

## Mental Health Characteristics of the Elderly in Tegal City

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### ABSTRACT

The number of elderly people in Indonesia is estimated to increase to 27.08 million in 2020 and will continue to increase to 48.19 million in 2030 and will become 48.19 million in 2040.year2035. Many studies have shown that mental health is the most important factor affecting the lives of the elderly. To find out the factors related to mental health in the elderly in Panggung Village, Tegal Timur District, Tegal City. The instrument used in this study is the WHOQOL-BREF (World Health Organization Quality Of Life-BREF) quality of life instrument which is a development of the WHOQOL-100 instrument. The analysis used the chi square test with a significance level of 95%. Based on the results of this study, it was found that there was no relationship between gender, education, occupation, socio-economics with mental health in the elderly and there was a relationship between physical and environmental conditions with mental health in the elderly.

**Keywords:** Health, Mental, Elderly

### INTRODUCTION

According to WHO, mental health is defined as a state of well-being of an individual who is aware of his/her own abilities, can cope with normal life pressures, can work productively and is able to contribute to his/her community. A healthy mental state in each individual cannot be generalized, this condition is very important for the discussion of mental health which leads to how to provide support to oneself, others, family, and community to be able to find, maintain, and optimize their mental health in facing everyday life.

Based on research in 2019, mental health is an individual's ability to respond to their environment, this is influenced by internal and external factors, namely biological, psychological, environmental and socio-cultural. Mental health is greatly influenced by these factors, because these factors are interdependent where the four factors are interconnected and dependence plays a significant role in creating mental health. Internal factors are biological and psychological factors, while external factors are environmental and socio-cultural.

The comparison of the population of Indonesia in 2015-2045 shows the issue of aging. Therefore,

Indonesia faces serious challenges for this phenomenon. One of them is how to maintain the lives of the elderly, especially those related to their welfare. Long life does not necessarily mean healthy. The number of elderly in 2014 was 25.05%, meaning that for 100 elderly there were 25 patients. Based on the results of the 2016 Susenas survey, the number of elderly in Indonesia reached 22.4 million people or 8.69% of the population. In 2020, the number of elderly is estimated to reach 28,822,879 (11.34%). Meanwhile, the forecast results show that in 2045 the number of elderly will increase to around 19.8%, which is a challenge for all of us.

The increase in the elderly population in Indonesia is increasing day by day. Based on data released by the Ministry of Health, the elderly population aged 60 years and over was 23.66 people in 2017. The number of elderly people is 9.03% of the population in Indonesia. It is estimated that the number of elderly people in Indonesia will increase to 27.08 million in 2020 and will continue to increase to 48.19 million in 2030 and will be 48.19 million in 2035.

Based on the results of the Population Census by the Central Statistics Agency, the projected number of male residents in Central Java is 572,892 people, while the number of female residents is 594,509 people. The age group 60-64 years old is 58,296 people, with 27,864 men and 30,432 women. The age group over 65 years old is 129,845 people, with 58,037 men and 71,808 women. Many studies have shown that mental health is the most important factor affecting the life of the elderly. Elderly people who have the mental ability to accept their condition and enjoy life and old age have a better life compared to elderly people who do not have this ability. Mental health problems can have a significant impact on the elderly and among other things can reduce the ability of the elderly to carry out daily activities, reduce the independence and quality of life of the elderly. Therefore, making changes to prepare for aging is very important for the survival of the elderly. The existence of care and a family environment that accepts the presence of the elderly will make a positive contribution to the social and emotional development of the elderly and the life of the elderly.

According to several studies, the socio-economic level of a family is also one of the factors that determine a person's mental health, the higher the family's economic resources will support the stability and happiness of the family. If the economic status is at a very low level so that basic needs cannot be met, it will cause conflict in the family that can cause mental health disorders. In old age, having a bad environment can affect mental health. The environmental aspects that are assessed are security in life, facilities and infrastructure, ownership of money, access to

information, recreation, satisfaction with housing, access to health services, and transportation.

Tegal City is an aging society city or has an elderly population. This means that the number of elderly people or seniors reaches more than 7% of the total population. This fact makes the elderly in Tegal City face a number of challenges and opportunities in living their lives. Based on BPS population projections, in 2019 in Tegal City the number of elderly people or people over 60 years old was 26,037 people, around 10.42%.

According to the population of Tegal City in 2020, it was 289,221 people consisting of 70,723 people domiciled in West Tegal District, 85,853 people in West Tegal Regency domiciled in East Tegal, 70,246 people domiciled in South Tegal District and 62,399 people domiciled in Margadana District. The population of Tegal is 7,336 people/km<sup>2</sup>. The highest population is in East Tegal Regency, reaching 11,854 people/km<sup>2</sup>. Panggung Village is the Village with the largest number of RT and RW, namely 143 RT and 14 RW. Based on data from Panggung Village, the number of elderly people in Panggung Village in 2021 was 1477 people, of which 686 were male, 791 were female, while the number of elderly people in 2022 was 1499 people, of which 698 were male and 801 were female. Knowing the factors related to mental health in the elderly in Panggung Village, East Tegal District, Tegal City.

## **METHOD**

The type of observational research with a cross-sectional approach with the research instrument using WHOQOL-BREF. Location in Panggung Village, Tegal Timur District, Tegal City. The sampling technique used in this study was proportional random sampling. The sampling technique in this study used the Slovin formula, with the final number of samples being 316 respondents. analysis using the chi square test.

## **RESULTS**

The results of the univariate analysis of gender distribution showed that the majority were women, 198 respondents (62.7%), secondary education (junior high school-high school) as many as 194 respondents (61.4), unemployed/housewife/retired as many as 167 respondents (52.8%), low physical condition 220 respondents (69.6%), moderate socio-economic 153 respondents (50.0%), low environmental conditions 183 respondents (57.9%), nuclear family support 170 respondents (53.8%), moderate mental health 247 respondents (78.2%).

In the bivariate analysis conducted on 316 respondents, it was found that the variable gender with mental health in the elderly obtained a calculated  $\chi^2$  value of  $0.941 < \chi^2$  table  $0.9587$ . This value means that  $H_0$  is accepted and  $H_a$  is rejected, so there is no relationship between gender and mental health in the elderly. In the Chi Square test conducted on the variable education with mental health in the elderly, the calculated  $\chi^2$  value was  $0.657 < \chi^2$  table  $0.6736$ , meaning  $H_0$  is accepted and  $H_a$  is rejected, so there is no relationship between education and mental health. While in the Chi Square test analysis conducted on the variable employment with mental health, the calculated  $\chi^2$  value was  $0.371 < \chi^2$  table  $0.6736$ , so this value means that  $H_0$  is accepted and  $H_a$  is rejected, so there is no relationship between employment and mental health in the elderly. After that, the Chi Square test was conducted on the socio-economic variables with mental health, the calculated  $\chi^2$  value was  $0.375 < \chi^2$  table  $0.6736$ . This value means that  $H_0$  is accepted and  $H_a$  is rejected, so there is no relationship between socio-economic and mental health in the elderly. After conducting the Chi Square test between family support and mental health, the  $\chi^2$  count value is  $0.360 < \chi^2$  table  $0.5987$ . This means that  $H_0$  is accepted and  $H_a$  is rejected, so there is no relationship between Family Support and Mental Health.

In further analysis, after conducting the Chi Square test between the variables of physical condition and mental health in the elderly, the calculated  $\chi^2$  value was obtained  $0.866 > \chi^2$  table  $0.5987$ . This value means that  $H_0$  is rejected and  $H_a$  is accepted, so there is a relationship between physical condition and mental health in the elderly. After conducting the Chi Square test between the environment and mental health, the calculated  $\chi^2$  value was obtained  $0.919 > \chi^2$  table  $0.6736$ . This means that  $H_0$  is rejected and  $H_a$  is accepted, so there is a relationship between the environment and mental health in the elderly.

## **DISCUSSION**

Based on the results of this study, it was found that gender has no relationship with mental health. This is in line with Nair's research (2021) Anatomically, men, with increasing age, show a greater reduction in volume in the frontal lobe. In contrast, women tend to have a marked reduction in the volume of the hippocampus and parietal lobes leading to greater memory deficits. In general, women are better at verbal fluency and perceptual speed tasks, while men have better visuospatial and mathematical reasoning skills. However, these findings are inconsistent and are strongly influenced by education and exposure to various literary and cultural activities. Regarding

emotions, women experience more negative emotions such as nervousness, guilt, and hostility in old age compared to men. However, emotion regulation strategies among the elderly seem to show gender differences, because based on the results in general women are suppressed even though the treatment between the two genders is maladaptive, so that the results appear to be the same between men and women<sup>20</sup>. This is in line with the results of a study on forms of emotion in 37 countries that found no differences between Woman and men, in all countries it was found that men and women reported having equally strong emotions. From the results of this study it can be seen that men or women both have feelings of emotion and there is no significant difference between men's and women's emotions. The differences between men and women are caused by sex and gender is rooted in genetics, anatomy and physiology<sup>12</sup>. Ideally, studies stratified by group should examine multiple factors that indicate possible differences between groups, and at the same time, may contribute variance to gender differences over time.

Based on The results of this study showed that education has no significant relationship with mental health in the elderly. According to Xu, et al. (2023) education affects mental health gradually will diversify with the development of the life course so that in the elderly education no longer makes a major contribution to mental health. In addition, health-related lifestyle, economic level, and cognitive level, education also affects the mental health sample of the elderly through other factors, which may include food nutrition, sleep quality, social support, and health and pension insurance. In addition, no significant differences were observed in the effect of education variables on the mental health of middle-aged and elderly people due to life course. However, several studies have shown that the effect of education on mental health differs significantly between young and elderly people, indicating that the cumulative advantage of education variables on mental health is mainly felt at around 45 years of age, and the advantage then gradually weakens with age. The reason is the history of primary knowledge that is still strong during youth which has the greatest influence on mental health, after entering old age, the reserve of knowledge in middle age and old age is relatively stable, so that its influence on mental health will not change significantly and will not have an impact on mental state in old age<sup>23</sup>. This is in line with Notoatmodjo's opinion that a person's knowledge is not simply obtained from the level of education, but there are several factors that can influence a person to have a high level of knowledge<sup>13</sup>. Agree with Supraba who stated that this educational situation follows the education pattern of the elderly in Indonesia, which is generally around 71.2% have not known formal education, so that the elderly have been able to

adjust themselves since long ago with their level of education so that it does not affect their mood, feelings and life expectancy, so that it does not affect the mental health of the elderly<sup>14</sup>.

Based on the results of this study, it was found that work has no significant relationship with mental health in the elderly. This is in line with the opinion of Fard, et al. who stated that there is no significant relationship between work and mental well-being in the elderly. Mental well-being refers to a person's personal evaluation and understanding of their quality of life. It seems that as we age, it is important to pay attention to mental well-being and its dimensions, as well as its relationship to important life events in old age. Mental health and well-being problems may affect the elderly more than others. Therefore, one of the most appropriate ways to reduce aging-related problems is to increase the sense of mental well-being among today's vulnerable communities<sup>21</sup>. The results of Mirna's study (2015) which stated that having a job or not having a job has no relationship with mental health. Because the mental health experienced by a person will depend on how the person deals with the conditions that cause it, thus the reaction varies greatly from one person to another. If they cannot overcome mental health, both those who work and those who do not work can experience mental health disorders<sup>15</sup>.

Based on the results of this study, it was found that socio-economics has no significant relationship with mental health in the elderly. This is in accordance with the study, According to Sukma Widiyana (2023) the socio-economic conditions and mental health of a person are indeed different. Some people's socio-economic conditions are fulfilled, but their mental health is low, some people's socio-economic conditions are lacking but their mental health is good, or even some people's socio-economic conditions and mental health are both good but are not satisfied with the life they are living now which has an impact on mental health. So that socio-economics is not one of the factors that causes mental health problems, maybe it could be from themselves how to respond to their socio-economics<sup>17</sup>. According to Habil, there is no relationship between socio-economics and mental health because the elderly are declared unable to help their families in meeting urgent economic needs and cannot meet their self-actualization needs in working. Even though the financial condition of the family caring for the elderly is minimal, the elderly are not allowed to work anymore<sup>22</sup>.

Based on the results of this study, it was found that family support has no significant relationship with mental health in the elderly. This is in line with the results of a study by Khasanah, (2019) on 72 respondents, that there was no relationship between family support and mental health in the

elderly. Researchers assume that poor family support but the elderly have good mental health can be caused by a friendly environment where the elderly live. A friendly environment that can accept the elderly, and how the elderly are able to adjust to the setbacks they experience can affect the mental health of the elderly<sup>19</sup>.

Based on the results of this study, it was found that the environment has a significant relationship with mental health in the elderly. This is in line with the results of research stating that the environment has a special role in the survival of all living things on earth, the quality of the environment certainly affects the quality of living things in it<sup>18</sup>. The good and bad environment is a reflection of ourselves, the environment does have a lot of influence on mental health which is very sensitive and can be influenced by something that happens in everyday life that makes us have to always adapt. According to Chen, the residential environment is significantly related to symptoms of depression. The results of our study indicate that multidimensional assessment in the residential environment can be an effective way to develop intervention strategies for depressive symptoms among the elderly<sup>23</sup>.

Based on the results of this study, it was found that physical conditions have a significant relationship with mental health in the elderly. This result is in line with the results of research that found that those who have chronic physical problems, such as psoriasis and diabetes, their symptoms can worsen due to mental health problems and stress. So it can be concluded that physical conditions can trigger mental health, and vice versa. Although physical conditions and mental health are often treated separately, the differences between the two are actually not as far apart as we think <sup>16</sup>.

## **CONCLUSION**

The results of the bivariate analysis showed no relationship between gender, education, employment, socioeconomics, and family support with mental health in the elderly. And there is a relationship between physical conditions, environment with mental health in the elderly.

Mental health promotion and prevention strategies for older people focus on supporting healthy aging process. This means creating physical and social environments that support well-being and enable older people to do what is important to them, despite their declining capacities.

Prompt recognition and treatment of mental health and psychological conditions in older adults is essential. This should follow standards integrated care for community-based care that focuses on

long-term care for older adults living with mental health conditions and physical impairment, as well as education, training, and support for older adults. A mix of mental health interventions is usually recommended, alongside other support to address the health, personal care, and social needs of the individual depending on the circumstances of the older adult. Support systems from various parties are one solution in overcoming mental health problems in older adults.

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