FACTORS INFLUENCE ON SELF-INTEGRITY IN ELDERLY

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Abstract

Self-integrity of the elderly showed of the ability to adapt to success and failure in life. It became the reason individual feels meaningful in living the life. On the other hand, despair is the discouregement occurs in the life cycle of the elderly. The purpose of this study to analyze the factors that affect the self-integrity of the elderly. This research was an analytic observational study with cross sectional method. The population and sample of the study were elderly people in Kelurahan Penurunan Kota Bengkulu in 2019 taken through total sampling. The results showed there were factors that affect the self-integrity of the elderly and there was a significant relationship between the factors on self-integrity in the elderly. This study recommends strengthening character and motivational support for the elderly in order to improve their integrity.

Key Words: *Self integrity, ancient period, despair, character*

INTRODUCTION

Old age is defined as a person aged over 60 years or more, who often experiences physical, biological, psychological, social, cognitive and spiritual changes (Ebersol & Hess, 2010). Elderly is an age that has passed the average age of life expectancy. Old age is not a disease, but is an advanced stage of a life process that will be lived by all individuals (Azizah, 2011). Hearn et al, (2011) revealed that increasing knowledge and technology in various fields, especially in the health sector, has an impact on increasing life expectancy or life expectancy, so that the elderly population will also increase.

Based on the United Nation's report (2011), in 2000-2005 the world's Life Expectancy (UHH) was 66.4 years (with the percentage of the 2000 elderly population being 7.74%). According to a report by the Central Statistics Agency (2010) in Azizah (2011), the UHH rate in Indonesia in 2000 was 64.5 years (with the percentage of the elderly population being 7.18%). This UHH rate increased to 69.43 years in 2010 (with a percentage of the elderly population 7.56%), and in 2011 to 69.65 years (with a percentage of the

elderly population 7.58%). This UHH figure is predicted to increase in 2045-2050 to 77.6 years with the percentage of the elderly population also increasing in the world by 25.07%. While in Asia 27.63%, and in Indonesia the percentage of the elderly population is predicted to increase to 28.68% (United Nation, 2011).

Changes in psychological aspects include changes in intellectual function, cognitive function, and changes in the ability to adjust to the aging process (Ebersole & Hess, 2010). Changes in the psychological aspect are also accompanied by changes in social aspects, where there is a change in status and role in society, loss of a life partner, and loss of the support system of family, friends and neighbors (Ebersole and Hess, 2010). Erikson (1963, in Videbeck, 2008), reveals the theory of psychosocial development that Old Age is the eighth stage that occurs at the age of 60 years and over at that age there will be a conflict between integrity and despair (integrity versus despair). Hearn et al, (2011) define Integrity as the state of a person who is able to adapt to the successes and failures in his life so that the individual feels meaningful in living his life, while despair is a state where individuals feel hopeless in the face of changes that occur in the life cycle and history of life.

The results of Pase's research (2018) show an increase in the integrity of the elderly in adapting after being given therapeutic group therapy and family psychoeducation. This is supported by research conducted by Guslinda (2011) which also concludes that therapeutic group therapy in the elderly can improve the ability of the elderly to adapt to change and can improve the self-integrity of the elderly. Older people who do not have good self-integrity will experience despair (desperation) in the face of changes that occur in their life cycle and life history (Hearn et al, 2011). Fortinash (2004) identifies three components of needs that must be done to successfully undergo the aging process or have high self-integrity, namely avoiding disease risk factors, maintaining high cognitive and physical abilities, and increasing engagement with life through social relationships and productive behavior.

The results of the initial study by conducting interviews with 10 elderly people in the Kelurahan Decrease in RT 10, 09, and 08 there are 6 people who have difficulty adjusting to physical decline in the elderly, of the 4 people who have difficulty adjusting there are 2 people who are easily worried about his condition, and 4 people who have difficulty adjusting to

changes in income and regret not preparing to enter life in this old age. The results of interviews with 10 elderly people there are 6 elderly people who are satisfied with what they already have and have, because they have a lot of free time after retirement, feel lucky to be able to do social activities that can benefit others, and some activities that are often done by the elderly. The elderly include participating in social activities such as recitation, social gathering, and posyandu for the elderly. Starting from the background in this introduction, the researcher considers it necessary to conduct research on the analysis of factors that affect the self-integrity of the elderly in the Decreased Village of Bengkulu City Health Center Work Area in 2019.

METHOD
Research Design and Subject
This research is an analytical survey research with a cross-sectional research design, because the variables in the study were observed simultaneously (Nursalam, 2008). The population in this study was 35 elderly people in RW 01 Kelurahan Decrease Work Area of the Bengkulu City Health Center in 2019. Sampling in a study must be able to describe the population or in other words the character to be measured in the sample is the same as the population character (Nursalam, 2008). The sample size in this study is the same as the total population at the time of the research or total sampling, namely all elderly people who are in RW 01 Kelurahan Decrease Work Area of the Bengkulu City Community Health Center.

Instruments and Data Analysis Techniques
Data was collected through a questionnaire carried out from September 25, 2019 to November 14, 2019. All data collected and had met the requirements were then analyzed. The research results are presented in the form of tables and narratives.

RESULTS
Univariate analysis was conducted to determine the frequency distribution of the dependent variable and the independent variable as a variable in the study. The following univariate analysis describes the description of age and gender as well as the frequency distribution of all variables including education, work experience, motivation, income, family support, social support and self-integrity in the elderly. Characteristics of respondents and self-integrity of the elderly based on the results of the analysis can be presented in Table 1 and Table 2 below.

Table 1 Character Distribution of Respondents and Elderly Self-Integrity
in the Village Decrease in the Work Area of the Health Center
Decrease in Kota Bengkulu 2019

Variable	n	%
Age		
Early Elderly	31	88,6
Very Advanced Age	4	11,4
Gender		
Man	13	37,1
Women	22	62,9
Motivation		
No Motivation	6	17,1
There is Motivation	29	82,9
Education		
No school	4	11,4
School	31	88,6
Work experience		
No Work Experience	2	5,7
Have Work Experience	33	94,3
Self Integrity		
Less	8	22,9
Good	27	77,1

Table 2 Relationship of Respondents' Character to Self-Integrity in Old Age in Sub-Districts
Decreased Work Area of Health Centers Decline in Kota Bengkulu in 2019

VARIABEL	INTEGRITAS DIRI				P	OR 95%CI
	Kurang		Baik			
	N	%	N	%		
Age						
Early Old Age	6	19,4	25	80,6	0,170	0,240
Very Old Age	2	50	2	50		
Gender						
Man	3	23,1	10	76,9	0,981	1,020
Woman	5	22,7	27	77,1		
Motivation						
No motivation	4	66,7	2	33,3	0,005	12,500
Motivation	4	13,8	25	86,2		

VARIABLE	SELF INTEGRITY				P	OR 95%CI
	Kurang		Baik			
	N	%	N	%		
Education						
No School	3	75	1	25	0,030	15,600
School	5	16,1	26	83,9		
Work Experiennce						
No work experience	1	50	1	50	0,346	3,714
Work experience	7	21,2	26	78,8		

DISCUSSION

After the analysis, it was found that most of the respondents were of early advanced age, which was 31 people or 88.6%, and more than some of the respondents were female, namely 22 people or 62.9%. Distribution of respondents based on education, mostly 31 (88.6%) respondents attended school. Distribution of respondents based on work experience, almost all respondents, namely 33 (94.3%) respondents had work experience. The distribution of respondents is based on their own integrity, most of the respondents have good self-integrity, namely there are 27 (77.1%) respondents with good self-integrity. Analysis of factors that influence self-integrity in the elderly in the Kelurahan Decrease in the working area of the Puskesmas Decrease in Bengkulu City in 2019.

Based on the chi square statistical test in Table 2, it shows that age, gender and work experience have no effect on self-integrity in the elderly in the Decreased Work Area of the Bengkulu City Health Center in 2019 with a p value > 0.05. This means that statistically there is no relationship between these variables and self-integrity in the Elderly in the Decreased Village, the Work Area of the Decreased Health Center in Bengkulu City. There are two influencing factors, namely motivational factors and educational factors, which significantly affect the self-integrity of the elderly with p < 0.05.

CONCLUSIONS AND SUGGESTIONS

Based on the results of research and discussion, it is concluded that there are several factors that influence self-integrity in the elderly and there is a significant relationship between these factors on self-integrity in the elderly. This study recommends strengthening character and motivational support for the elderly in order to improve their integrity.

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