

PHENOMENOLOGY STUDY: COPING MECHANISM OF OLDER ADULTS SUBMITTED BY THE FAMILY TO HOME NURSING ELDERLY

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ABSTRACT

The older adults receive a variety of changes that occur and able to adapt to its limitations, wiser to respond to the process of life experienced. On the contrary if it fails to pass this stage elderly people are experiencing stressful conditions, a sense of rejection, Angry and despair of the reality he faces. This condition make the older adults need to have a coping mechanism to avoid psychological problems. This research aims to exproposing the mechanism of coping with the elderly submitted by the family to the Orphanage. This phenomenology study applied an in-depth interview and involving ten older adults were selected through snowball sampling techniques. Through analysis methods by Collaizi, produces five themes. These themes undergo psychological changes, older adults response while in home nursing elderly sosial service tresna werdha, the view of the elderly while in pantti Werdha, adaptive coping used by the older adults when the family brought them to the Werdha orphanage, older adults hope for families who have brought the elderly to the orphanage. These findings strengthen the justification for involve psycho-social aspects of geriatric nursing

Keywords: coping mechanism, older adults, home nursing elderly

1.INTRODUCTION

Elderly are the final stage of the human life cycle and it is part of the life process that cannot be avoided and will be experienced by every individual (Prasetya, 2010). The elderly accept the various changes that have occurred sincerely, are able to adapt to their limitations, become wiser in responding to the life processes they experience. On the other hand they fail, they will pass this stage with despair, the elderly experience conditions full of stress, a sense of rejection, anger and despair about the reality they face (Setiati, 2012). Behaviors that generally occur in the elderly, either individually or in groups, are getting closer to God Almighty, accepting circumstances, having regular relationships with family and others, moderate exercise every day, choosing appropriate food, stopping smoking, taking medication according to the rules. doctors or other health workers, develop hobbies / interests according to ability, maintain and are passionate about sex life, and check their health regularly (Siti Maryam et al, 2008). Not all elderly people can accept, adjust to the severity of the life stressors they face. Stressors for one person are not necessarily stressors for others, while some who cannot adjust and consider life stressors to be experienced are heavy burdens, and will disrupt life and tend to lead to depression and mental disorders (Purwanto, 1998).

According to Al Nasis & Al Hadad (1999), the percentage of the elderly who live in an institution tends to experience stress than those who live at home. Nurleli & Istiodonna (2004), the elderly who live in the nursing home experience mild depression as much as 54.41%, where stress has a very close relationship to the occurrence of depression and Watson (2003) says that some of the elderly who live in the orphanage are the result of family rejection of themselves so that it makes the elderly even more stressed out in the home. Based on previous research, it can be concluded that the elderly who live in the Wherda Home experience stress, depression.

Nasir and Muhith (2011) say that coping strategies are the determination of a person's style or certain characteristics of a person in solving a problem based

on the demands faced. Coping mechanisms are all efforts directed at managing stress which can be constructive or destructive (Stuart, 2016). Coping is all cognitive and behavioral efforts to cope with, reduce, and be resistant to demands (Nasir & Muhith, 2011). Various efforts have been made by government agencies, health professional prana, and in collaboration with the private sector and the community to reduce morbidity and mortality (mortality) in the elderly. Social health services, employment, and others have been carried out at various levels, namely at the level of the elderly individual, the Tresna Wreda Social Institution (PSTW), Tresna Wherda (STW) facilities, first-level (secondary) referral level health service facilities and advanced level health service facilities (tertiary) to overcome problems that occur in the elderly (Siti Maryam et al, 2008).

The facilities and infrastructure used to provide services to the elderly by various government and private agencies as well as community organizations, professional organizations and foundations such as the Tresna Wherda Panti. Tresna Werdha Social Institution (PSTW) Khusnul Khotimah Pekanbaru is one of the elderly orphanages in Riau Province, which is located in the middle of Pekanbaru city, managed directly by the local government, namely the Riau Province Social Service. PSTW accommodates elderly from 12 districts / cities, data from the Head of UPT PSTW Khusnul Khotimah Riau Province Social Service found that 86 people live in PSTW including 37 elderly men and 49 elderly women, generally the elderly who live in the Wherdha Home are handed over by family. The elderly who live in nursing homes will experience changes to the environment and new friends which require the elderly to adapt positively or negatively. Differences in residence can lead to differences in the physical, social, cultural, economic, psychological and spiritual environments of the elderly which can affect the health status of the elderly people who live there. The problem that underlies the health status of the elderly is the environment in which they live. Differences in where the

elderly live causes differences in health services obtained by the elderly (Ekawati, 2014).

The elderly who live in the Wherdha Home will experience various psychological problems that need to be considered by nurses, families and other health workers, from the data from the Head of UPT PSTW Khusnul Khotimah it was found that 15.1% were found to be elderly with psychological problems such as: understanding, social isolation, hallucinations and schizophrenia. Early problem solving will help the elderly in implementing these problem-solving strategies and in adapting to their daily activities (Kartinah, 2014). Based on the description above, the researcher is interested in conducting research with the title Phenomenological study: coping mechanisms for the elderly who are handed over by their families to the Nursing Home.

2.METHODOLOGY

This type of research is qualitative research with a phenomenological approach. Taking participants in this study was carried out using the snowball technique, which means that data collection is carried out in a chain from one participant to another, the next potential participant is selected based on information, appointed or proposed by previous participants who have been interviewed, thus providing the necessary data (Afiyanti, 2014). Researchers give questions to participants in accordance with the interview guidelines that have been made during preparation, questions can develop according to participants' answers. After the interview was completed, the researcher immediately transcribed the interview (Saryono & Anggraeni, 2010).

3.RESULTS

Characteristics of Participants

Participants age above 60 years. On average, the participants lived in the institution for more than 5 years. Most of the participants came to the orphanage of their own accord for various reasons. Here are the participants' expressions:

"Come alone" (P1).

"Grandma has no children and has nothing" (P2).

"Living alone, don't have children" (P3).

"Living at home alone" (P4).

Analysis of Themes: Data analysis using the Colaizzi method resulted in five themes. The theme is experiencing psychological changes such as:

"Coming in here is very sad, the family's inferiority complex does not want to meet, doesn't fit the child, just looking safe" (P1).

"No one cares about the family" (P2).

"How come the heart is so cruel" (P4)

"feeling sad"

The responses of the elderly when they are at the Nursing Home are:

"Happy, eating enough, enough hospital care, adequate resting place, enough worship, so happy to be happy" (P1).

"I'm happy because I can't work, I can't do anything" (P2).

"Happy, happy" (P3).

"Just happy" (P4).

The views of the elderly when they are at the Nursing Home such as:

"Just fine" (P1, P2,).

"Happy, acquaintance" (P3, P4).

"People don't have parents, just let them be there" (P3).

The adaptive coping used by the elderly when the family brings it to the nursing home, such as:

"Worship" (P1, P3).

"Every morning marathon and walk around the orphanage" (P2).

"Following the rules" (P3).

"Never mind, just accept it, you just worship" (P4)

Expectations of the elderly for families who have brought the elderly to the nursing home, such as:

"Asking for help, what's wrong, please contact me" (P3)

"Visit" (P4).

4.DISCUSSION

Experiencing psychological changes

The elderly living in the Nursing Home experience psychological changes. Psychological changes experienced such as: feeling inferior, feeling ignored by the family and feeling sad. Participants expressed a sense of inferiority because the participants felt that they felt disgruntled, wasted and even their families in the village used up the participants' assets, so that caused them to feel sad. The sadness experienced by the participants was that the children and their families did not contact them while staying at the Nursing Home, and even the participants could not contact their families. The results of the study (Sa'id & Djudiyah, 2019) say that sadness is most often experienced by the elderly who live in nursing homes, claiming to be sad because loved ones have left them (such as spouses, children, other relatives). The elderly who live in nursing homes are rarely visited by their families and some are not even visited by their families.

The response of the elderly when they are at the Nursing Home

The elderly when they are at the Nursing Home feel happy because there, the needs of the elderly are met properly such as eating and getting enough rest and being able to carry out worship in peace as well as get health care. In general, the elderly who live in this nursing home come on their own accord for various reasons, including: no children, no parents, living separately and there are also economic problems, and not being compatible with the child's partner. So there are some elderly people who come to the orphanage to avoid fights in family life, there are elderly people who think that by living in the orphanage the

problems will be reduced a little. The results of this study are also supported by research by Pradnyandari & Diniar (2013). Elderly people like to live in an orphanage. The elderly said that there were many activities carried out there, starting from daily activities such as sweeping, mopping, worshipping, making prayer tools, samples were also given additional activities, such as social guidance, mental spiritual guidance and recreation, channeling talents and hobbies, group therapy. The life of the elderly who live in this nursing home is more secure, both in terms of food, clothing, and housing (physiological needs). Thus they become more prosperous and happier in life than before entering the nursing home (Sa'id & Djudiyah, 2019).

The views of the elderly when they are at the Nursing Home

Based on the results of the research, the views of the elderly while at the Nursing Home are fine and normal because they don't have parents, just leave them in the orphanage. Participants were of the opinion that instead of living alone and making it difficult for their family it is better to live in a nursing home. The influence of the development of technology and science also makes current thinking to think practically by relying on sophisticated technology which forms the assumption that their daily needs must be met easily. This is a factor in the family choosing the alternative to entrust their parents to a nursing home and the community has forgotten the services of their parents. It is proven that more and more children do not care about the fate of their parents by leaving them in a nursing home (Irawan, Prasetyo & Arsi, 2016).

The adaptive coping used by the elderly when the family brings them to the nursing home

Based on the results of this study, the coping mechanism that was generally used by the participants when the family brought them to the nursing home was adaptive coping. The adaptive coping includes categories: worship, every morning of the marathon, and surrender. After living and living in the nursing home the participants accept the reality of life by diligently carrying out worship to get closer to Allah SWT by diligently carrying out worship and

giving up in living this life. Participants always try to comply with and carry out the rules in the nursing home environment. According to Suyanta (2012) Surrender is interpreted by them as self-acceptance of God's will, but it does not mean being silent. This submission form is expressed by the subject by means of praying, reciting, dzikir, istighfar, and sholawat. According to Sa'id & Djudiyah (2019), the participants' choice of coping strategies is likely to have more to do with other things, such as personality and stress levels from problems or conditions they experience and feel while living in nursing homes. Coping is done by partners to deal with problems and balance emotions in stressful situations. This problem management includes everything that a person thinks or does in an effort to adjust to stress, by choosing the most appropriate strategy and demands continuous evaluation (Papalia, 2008).

Expectations of the elderly towards families who have brought them to the Home for the Elderly

Participants said that if there is anything, the elderly, please contact and pick them up and visit the elderly at the Wherda home because if they are not contacted and they are not picked up, the elderly will not know and will not come home. Participants also hope that even though we have lived here, they will still visit us here. more and more children do not care about the fate of their parents by leaving them in a nursing home (Irawan, Prasetyo & Arsi, 2016).

5.CONCLUSION

The elderly living in the Nursing Home experience psychological changes. Psychological changes experienced such as: feeling inferior, feeling ignored by family and feeling sad. The elderly when they are at the Nursing Home feel happy, the views when they are in the Nursing Home are normal, the coping mechanism that is generally used by the participants when the family brings them to the Nursing Home is adaptive coping, Participants also hope that even though we have lived here, we will still visit the elderly at nursing home.

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