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THE RELATIONSHIP OF SOCIAL INTERACTION ON THE QUALITY OF LIFE ELDERLY IN THE VILLAGE OG SUNGAI BERAS HILIR UPTD PUSKESMAS KULIM JAYA

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ABSTRACT

Social interaction is a social relationship that influences each other between individuals that occurs in society that lasts throughout his life. Social interaction can have a positive impact on quality of life, therefore social interaction must be maintained and developed in the elderly group. The objective of this study to determine the relationship of social interaction to the quality of life of the elderly. This type of research is quantitative non-experimental using a cross sectional approach. The number of samples is 118 respondents determined by purposive sampling technique. The statistical test used is the Chi Square Test. The results showed that a p value of 0.000 was obtained. So it can be concluded that there is a relationship between social interaction and the quality of life of the elderly in Sungai Beras Hilir Village, UPTD Kulim Jaya Health Center. It is hoped that in the future the Health Center, especially nurses, can develop existing activities by making small group activities that can be carried out indoors, such as making skills or reading the Al-Qur'an together which can be accompanied by health workers and cadres.

Keywords: Social Interaction, Quality of Life, Elderly

INTRODUCTION

The process of increasing age which is characterized by a decrease in the function of body organs as a result of a reduction in the number and ability of body cells, so that the ability of body tissues to maintain normal function is reduced is called old age. The increase in life expectancy in Indonesia certainly has an impact on the increasing number of elderly people in this country. This requires the government to pay more attention to the elderly, especially those related to health problems. The increase in population and the expected age of the elderly results in various problems such as health, psychological and socio-economic problems that will be felt by the elderly. Apart from that, this will also affect the welfare of the elderly both physically, mentally and socially (Andesty & Syahrul, 2018).

Social aspect, elderly people need social interaction. Social interaction is one way for individuals to maintain the

individual's social behavior so that the individual can still behave socially with other individuals. Social interaction is a reciprocal relationship, mutual influence in thoughts and actions, and cannot be separated from the relationships that occur between individuals, society and society in everyday life. The need to interact with other people will remain with individuals until the end of life. Social interaction occurs because humans are social creatures who interact with other humans not only to maintain their lives, but also to carry out other activities (Santoso, 2013).

Social interaction has an important role in the quality of life of the elderly. The World Health Organization Quality of Life or WHOQOL defines quality of life as an individual's perception of life in society in the context of existing culture and value systems related to goals, expectations, standards and concerns. Quality of life in this case is a very broad concept which is influenced by the individual's physical

condition, psychology, level of independence, and the individual's relationship with the environment (Fitria, 2012).

Data from World Population Prospects: the 2017 Revision, currently the world population is 7.6 billion and is expected to reach 8.6 billion in 2030, 9.8 billion in 2050 and 11.2 billion in 2100. The number of people aged 60 or over is expected to more than double by 2050 and more than triple by 2100, increasing from 962 million worldwide in 2017 to 2.1 billion in 2050 and 3.1 billion in 2100 (United Nations, 2017). In almost five decades, the percentage of elderly Indonesians has approximately doubled (1971-2017), namely to 8.97 percent (23.4 million) where elderly women are around one percent more than elderly men (9.47 percent versus 8.48 percent).

The Directorate General of Population and Civil Registration (Dukcapil) of the Ministry of Home Affairs noted that the population of Riau was 6.45 million people in June 2021, while the population of Indonesia aged 60 years and over or elderly (elderly) was 30.16 million people. Based on age group, there are 226.58 thousand people (3.51%) of the population in Riau province who are in the unproductive age group (65 years and over). In 2020, the number of elderly in Indragiri Hulu Regency was 33,736 elderly with 1,855 elderly in the UPTD of the Kulim Jaya Health Center and 167 elderly in Sungai Beras Hilir Village who do not interact socially as evidenced by the low number of visits to the Elderly Posbindu and no elderly participating in routine monthly activities at the village (Dinas Kesehatan Kabupaten Indragiri Hulu, 2021).

Conditions with increasing age, the elderly will experience degenerative problems characterized by a decline in health status, loss of work, being considered an incapable individual will result in an elderly person slowly withdrawing from the community in which the elderly live. The various changes and setbacks experienced

by the elderly are natural due to the aging process that occurs. This can have an influence on decreasing social interaction and even on the quality of life of the elderly (Samper *et al.*, 2017).

Social interaction is a reciprocal relationship or relationship that influences each other between people that takes place in society. Lack of social interaction in the elderly can cause feelings of isolation, so that the elderly are alone and experience social isolation. The elderly feel isolated and depression can occur, this can affect the quality of life of the elderly (Nuraini *et al.*, 2018).

Social interaction is a social relationship that influences each other between individuals that occurs in society and lasts throughout their lives. Social interaction can have a positive impact on the quality of life because with social interaction the elderly do not feel lonely, therefore social interaction must be maintained and developed in the elderly group. Elderly people who can continue to have good social interactions are elderly people who can maintain their social status based on their social skills (Andesty & Syahrul, 2018).

Forms of social interaction in the elderly say that cooperation is a joint effort between individuals or groups of people to achieve one or several common goals. Furthermore, accommodation is an interaction between individuals or groups of people in relation to social norms and social values that apply in society. Furthermore, assimilation is a social process that arises when groups of people with different cultural backgrounds interact with each other intensively over a long period of time (Sunaryo *et al.*, 2016).

Based on a preliminary survey conducted through interviews with 10 (ten) elderly people, it was found that 6 (six) elderly people said they lacked social interaction because they preferred being alone, health factors and difficulty walking so they rarely participated in activities held by Posbindu by the Community Health

Center. The elderly said that the role of the family in caring for the elderly does not pay enough attention to the health of the elderly, so that many elderly suffer from hypertension, diabetes, stroke and other diseases. Furthermore, the elderly said that the family did not provide enough motivation for the elderly to be able to interact with the environment. Changes that occur in the elderly due to a history of chronic disease, lack of social interaction, loss of a life partner, feelings of low self-esteem and ineffective coping influence the decline in the quality of life of the elderly.

Based on the various descriptions above, we can see that there are still many problems faced by the elderly, especially psychological problems which are part of the components that determine a person's quality of life. So researchers are interested in carrying out research with the title "The Relationship between Social Interaction and the Quality of Life of the Elderly in Sungai Beras Hilir Village, UPTD Puskesmas Kulim Jaya".

RESEARCH METHODS

The type of research used is non-experimental quantitative. This research method is descriptive correlational using a cross sectional approach. Descriptive research aims to describe research variables by observing, explaining and documenting certain aspects that occur naturally and begin with the formulation of a hypothesis. This correlational descriptive design identifies the relationship between research variables at a certain time.

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Research with a cross sectional approach is research carried out by measuring research variables at one time or at the same time (Sastroasmoro & Ismael, 2012). In this study, researchers wanted to find out the relationship between social interaction and the quality of life of elderly people in Sungai Beberasa Hilir Village, UPTD Puskesmas Kulim Jaya. The variables measured are social interaction variables with quality of life variables.

RESULTS AND DISCUSSIONS

General Description of Research Locations

The Kulim Jaya Health Center UPTD is located on Jalan Makarti Raya, Kulim Jaya Village, Lubuk Batu Jaya District, built in 2002 with a building area of 2,000 m². The working area of the UPTD Puskesmas Kulim Jaya is 175,623 km², consisting of 9 (nine) villages, 8 (eight) sub-district health centers and 1 (one) Polindes. The programs at the UPTD Puskesmas Kulim Jaya focus on making the elderly remain active in their old age, such as creating skills, namely making handicrafts and light games that keep the elderly active, doing Al-Quran reading and writing activities, elderly exercise, and walking. -morning walk.

Univariate Analysis

1. Respondent characteristics

Table 4.1 Frequency Distribution and Percentage Characteristics of Respondents in Sungai Beras Hilir Village UPTD Puskesmas Kulim Jaya

No	Respondent Characteristics	Frekuensi (f)	Persentase (%)
1	Age		
	60-64 year	93	78,8
	65-69 year	22	18,6
	70-73 year	3	2,6
	Total	118	100
2	Education		
	SD	75	63,6
	SMP	24	20,3
	SMA	10	8,5
	DI/II/III/IV	5	4,2
	S1/S2	4	3,4

	Total	118	100
3 Work			
IRT	61		51,7
Trader	1		0,8
Retired	9		7,6
Farmer	39		33,1
Civil servants	2		1,7
Driver	3		2,5
Doesn't work	2		1,7
Self-employed	1		0,9
Total	118		100

Based on table 4.1 above, it shows that the characteristics of the respondents consist of the education of the respondents, mostly elementary school, namely 75 people (63.6%), and the occupation of the respondents, mostly housewives, namely 61 people (51.7%).

Distribution of Elderly Social Interactions

Table 4.2 Distribution of Frequency and Percentage of Elderly Social Interaction in Sungai Beras Hilir Village UPTD Puskesmas Kulim Jaya

No	Social Interaction	f	%
1	Positive	78	66,1
2	Negative	40	33,9
	Total	118	100

Based on table 4.2 above, it shows that the social interaction of elderly people is mostly positive, namely 78 people (66.1%). Furthermore, there were 40 elderly people with negative social interactions (33.9%).

Distribution of the Quality of Life of the Elderly

Table 4.3 Distribution of Frequency and Percentage of Quality of Life for Elderly in Sungai Beras Hilir Village UPTD Puskesmas Kulim Jaya

No	Quality of life	Frekuensi (f)	Persentase (%)
1	Low	24	20,3
2	Medium	78	66,1
3	High	16	13,6
	Total	118	100

Based on table 4.3 above, it shows that the quality of life of the elderly is mostly moderate, namely 78 people (66.1%). However, there are still 24 people (20.3%) who have a low quality of life and 16 people (13.6%) who have a high quality of life.

4.2.2 Bivariate Analysis

1. The Relationship between Social Interaction and the Quality of Life of the Elderly

Tabel 4.4 Analysis of the Relationship between Social Interaction and the Quality of Life of the Elderly in Sungai Beras Hilir Village UPTD Kulim Jaya Health Center

Social Interaction	Quality of life						Total	p value	
	Low		Medium		High				
	f	%	f	%	f	%	f		%
Positive	3	3,85	5	75,69	16	20,51	78	66,1	0,00
Negative	2	52,1	1	9,47,5	0	0	40	33,9	
Total	2	20,4	7	66,18	16	13,6	118	100	

Based on table 4.4 above, it shows that 78 people (66.1%) had positive social interactions among the elderly, 38 people (95.0%) had a moderate quality of life. On the other hand, as many as 40 people (33.9%) had negative social interactions with the elderly, 38 people (62.3%) had a low quality of life.

The results of the Chi-Square statistical test show that the $p \text{ value} = 0.000 < \alpha = 0.05$, meaning H_0 is rejected (H_{null} is rejected), which means there is a relationship between the independent variable and the dependent variable so it is concluded that there is a relationship between social interaction and the quality of life of the elderly in Sungai Beras Hilir Village UPTD Kulim Jaya Health Center.

DISCUSSION

Respondent Characteristics

The results of the study showed that the characteristics of the respondents consisted of age, the majority of respondents were in the age range 60-64 years, namely 93 people (78.8%), the majority of respondents' education was elementary school, namely 75 people (63.6%), and the

occupation of the respondents was mostly housewives, namely 61 people (51.7%).

There are several factors that closely determine the level of social interaction that elderly people have in Sungai Beras Hilir Village, UPTD Puskesmas Kulim Jaya. Several demographic characteristics also determine how elderly people interact in their daily lives, such as education and work. In accordance with the research results, it shows that most of the respondents' education was elementary school.

Education influences a person's social interactions. Furthermore, work can be used by someone to interact directly or indirectly (Sukma, 2019).

Researchers assume that the characteristics of respondents including age, education and employment are internal factors of the elderly which can indirectly influence the social interactions of the elderly which can impact the quality of life of the elderly.

Social Interaction of the elderly

The research results showed that of the 118 respondents, there were 78 respondents (66.1%) with positive social interactions, and 40 respondents (33.9%) with negative social interactions. The elderly in Sungai Beras Hilir Village UPTD Kulim Jaya Community Health Center had the highest number of people in the positive social interaction category, namely 66.1%. As a result of filling out the social interaction questionnaire, elderly people with positive social interactions were found to interact and communicate with other elderly people and actively participate in activities.

This research is in line with the results of research conducted by Nuraini et al. (2018) stated that good social interaction allows elderly people to get a feeling of belonging to a group so they can share stories, share interests, share concerns, and can carry out activities together.

The results of this research are in line with the results of research conducted by Hardywinoto & Setiabudhi (2019) Social interaction is a process where

communication occurs between individuals or between groups and is related to social activities carried out with other people in society. Usually the health status and physical abilities of the elderly will decrease, resulting in decreased social interactions for the elderly.

According to Pattikawa (2012) The consequences arising from increasing old age are characterized by a decline in the level of health of the elderly, the elderly are considered as incapable individuals, and can lose their job which will result in an elderly person slowly withdrawing from his relationship with the community in which the elderly live.

According to researchers' assumptions, it was found that some elderly people who have joint problems are sometimes unable to participate in elderly activities, but still try to participate in activities if their joints do not feel painful.

Quality of life of elderly Kualitas

The research results showed that of the 118 respondents, there were 24 respondents (20.3%) with low quality of life, 78 respondents (66.1%) with medium quality of life, and 16 respondents (13.6%) with high quality of life.

The results of this research are in line with research from Sutikno (2021) quality of life is the functional condition of the elderly which includes physical, social and psychological health. The quality of life of the elderly is influenced by several factors that cause an elderly person to remain useful in his old age, namely the ability to adapt and accept all changes and setbacks experienced, the presence of respect and reasonable treatment from the elderly environment.

The results of this study are in line with research Andesty & Syahrul (2018) In general, the quality of life of the elderly decreases because in old age the elderly usually experience limitations and inability to do certain things. To improve the quality of life of the elderly, care is needed where the role of the family is very much needed because it is the smallest unit of society.

According to Pattikawa (2012) changes in the quality of life experienced by the elderly usually tend to be in an unfavorable direction. Usually this is related to the socio-economic environment of the elderly, such as stopping work due to retirement, loss of loved family members and friends, and dependence on life's necessities as well as a decline in physical condition caused by age. These changes become an obstacle in determining the level of welfare of the elderly, because there is a decrease in fulfilling life's needs.

According to researchers' assumptions, elderly people always interact with other elderly people and actively participate in activities. There is a health service that is provided once a month which the elderly use for consultations with doctors or nurse about the disease he is suffering from. However, there are also elderly people who find it difficult to carry out their activities because they have a history of chronic diseases such as osteoarthritis, painful gout and a history of hypertension and diabetes mellitus which makes it difficult for elderly people to sleep or often wake up in the middle of the night.

The Relationship between Social Interaction and the Quality of Life of the Elderly

The results of the study showed that 78 people (66.1%) had positive social interactions with elderly people, 59 people (75.64%) had a moderate quality of life and 16 people (20.51%) had a high quality of life. Chi-Square statistical test results p value = 0.000. This shows that the results are smaller than $\alpha = 0.05$, which shows that there is a relationship between social interaction and the quality of life of the elderly in Sungai Beras Hilir Village, UPTD Kulim Jaya Health Center.

The results of this study are in line with the research results Oktaviani & Setyowati (2020) shows that there is a significant relationship between social interaction and the quality of life of elderly people.

Other research results according to Damayanti et al. (2021) shows that there is

a relationship between social interaction and quality of life (health domain), quality of life (psychosocial domain), quality of life (social relations domain) of the elderly, this is related to the elderly's ability to maintain social relationships. Status based on sociability, social interaction (health domain, psychosocial domain, and social relations domain) is very important in improving the quality of life of the elderly.

Elderly people who actively participate in activities make them interact with each other, both when communicating and when working together in one activity. According to Santrock (2012) social interaction plays an important role in the lives of the elderly. This can tolerate the conditions of loneliness that exist in the social life of the elderly.

According to researchers' assumptions, place of residence influences the quality of life of the elderly from the domain of social relations. Elderly people who live at home are influenced by family and community support so that elderly people will experience positive changes in their lives and conversely, elderly people will experience negative changes if they receive less family and community support.

CONCLUSION

1. Description of the characteristics of elderly people in Sungai Beras Hilir Village UPTD Kulim Jaya Health Center consisting of age, the majority of respondents were in the age range 60-64 years, namely 93 people (78.8%), the majority of respondents' education was elementary school, namely 75 people (63.6%), and most of the respondents' jobs were housewives, namely 61 people (51.7%).
2. The social interaction of elderly people in Sungai Beras Hilir Village UPTD Kulim Jaya Health Center is mostly in the positive category, namely 79 people (66.1%).

3. The quality of life of the elderly in Sungai Beras Hilir Village UPTD Kulim Jaya Health Center is mostly in the low category, namely 61 people (51.7%).
4. The results of the Chi-Square statistical test show that the p value = $0.000 < \alpha = 0.05$, meaning H_0 is rejected (H_{null}) is rejected, which means there is a relationship between social interaction and the quality of life of the elderly in Sungai Beras Hilir Village, UPTD Kulim Jaya Health Center.

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