunger or something else [14].

- Based on the researcher's analysis, the memory level of the elderly to remember the time or hour either because all activities held in the nursing home of *Husnul Khotimah Pekanbaru* and *Sabai Nan Aluih Pariaman* has been determined, such as breakfast and lunch schedules, sports activities, and predetermined artistic activities. So that, the elderly feel used to the scheduling where the elderly tries to always see the time or hour of the day.

### Aspects of motivation

- Motivation is a condition in a person's personality that encourages individual desire to carry out certain activities to achieve a goal [15]. A person's motivation will manifest a behavior directed at the goal of achieving satisfaction goals. In broad outline, motivation can be divided into intrinsic and extrinsic motivation [16].
- Based on the researcher's analysis of the motivation of the elderly in the two nursing homes in the adequate category, in the *Husnul*

*Khotimah* nursing home, the management and family members feel indifferent to the condition of the elderly because the elderly are rarely visited by their families, including children, grandchildren, and relatives. At the *Sabai Nan Aluih* nursing home, the elderly must remember spirituality every day. Based on the religion of the respondents, the majority of respondents are Muslim, as many as 45 respondents (100%). This is in line with the majority of Indonesia's population who are Muslim [17], [18]. According to the Hawari (2009) in [19] in Islam, there is a mental health dimension in the five pillars of Islam. Spiritual health can exist, both in people who are religious and people who are not religious according to the Fowler 1981 in Kozier [20].

### Aspects of independence

- The results of the study describing the level of independence of the elderly (60–69 years) in fulfilling daily living activities show that the most of the elderly as many as 15 people (72%) are partially dependent, three people (14%) are independent, and three people (14%) are included in total dependence. That most of the elderly at the Tresna Wredha social home are partly dependent in carrying out their life activities. It is hoped that health programs for the elderly can be developed that can increase the independence of the elderly [20], [21].
- Based on the researcher's analysis, the independence of the elderly was in a good

**Table 4: The percentage of independence aspects of elderly between *Husnul Khotimah* nursing home and *Sabai Nan Aluih* nursing home**

Independence Aspects	Lavatory	Taking medicines	Conflicts	Completing tasks	Helping friends	Putting things in the right place	Being happy to be involved	Perceptions	Assignment	Average
<i>Husnul Khotimah</i> Nursing Home										
Very Good	23%	34%	17%	26%	17%	14%	11%	6%	9%	17%
Good	29%	54%	66%	60%	69%	74%	71%	80%	71%	64%
Moderate	6%	3%	11%	14%	6%	6%	14%	6%	9%	8%
Not Good	3%	0%	3%	0%	9%	3%	3%	9%	11%	4%
Very Not Good	40%	9%	3%	0%	0%	3%	0%	0%	0%	6%
<i>Sabai Nan Aluih</i> Nursing Home										
Very Good	18%	20%	9%	9%	7%	9%	2%	4%	4%	9%
Good	56%	51%	51%	64%	51%	64%	67%	64%	58%	59%
Moderate	7%	9%	20%	11%	29%	18%	16%	20%	24%	17%
Not Good	11%	2%	11%	4%	0%	7%	9%	4%	9%	6%
Very Not Good	9%	18%	9%	11%	13%	2%	7%	7%	4%	9%



category when given the task of discussing and equating perceptions. It can be concluded that they are independent and some of the elderly still have a level of independence that depends on the manager in carrying out physical activities such as toilets due to poor health conditions, such as diseases that occur in the elderly in nursing homes, namely, strokes and psychological disorders due to the aging process and other diseases. At the *Sabai Nan Aluih* nursing home, the category is quite happy to be involved in the activities in the nursing home based on the analysis of the elderly researchers who are very happy with the activities held at the nursing home; this can reduce boredom and boredom in being active daily [22].

## Conclusion

The conclusion that can be obtained from this study is the psychological condition of the elderly from the aspects of emotion, memory, good category motivation, good category motivation, and good category independence at the *Husnul Khotimah* nursing home and moderate at the *Sabai Nan Aluih* nursing home. This is because the factors of age and diseases experienced by the elderly such as hypertension, stroke, diabetes, and dementia, which are common in old age, are a decline in brain function experienced by the elderly.

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