



## Phenomenological study of the psychological condition of the elderly living in the inakaka nursing home in preparing for death

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### ABSTRACT

Increasing age will have an impact on the overall health condition of the elderly, including psychological conditions. The era of modernization has had an impact on shifting family values so that families with elderly prefer to leave their elderly in nursing homes, as a result it will have an impact on their psychological condition and will also affect their physical health condition. This study aims to obtain an overview of the psychological condition of the elderly living in the Inakaka Wredha Nursing Home. The research design uses a qualitative research design with a phenomenological approach through in-depth interview techniques. Data were analyzed by applying Miles and Huberman's technique. There were 7 elderly informants selected by purposive sampling. The results obtained in this study are some of the results of the theme analysis, namely (1) the feeling of the elderly is quite good (2) there is a difference in perception if the elderly are not visited by their families (3) the elderly are ready to accept when death comes to pick them up (4) generally the elderly choose to remain silent when faced with a problem. the psychological condition of the elderly living in the Inakaka Maluku nursing home is generally good, if not visited by family, the elderly have different feelings, good spirituality makes the elderly ready to face death, and generally the elderly let problems occur and prefer to get closer to the creator .

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### Introduction

The elderly population worldwide is estimated to have reached more than 629 million people and by 2025, it is estimated that the number of elderly people will reach 1.2 billion (Nugroho, 2008). Kinsella and Taeuber (cited in Maryam et al, 2008) explain, in the period 1990 - 2025, Indonesia is a country with the largest population of elderly people classified as the fastest in the world, with a total growth of around 414 percent. In 2010 it is estimated that the number of elderly people in Indonesia has reached 19.3 million people and will jump to 33 million people in 2020 with a life expectancy of approximately 70 years.

Elderly (elderly) is the final stage of human life which is considered as someone who has experienced various declines in the function of life. The process of aging in the course of human life is an event that will be experienced by all people who are blessed with longevity and take place continuously (Nugroho, 2008). According to the World Health Organization (WHO) (2010) elderly is someone who has reached the age of 60 years. Physiologically, the elderly will experience a decrease in physical/biological conditions, psychological conditions, and changes in social conditions. One of the characteristics of this phase is that old age usually contemplates the essence of life more intensively and tries to get closer to God. Besides that, In general, it has been identified that the elderly generally experience various symptoms due to a decrease in biological, psychological, social and economic functions. These changes will affect all aspects of life, including health (Tamher & Noorkasiani, 2009).

Life expectancy for Indonesians is increasing from year to year, this is largely influenced by increasing advances in medical technology and improving health conditions. Increasing life expectancy makes the elderly more vulnerable to various disorders of bodily functions which in turn will have an impact on the occurrence of various diseases in the elderly, which also contributes to the psychological conditions of the elderly, such as depression, anxiety, stress, apathy, and various psychological disorders. other. The decline in physical and psychological conditions that occur in the elderly makes the elderly often withdraw from association with their surroundings and focus more on relationships with other family members who are the main source of social support for the elderly.

The development of today's modernization era has had the impact of shifting social values in society, namely the tendency for social values to emerge which can result in a decrease in respect and respect for the elderly, this is clearly seen in industrial and urban societies so that the elderly feel left out in social life. Even though a child is required to respect, encourage, and make the elderly still feel valued as parents. So that he still feels cared for, valued, and loved.

In the span of human life will pass through several stages of development, starting from birth, infancy, childhood, adolescence, adulthood, old age and ends with the arrival of death. Physical or mental illness and infirmity, life-threatening illness, loss of loved ones, loss of material resources, loss of autonomy, loss of roles, loneliness, isolation, boredom, and anxiety over death can occur at any stage of life. The elderly are also often stereotyped as having excessive worries about threats and loss of life associated with aging.

Adelina's research (2007) on the relationship between spiritual intelligence and readiness for death in the elderly shows that the elderly who have high spiritual intelligence face death by appreciating their time and filling in activities that are beneficial to themselves, others and nature. Elderly with high spiritual intelligence do not feel anxious and ready to face death.

Research from Kurniawati (2009) on anxiety in the elderly in the face of death in terms of the personality type of the elderly shows that the elderly with the integrated personality type feel symptoms of anxiety in the face of death, namely palpitations, cold sweats, and nervousness. While in the elderly with disintegrated personality types, the elderly experience anxiety in the face of death and are shown through negative traits, including by isolating themselves, being alone, avoiding social contact. These two studies show that there are differences in the response of each elderly in dealing with death.

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The reaction to the high demands of life makes everyone work as if they are pressed for time so they are preoccupied with their own affairs, this makes the presence of the elderly often seen as a burden that always causes problems. For children who have left their parents in a nursing home, they feel they have reduced the burden, because there is already someone to take care of the parents who have been placed in their care. But actually there is a negative side to the behavior of leaving the elderly in a nursing home, which is that it will damage the emotional relationship with the child (Suaramerdeka.com, 2006). Parents will feel isolated and feel wasted from the family.

Hamid (2008), the psychological aspects that are often disturbed by the elderly are anxiety, severe stress and depression which can indirectly interfere with physical health which adversely affects emotional stability. In the elderly, psychological problems mainly arise when the elderly cannot find a way out of the problems they face as a result of the aging process. The feeling of being left out, of not being needed anymore, of not being sincere in accepting new realities such as a disease that does not go away, the death of a partner, is a small part of the overall feeling of discomfort that must be faced by the elderly. When the elderly are separated from their families, the attention expected from the family begins to decrease.

Widiyaningsih (2010) in his research on 89 elderly living in the Dharma Bhakti Nursing Home in Surakarta entitled Factors Associated with Anxiety in the Elderly at the Wredha Home states, if the elderly are given a choice between living in a nursing home or with their families, then the elderly choose to live with his family, but for reasons not wanting to bother and burden their families, the elderly finally accepted the decision to be placed in a nursing home. The impact of this decision makes the elderly always think about their children and grandchildren at home, even though they are preoccupied with scheduled activities every day. This makes the elderly often feel anxious, sleep deprived, and sometimes have nightmares about the family situation at home. These things are some of the early symptoms of anxiety in the elderly, and if this continues they will easily feel tired, unenthusiastic, depressed, sad and unhappy.

Based on the description above, it made researchers interested in conducting research on the Psychological Conditions of the Elderly Living in the Inakaka Nursing Home, Maluku.

### **method**

This study uses a qualitative research method with a phenomenological approach. Qualitative research can reconstruct reality and understand its meaning, so it pays close attention to processes, events, and authenticity (Wood & Haber, 2006). This qualitative research uses a phenomenological design. Wood and Haber (2006) say that phenomenological design places more emphasis on exploring the meaning and meaning of one's experience individually. This research was conducted at the Tresna Werdha Social Institution (PSTW) Khusnul Khotimah Pekanbaru. The population in this study were all elderly people who met the inclusion criteria who lived at UPT PSTW Khusnul Khotimah as many as 77 people. The selection of participants in this qualitative study used a purposive sampling method. The number of participants in this study were 4 elderly people who were selected by taking into account the principle of data saturation. Data was collected using in-depth interviews, which is a way of collecting data with the aim of establishing a complete picture of the topic under study (Moleong, 2007). The tool used to collect data is an interview guide. The interview guide used is an interview guide. The procedure for collecting data in this study was the first time the researcher checked the medical records of potential participants, conducted a Mini Mental State Examination (MMSE) study on prospective participants and built a trust relationship with participants by helping participants carry out activities at the orphanage. The researcher approached the participants alternately. At the interview stage, the researcher previously contracted the time, place, and topic of the interview. The choice of place or location for the interview was adjusted to the wishes of the participants in order to achieve the convenience of the participants in answering the researcher's questions. Then the researcher conducted interviews using an interview guide to direct participants in answering questions, then recorded using

a recorder. The length of the interview was conducted within 40-60 minutes. The researcher also made field notes to support the data found during the interview process. Researchers make continuous observations and triangulate data to validate the data that has been obtained. Make verbatim transcripts by listening back to the recordings and completing them with field notes made during the interview.

## **Results And Discussions**

### **Research results**

From the results of the interviews, the researcher then made verbatim, grouped keywords to produce categories, then categories were grouped into sub-themes. The results of the analysis of the verbatim and fieldnotes of the four participants, the researcher obtained 5 main themes, namely, self-concept, perceptions of death, factors that influence perception, preparation for death, and the expected process of dealing with death.

This theme emerges from the sub-theme of the elderly's view of death which is translated into positive and negative perceptions. Death is the final termination of life and the cessation of all vital bodily functions (Eliopoulos, 2005). The view of the elderly about the concept of life and death plays an important role in the readiness of the elderly to face death and this readiness can affect the achievement of optimum aging. Three out of four respondents expressed a positive perception of death. The three respondents revealed that death is something natural, that must be lived and something that has been determined by God. These three respondents also showed a positive perception of their current life by accepting their current life. According to Papalia (2002) Those who succeed in achieving wisdom can make them accept what has been done in their lives and it is hoped that the elderly will be ready to face death. Elderly who are ready to face death have overcome their anxiety and fear of death, they are aware that death will surely come to the living (Backer, 1982).

One other participant revealed that death is something scary, participants experience fear and anxiety in looking at the death they will go through. This is also in accordance with research conducted by Cicirelli (2003) which states that some elderly people in the age range of 75-84, both women and men, show fear of death. According to Zohar and Marshall (2005) the fear of death arises because there is no perspective, the inability of a person to place death into a broader framework of meaning and value, besides failing to understand and appreciate life. Fear in the face of death is caused by anticipation of the stage of life, namely death.

### **Discussion**

This theme emerges from the elderly's acceptance of their current self. The results of this study found that 3 participants showed acceptance of their current self and one other participant had not shown self-acceptance which the researchers translated into positive and negative self-concept categories. According to research conducted by Sari (2002) states that the essence of self-acceptance in elderly individuals is that individuals are able to accept their strengths and weaknesses, and want to live with these circumstances. From the results of the interviews, the researcher then made verbatim, grouped keywords to produce categories, then categories were grouped into sub-themes. The results of the analysis of verbatim and fieldnotes from the four participants, the researcher found 5 main themes, namely, self-concept,

The results of this study are supported by the research of Fortner, Barry, Neimeyer, and Robert (2012) which states that low ego integrity, problematic physical and psychological conditions are related to the anxiety level of the elderly in facing death. This theme arises from the sub-themes of functional factors and personal factors that influence the perception of death in the elderly. According to Rakhmat, Krech and Crutchfield (1977 in Sobur, 2005) functional factors are factors that result from needs, excitement (mood), service, and past experiences of an individual and personal factors are factors that consist of experience, motivation and individual personality. .

Three out of four participants showed a positive self-concept by feeling proud of their current life, feeling calmer, and grateful for their current life. Perception according to Fieldman (1999) is a constructive process in which we receive existing stimuli and try to understand the situation. The results of this study found that the elderly who accept themselves positively are ready to face death. This is supported by Hurlock (2007) that the characteristics of the elderly who are ready to face death are accepting their own condition which is different from the previous period.

One in four other participants showed perceptions negatively towards his current life by expressing that he is having a hard time compared to his previous life. Research result This is supported by the theory which states that in the absence of the feeling that he has enjoyed a good life, the elderly are at risk of being preoccupied with feelings of regret or despair. Two of the four participants indicated that their perception of death was spiritually influenced, which was shown by the statements of the participants who stated that their faith and awareness that they would definitely return to God made them accept the coming death. The results of this study are in accordance with the results of research conducted by Snessby, Satchel, and Good (2011) which stated that the elderly have a strong belief in God who will give them courage when dealing with death and pain.

One other participant indicated that the factors influencing his perception of death were influenced by family support. Family support influences the participant's perception of who he wants to be beside him when he is about to die. The results of this study are in accordance with research conducted by Hattori, et al (2005) which states that family factors influence the place of death and who the elderly want to be beside them when they are about to die.

The results of this study also showed that one in four other participants indicated that personal experience was a factor influencing how the condition the elderly wanted in dealing with their death. The participants in this study indicated that they had experience of seeing the condition of other elderly people who were facing the dying process in bad conditions and they did not want to experience such a thing. The results of this study are supported by Hattori, et al (2005) which states that personal experience influences how the conditions desired by the elderly when facing death. The elderly want to face death and a short period and with little pain where the elderly have the experience of seeing the elderly who have been lying for a long time without being able to communicate with their families.

This theme emerges from the sub-theme of spiritual preparation for death. the four participants showed that they made spiritual preparations in facing death by worshiping and surrendering to God. This is in line with research conducted by Camile and Claibourne (2002) entitled "Thanatologic Realization And Life Integration: A Study Of The Dying Experience And How People Prepare For Death" which states that spiritual preparation is a high priority in the process of dealing with death. The results of the study in this study were also supported by other research conducted by Adelina (2007) which stated that there was a relationship between spiritual intelligence and the readiness of the elderly to face death.

This theme emerges from several sub-themes, namely the conditions expected in facing death, the expected place in facing death, and who is expected to be in facing death. Four research participants revealed that the conditions they hoped for in facing death were not protracted, husnul khotimah and surrender.

The results of this study are supported by research conducted by Hansdottir and Halldorsdottir (2008) which states that the elderly want to die naturally, in peace and with dignity. One of the four participants said that they wanted to face death at home, one other participant wanted to face death at the orphanage, and one other participant admitted that they wanted to face death anywhere. Two participants mentioned that they needed family support during the dying process and two other elderly participants said they wanted to face death alone. This is supported by Lee's research (2009) which revealed that the elderly in America wished they would die in their homes.

Other research also states that the elderly want to go through the stages of death easily without suffering, avoid dependence and avoid lying in bed for a long time. The elderly want to face death in

their own homes, hospitals, nursing homes, and other elderly people are resigned to die anywhere. Elderly people want to be with family members in facing death or someone who wants to listen to their story before death picks up, but there are also elderly people who want to die alone.

### Conclusion And Implication

Based on data obtained from four participants who are elderly who live in PSTW Khusnul Khotimah, the results of this study are divided into 5 themes, namely: self-concept, perceptions of death, factors that influence perception, preparation for death, and the process expected in facing death. The elderly self-concept of their current self and the elderly's perception of the meaning of death are interpreted as positive and negative perceptions. Factors that affect the perception of the elderly about death are influenced by three aspects, namely: spiritual, family support, and personal experience. The preparations made by the elderly in preparing themselves for death are spiritual preparations, namely by worshiping God. The process expected by the elderly in facing death is divided into 3 sub-themes, namely the conditions expected in the process of facing death, the expected place in the process of facing death, and the support needed in the process of facing death. Most of the elderly want to face death with a fast process, khusnul khotimah and other elderly people surrender to wanting to die under any circumstances. Most of the elderly want to face death at PSTW, at home, and other elderly people are resigned to wanting to get family support in the process of dealing with death, but there is one elderly person who wants to face death alone. Most of the elderly want to face death with a fast process, khusnul khotimah and other elderly people surrender to wanting to die under any circumstances. Most of the elderly want to face death at PSTW, at home, and other elderly people are resigned to wanting to get family support in the process of dealing with death, but there is one elderly person who wants to face death alone. Most of the elderly want to face death with a fast process, khusnul khotimah and other elderly people surrender to wanting to die under any circumstances. Most of the elderly want to face death at PSTW, at home, and other elderly people are resigned to wanting to get family support in the process of dealing with death, but there is one elderly person who wants to face death alone.

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