

Research Article



Description Of Social Interaction Elderly In Kuta Raya Village

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ABSTRACT

Background: Social interaction of the elderly is negative because there is no good relationship or communication between the elderly, family, peers and their environment. Caused by the physical and psychological limitations of the elderly. This study aims to describe the social interaction of the elderly in Kuta Raya Village 2023

Methods: Used descriptive with a cross sectional approach. The population in this study are all the elderly in Kuta Raya Village, totaling 105 elderly. The sampling technique in this study is simple random sampling, with a total sample of 51 respondent. Collecting data using a questionnaire containing 20 statements.

Results: Social interaction of the elderly based on the cooperation indicator in Kuta Raya Village 2023 is found to be (58,8%) enough. The social interaction of elderly based on competition indicators is found to be (64,7%) enough. The social interaction of elderly based on indicators of conflict were (100%) good, and the social interactions of elderly based on indicators of conformity were obtained (98,0%) good.

Conclusions: It is expected that the elderly will take part in Posyandu and elderly gymnastics to increase the social interaction of the elderly.

Keywords : *Interaction, Social, Elderly, Conflict*

INTRODUCTION

The human life cycle ends at old age, because old age is part of the process of growth and development, humans do not suddenly become old, but develop from infants, children, adults, and become old. In addition to biological changes, aging is often associated with other life transitions such as retirement, separation of children, death of friends and spouses (1).

Old age is a process experienced by everyone and its occurrence cannot be avoided by anyone. Growing old means that a person has gone through different stages, both biologically and psychologically. Physical changes are characterized by sagging skin, greying hair, reduced memory, tooth loss, less clear hearing, deteriorating vision, slow movement and disproportionate body figures (2).

Social contact is very useful for the elderly so that the elderly can exchange information and tell each other social contacts that bring feelings of pleasure that are not fulfilled if they are alone. Social interaction or communication is one of the conditions for cooperation that needs to be developed in a person so that his social interaction skills can develop optimally. Social interaction skills are very important for the elderly and other people, including peers and people around their environment. Humans as individuals and social beings need other people in their scope of life. (3)

Social interaction plays a very important role in the life of the elderly, this is because the elderly experience a decrease in the ability of the body and five senses. A decrease in ability that makes the elderly unable to travel far, insensitive to quiet

sounds, and not even remember what was done recently. Positive social interactions in the elderly due to good family relationships, so that the basic needs of the elderly can still be met because they feel the love of their families and good communication relationships also affect the health of the elderly as well. Negative social interaction is the absence of a good relationship or communication between the elderly and the family so that the elderly feel lonely and health also decreases (4).

The prevalence of elderly social interaction in Asia in 2019 was in the low category 45.9%(5). Indonesia's social interaction is in the moderate category, namely (74%) South Kalimantan social interaction in the moderate category, namely (42.7%) (6). In 2016 in Malang, sufficient social interaction was found (39.4%), Central Java Province respondents had good social interaction (74.5%), and (25.5%) had poor social interaction, Pekanbaru area poor social interaction category (55.6%), Social Interaction of the Elderly in RW 10 Pondok Sejahtera Kuta Baru Pasar Kemis moderate social interaction (39.0%) (7), In Kuta Raya Village, some of the elderly rarely join the community due to their limitations, who have difficulty walking and do not have the energy to participate in social activities.

As a person ages, a degenerative aging process occurs which can cause changes in the elderly such as physical, cognitive and social changes. Cognitive decline can be in the form of a slow thinking process, difficulty concentrating due to decreased memory, taking a long time to learn new things. The decline in cognitive function of the elderly can affect their social

interactions. This is due to the deterioration or weakness in movement, thinking and experiencing verbal communication disorders so that communication becomes ineffective (8).

Social interaction is very important for the health of the elderly. Reduced social interaction in the elderly can cause feelings of loneliness, feeling useless, so most elderly people choose to be alone. Communicating to the elderly often leads to misunderstandings because of the many barriers to communication that affect communication skills in the elderly such as not connecting in speaking (8)

The positive impacts of social interactions such as, the emergence of awareness of the importance of togetherness, coordinating different personalities, cooperation between social groups, generating thoughts for problem solving and increasing group solidarity (9). The negative impact of a lack of social interaction on the elderly is that they feel they are useless and withdraw themselves from the surrounding community. Social interaction in the elderly can prevent depression, and create a sense of happiness, reduced isolation and a feeling of being more useful because of the increase in relationships and various activities in their lives. (10)

An active role in socializing can affect the ability to adapt socially. Having friends in social groups who discuss with each other fosters good social contact. Meeting the social needs of the elderly, the elderly need to interact in their environment, be able to adjust to the environment, learn something new and be able to complement one another (8)

Seeing the problem of social interaction that occurs in the elderly in Kuta Raya Village which has an impact on social

status because they no longer socialize due to physical limitations, the authors are interested in examining the extent of the description of social interaction of the elderly in Kuta Raya Village in 2023.

METHOD

The design carried out by researchers is descriptive, which can be interpreted as a problem-solving process that aims to see a description of phenomena that occur in a particular population (11). The implementation of descriptive methods is not limited to collecting and compiling data, but includes analysis and interpretation of the data.

The population in this study were elderly people in Kuta Raya Village, totaling 105 people. The sample consists of affordable population segments and can be used as research subjects through sampling. Sampling is the process of selecting a portion of the existing population (11). The sample selection was carried out simple random sampling by drawing lots, this sampling technique was used by the author for the reason that the author did not use the limitation of the characteristics of the elderly in Kuta Raya Village.

The variable in this study is the dependent variable, namely the description of social interaction. The instrument used was made in the form of a questionnaire to obtain information and data from respondents. A questionnaire is a type of measurement used by researchers using a formal way of collecting data to subjects to answer questions in writing (11). The instrument used in the study was adopted from the social interaction questionnaire by Agung Senjaya & Iwan Rusdi, 2012. The research was conducted in Kuta Raya

Village, Tigabinanga District in 2023. Data collection was carried out on April 19-28, 2023.

Primary data is data obtained from the first source either from individuals or individuals such as the results of filling out questionnaires commonly conducted by researchers. This data was obtained when the researcher distributed questionnaires about the social interaction of the elderly.

Secondary data is data that already exists, collected by previous investigating institutions and organizations. The process of collecting secondary data tends to be easier and faster to do. Researchers can get a variety of secondary data, utilizing sources of government publications, websites, books, articles, journals, internal records of organizations and so on. The data taken and collected by researchers is the number of

elderly people in Kuta Raya Village obtained from the Kuta Raya Village government report data.

The observations used by researchers did not conduct validity and reliability tests because the questionnaire was adopted from Senjaya & Iwan (2012) the results of the statements were declared valid in the form of a Likert scale and the parameters of the forms of social interaction included: cooperation, competition, opposition and compatibility. The instrument consists of 20 statements and a maximum score of 5 and a minimum score of 1, the indicator consists of 5 statements.

This research has also passed the ethical feasibility test from the Health Research Ethics Commission of STIKes Santa Elisabeth Medan No. letter 093/KEPK-SE/PE-DT/IV/2023.

RESULTS

Demographic Data Of Respondents In Kuta Raya Village In 2023

Table 1. Frequency Distribution of Elderly Demographic Data Based on Gender, Age, Education, and Activity of Elderly in Kuta Raya Village in 2023

No	Characteristic Respondent	f	(%)
1	Gender		
	- Male	25	49,0
	- Female	26	51,0
	Total	51	100
2	Age		
	- 60-69 old	31	60,8
	- 70-79 old	16	31,4
	- 80 old up	4	7,8
	Total	51	100
3	Education		
	- No School	1	2,0
	- SD	21	41,2
	- SMP	23	45,1
	- SMA	6	11,8
	Total	51	100
4	Activity		
	- Farming	43	84,3
	- Cooking	6	11,8
	- Others Activity	2	3,9

Total	51	100
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Based on Table 1, it is found that the characteristics of male respondents amounted to 25 respondents (49.0%), female gender amounted to 26 respondents (51.0%). Most respondents aged 60-69 years totaled 31 respondents (60.8%), respondents aged 70-79 years totaled 16 respondents (31.4%) and respondents aged 80 years totaled 4 respondents (7.8%). Most respondents had junior high school education totaling 23 respondents (45.1%), elementary school education totaling 21 respondents (41.2%), high school education totaling 6 respondents (11.8%) and those who did not go to school amounted to 1 respondent (2.0%). Most respondents did farming activities totaling 43 respondents (84.3%), cooking activities totaling 6 (11.8%) and other activities totaling 2 respondents (3.9%).

2. Social Interaction Based On Cooperation

Table 2 Frequency Distribution of Social Interaction Based on Cooperation Indicators in Elderly People in Kuta Raya Village in 2023

No	Cooperation Indicators	f	%
1	Good	15	29,4
2	Enough	30	58,8
3	Not Enough	6	11,8
Total		51	100

Based on table 2, it is found that social interaction based on indicators of cooperation in the elderly in Kuta Raya Village is in the sufficient category 30 respondents 58.8% and in the insufficient category 6 respondents 11.8%.

1. Social Interaction Based On Competition

Table 3 Frequency Distribution of Social Interaction Based on Competition Indicators in Elderly People in Kuta Raya Village in 2023

No	Competitive Indicators	f	%
1	Good	18	35,3
2	Enough	33	64,7
3	Not enough	-	-
Total		51	100

Based on table 3, it is found that social interaction based on competition indicators in the elderly in Kuta Raya Village is in the moderate category with 33 respondents 64.7%, and in the good category with 35.3%.

2. Social Interaction Based On Opposition

Table 4 Frequency Distribution of Social Interaction Based on Conflict Indicators in Elderly People in Kuta Raya Village in 2023

No	Conflict Indicators	f	%
1	Good	51	100
2	Enough	-	-
3	Not Enough	-	-

Total	51	100
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Based on table 4, it is found that social interaction based on conflict indicators in the elderly in Kuta Raya Village is in the good category of 51 respondents 100%.

3. Social Interaction Based On Compatibility

Table 5 Frequency Distribution of Social Interaction Based on Conformity Indicators in Elderly People in Kuta Raya Village in 2023

No	Conformity Indicators	f	%
1	Good	50	98,0
2	Enough	1	2,0
3	Not Enough	-	-
Total		51	100

Based on table 5, it is found that social interaction based on indicators of compatibility in the elderly in Kuta Raya Village is in the good category of 50 respondents 98.0% and in the sufficient category 2.0%.

DISCUSSION

Indicators of social interaction based on elderly cooperation in Kuta Raya Village in 2023

The results of research that have been conducted by researchers in 1 elderly regarding elderly cooperation in Kuta Raya Village show that elderly cooperation is sufficient 27 people (52.9%). Elderly interaction is found to be sufficient as some elderly people like to do activities together, morning exercises with other elderly people, cleaning the environment together, helping other elderly people such as making karo oil, skinning candlenuts they do together and other activities.

Researchers assume that cooperation arises because of a sense of kinship, harmony such as mutual cooperation and help, cooperation also arises because of the reciprocity felt by the elderly. The reciprocity that the elderly feel, makes the elderly like to do activities together with

other communities. Some elderly people who are 80 years old and above rarely participate in activities in their place such as gymnastics, because they experience physical limitations such as leg pain and back pain.

The assumption is supported by Andesty (2018) (12) that some elderly people experience sufficient interaction because the psychological changes experienced by the elderly will result in the elderly slowly withdrawing from relationships with the surrounding community so that it can affect social interaction. Reduced social interaction in the elderly can cause feelings of isolation, so that the elderly choose to be alone and feel isolated. According to Jamini (2020)(6), the elderly have sufficient social interaction because the increase in overtime causes a decrease in the degree of health and physical ability causing the elderly to slowly avoid relationships with others so that social

interaction decreases.

One way to improve cooperation is to live in society and interact with others, where the elderly can convey their problems to establish an approach between each other and their own families because elderly communication becomes more effective if the atmosphere is open, familiar, relaxed, maintains manners and respects each other's age, therefore the elderly can establish good cooperation. Social welfare is a spiritual life and livelihood system for each individual, including the elderly, which is covered by a sense of tranquility that allows the best possible social needs for themselves.

Indicators of social interaction based on elderly competition in Kuta Raya Village in 2023

The competition indicator is a struggle carried out by individuals to obtain a victory that causes problems. Respondents answered the good category as many as 18 respondents (35.3%), elderly people like to help solve other elderly problems, like to help other elderly people, never envy what other elderly people have, and never want to always be more than other elderly people.

Researchers assume that competition among the elderly is good, meaning that the elderly are comfortable with themselves, satisfied with their achievements, always accept all their shortcomings so that there is no envy between others, the elderly never want to always be more than other elderly, and invite friends to solve problems with other elderly so that there are no problems in the elderly regarding competition. Wajo (2020) in his research found that competition is good for the elderly because of several causes and effects, which in principle do not create feelings of envy between them, causing problems.(14)

Setiarsih (2020), explains competition in good social interactions that someone who has problems remembering and following the flow of the conversation being discussed, but can communicate with interlocutors effectively, and is able to understand information from the sources obtained so that it cannot cause competition.

Indicators of social interaction based on elderly opposition in Kuta Raya Village in 2023

Conflict Social interaction on the conflict indicator is found to be good (100%) where the elderly do not like to fight with other elderly people, do not like to scold other elderly people, do not want to take other elderly people's property, do not like to force other elderly people to do what they want.

Researchers assume that opposition in the elderly is good, meaning that the elderly do not like to fight with each other, scold other elderly people, or take the elderly's belongings and even do not like to force other elderly people to do something they want so that it can lead to good interactions. The conflict between the elderly is good because of the nature or attitude that respects and respects each other. In addition, good opposition can also be influenced by the attitude of the elderly who can refrain from arguing with each other.

Assumptions supported by Wajo (2020), good opposition can be seen from attitudes that do not interact with each other directly, but showing dislike is conflicting behavior. The attitude of mutual envy or hatred between one and the other because of the associative process that occurs in individuals does not recognize age. Conflicts between individuals occur due to differences in interests and attempts to fulfill goals

against others. Individuals maintain their assumptions for fear that what has been planned will be in vain.

Distribution of social interactions based on elderly persecution in Kuta Raya Village in 2023

Social interaction congruence was found to be good (98.0%) because the elderly did not feel disturbed by joining other elderly people, felt comfortable in the environment, liked to help elderly people who needed help, liked to hang out with people of different ethnicities and religions, and participated in elderly activities even though they had different religions.

Researchers assume that the social interaction of the elderly is good, because the interaction process can adjust to the surrounding environment. This means that the elderly can socialize in their environment either with family or fellow elderly and the community. Elderly people feel comfortable living in their environment and do not feel disturbed if they join the community is a form of good adjustment for elderly social interaction.

CONCLUSIONS

Based on the results of the study of a total sample of 51 respondents regarding the description of social interactions of the elderly in Kuta Raya Village in 2023, it is concluded:

1. Elderly social interaction based on cooperation in the moderate category (58.8%)
2. Elderly social interaction based on competition in the moderate category

(64.7%)

3. Elderly social interaction based on conflict in the good category (100%)
4. Elderly social interaction based on adjustment in the good category (98.0%).

ACKNOWLEDGMENT

Based on the results of research on the description of social interactions of the elderly in Kuta Raya Village in 2023, it is suggested:

Hoped that health workers in Kuta Raya village will hold elderly gymnastics or elderly posyandu so that the elderly can interact with other elderly people. Hoped that the elderly will participate in posyandu activities and elderly gymnastics to increase the social interaction of the elderly.

The results of the study can be used as reading material and reference for gerontic nursing course students. Can conduct research on Posyandu and Elderly Social Interaction.

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