

# The Difference Of Independence And Depression Level Between Elderly Who Live Together With Family And Those Who Live In A Nursing Home

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## **Abstract:**

**Introduction:** The success of science-technology, and especially health improvement potentially affects the growth in the number of the elderly. The normal change at the aging stage in the elderly makes their body more sensitive to illness and disabilities. Problems which commonly occur in the elderly are physical and psychological disorders which lead them to stay away from their family. Therefore, this problem leads them to depression. **Method:** The research was a comparative study which aimed at investigating the difference of depression level between elderly who live in a nursing home and those who live with their family. The population of this research was all of the 25 elderly living in social institutions; and 75 others living with family and actively involved in the Integrated Care Unit. The sample was taken by purposive sampling method; consisting of 23 elderly living in nursing home and the other 25 elderly living with family. The research was conducted for two months. The study was conducted by utilizing the dependent variables which were the level of independence and depression of elderly living in nursing home, and those living with family. The results of the research were examined through Bartel Index Instrument and the questionnaire format for depression designed by Beck Deckle. The data analysis was done through Mann Whitney Test with  $p < 0.05$ . **The Results:** The research result based on statistical test of Mann-Whitney showed that the level of independence was 0.0000. Since  $p(0.000) < 0.05$ , it revealed that "there was a significant difference in level of independence between the elderly living in nursing homes and those living with family". The second result revealed the level of depression was 0.324. Since  $p(0.324) > 0.05$ , it was concluded that "there was no significant difference in levels of depression between elderly living in nursing home and those living with family". **Discussion:** Based on the results, therefore, it is suggested to improve the independence of the elderly to do their own daily activities based on their ability and environment they are living in by creating a supportive atmosphere which potentially makes them happy and finally affect their social and psychological condition positively.

**Keywords:** independence and depression level, elderly living

## 1. INTRODUCTION

The success of the government in national development has shown positive results in various fields, namely the economic progress, science and technology, especially in the medical field or medicine, which can improve the health quality of the population and increase the life expectancy of human beings. As a result, the number of older people increases and tends to grow faster. Advanced age is the final stage of the human life cycle, is a natural process of life is inevitable and will be experienced by each individual.

In line with these increases, there will be a change in the normal aging process experienced by the elderly that makes the body more sensitive to illnesses and disabilities resulting from the aging process, because the process of aging itself is a process of gradual decreasing ability of body tissues to repair itself / replace themselves and maintain their normal structure and function that are not resistant to injury (including infections) and repair the damage suffered (Darmojo, 1999: 3). With the decrease in the ability of the body's tissues to repair and replace damaged tissue, it will cause disturbances, including disruptions in the fulfillment of their daily activities. So the elderly will lose independence, both physically and psychologically, and experience other disorders that may increase dependencies on others. This inability causes some elderly people to feel themselves as useless because they are must always be assisted by another person. Some of them surrender to their circumstances and some others feel irritated. These things ultimately worsen the situation of the elderly.

Depression is a period of impaired function accompanied by depressed mood and associated symptoms, such as sleep disorders and appetite, psychomotor changes, impaired concentration, anhedonia, feelings fatigue, feelings of hopelessness and helplessness, and suicidal thoughts (Kusuma , 1997: 243). In the elderly, the prevalence of depression is estimated to be experienced by 15% of the elderly population and it is suspected that 60% of patients suffering from depression are from geriatric unit. [1]. In the year of 2020, depression will occupy the top position in developing countries, including Indonesia [2]. According to "The National Old People's

Welfare Council" in the UK, it was quoted by [3] that depression is a common disease or disorder in the elderly that occupy the top ranks.

Aside from that, there are many social problems associated with this phase. One example is the weakening value of kinship, so that the elder family members are less noticed, appreciated and respected, due to the development pattern of family life which is now physically more directed to small family. According to the Ministry of Social Affairs of the Republic of Indonesia (1998) [4] there are special problems concerning the elderly, namely a reduction in integration of elderly, due to productivity and elderly decreased activity. This is a negative influence on their psychological, social conditions that already felt no longer needed by the surrounding environment so that elderly people become depressed [5]. An Environment where the elderly life needs to create a conducive atmosphere. It is very important in the effort to prevent depression so that the elderly can enjoy the rest of his life full of happiness.

From the results of the preliminary survey conducted by the researcher at the elderly in the Kalireja, it is known that most of the elderly people who live with their family has a high degree of independence, they do everything by themselves as long as it can be done alone, and they feel happy just to stay at home together with their children and grandchildren. Meanwhile, the results of interviews and observations to 3 elderly people living in Griya Asih nursing home show that there are 2 elderly with moderate independence and one with high independence, they sometimes feel sad, but they think that this should be accepted.

In this kind of situation, the role of the family in the home or the nursing attendant is very helpful to overcome the problems that occur in the elderly, as well as health care workers in their roles as health care. They have an important role in helping to overcome this dependence and other problems. Family duties is one form of family therapies included in the management of treatment in the elderly, because it is through family therapies, the health problems that could arise at a time can be overcome because it will affect the development of depression in the elderly. Besides, the aging process that occurs in the elderly can also affect the dynamics of the family. It is the task of the families to give strength to the elderly to live the old days better.

When the elderly live in nursing homes, it takes the role of a nurse in helping the elderly who cannot perform activities to make ends meet. But here the nurse also should not assume that all of the elderly have the same signs, symptoms or behaviors that describe the reduction and decrease as mentioned above. The strength and ability of the elderly should also be identified to be able to provide effective care. Therefore, nurses should create a positive attitude towards the elderly because of the negative attitude may result in a decreased sense of comfort, adequate and well-being of clients.

Relating to the above-mentioned phenomenon, the researcher is interested in studying about the differences that may occur at the level of independence and level of depression of the elderly living in Griya Asih nursing home and those who live with their family in the village of Kalirejo, Lawang Subdistrict.

## **2. RESEARCH METHOD**

The study design here used an analytic correlation technique, with the aim to determine differences in the level of independence and depression in the elderly who live in nursing homes and for those who live with their families. The sample in this study was some of the elderly who live in a nursing home and those who live with their families. It was taken by purposive sampling technique. The inclusion criteria were: (a).elderly people living in a nursing home, capable of communicating both verbally and non-verbally, at the age of 60 or older, male/female. (b). Elderly people who live with their families, capable of communicating both verbally and non-verbally, at the age of 60 or older, male/female. While the exclusion criteria are elderly who experience mental illness or dementia and suffer from degenerative disease. The research instrument to measure the degree of independence of the elderly was using Barthel Index observation sheets. Meanwhile, to measure the level of depression, the writer used Beck & Declé measurement, scoring tools in the form of closed ended questionnaire. To analyze whether there is a difference between the rate and degree of depression and independence in the elderly who live in a nursing home and those who live with families using SPSS 10 statistical test using T-test formula with a 5% error level.

## **3. RESULTS**

Respondents' characteristics of this research are elderly at the age of 60-74 years old, mostly female, mostly junior high graduates and almost half of them have families.

**Table I.** Frequency Distribution of Respondents based on characteristics data of the elderly

Characteristics	Nursing Homes		With families	
	(n)	(%)	(n)	(%)
Age/year	13	56.5	19	76.0
60-74 (early)				
75-90 ( old)	10	33.5	6	24.0
> 90 (very old)	0	0	0	0
Total	23	100	25	100
Sex				
Female	23	100	12	48
Male	0	0	13	52
Total	23	100	25	100
Education				
No education	6	21.1	10	40.0
Elementary	4	17.4	12	48.0
Junior High	8	34.8	2	8.0
Senior High	3	13.0	1	4.0
University	2	8.7	0	0
Total	23	100	25	100
Families				
Have a family	17	73.9	18	72
No family	6	26.1	7	28
Total	23	100	25	100

**Table 2.** Respondents' Distribution based on Independence and Depression Level

Level	Nursing home		With families	
	(n)	(%)	(n)	(%)
Independence				
Independence	2	8.7	18	72.0
Moderate	17	73.9	5	20.0
Heavy	4	17.4	2	8.0
Total	23	100	25	100
Depression				
No depression	17	73.9	16	64
Mild	5	21.8	4	16
Moderate	1	4.0	5	20
Heavy	0	0	0	0
Total	23	100	25	100

The elderly living in nursing homes is in moderate levels of independence. The number is 17 (73.9%). And almost all elderly living with families, 18 (72 %), are in independence category. Most of them have no depression. A few of them who live with families experience mild depression (5 persons/20%), while only 1 respondent (4.3%) living in nursing homes has mild depression.

**Table 3 .** The result of statistical test of the difference of independence and depression level between elderly who live in nursing homes and those living with families.

Level	Group	N	Mean	Sum of Ranks	Statistical test
Independence	Nursing home	23	16.89	388.150	<i>Mann-Whitney</i> P=0.000
	With families	25	31.50	787.50	
Depression	Nursing home	23	22.80	524.50	<i>Mann-Whitney</i> P=0.324
	With families	25	26.06	651.50	

The result of data analysis by using *Mann-Whitney Test* about the level of independence shows that  $p(0.000) < 0.05$  which means that there is a significant difference between the level of independence of the elderly living in nursing homes compared to those living with families. Meanwhile, the depression level has a value of  $p(0.324) > 0.05$  which means that there is no significant difference between the level old depression of the elderly living in nursing homes compared to those living with families.

## 4. DISCUSSION

### 4.1. The difference in the level of independence of elderly people who live in nursing home and at home with families.

Based on the Mann-Whitney statistical test, the significance value is 0.000. Because  $p(0.000) < 0.05$  it means that there is "no significant difference between the level of independence of elderly people who live at the nursing home compared to those who live with their families. It is based on table 2 that almost entirely (73.9%) of the elderly who live in nursing home belongs to the category of moderate dependence, which means that in carrying out everyday tasks in several sections, they require the help of others, because the elderly who live in nursing homes mostly (56.5%) aged 60-70 years old. Elderly people who live with families almost entirely (72%) are in the independent category, which means they can fulfill their own tasks every day.

The result suggests that almost all elderly who stay in a nursing home has a moderate degree of dependence, while those who live with families were almost entirely self-contained. The average age of those who live in nursing home was 68-year-old, those who live with families was 65-year-old in average. So we can say that the elderly people who live in a nursing home were 3 years older than those living with families.

Age (Elderly): 60-74 years old. This age belongs to quite active seniors, because his physical state is still able to move without the help of others so that the everyday needs still can be done independently, but the elderly who stay in a nursing home is categorized as passive because their daily needs require help from others. When the elderly are getting older, their ability will decline, especially their physical ability. It causes impaired in terms of earning a living so as to increase the dependency that requires the help of others. It is fine to assist them as long as it is suitable to their physical condition. But, based on the observation conducted in a nursing home, they have already assisted them in meeting their needs, such as to have their meals, keep their environment, etc. This will cause lack of proper functioning of the energy and capacity limitations in a work situation, because regular mobility can reduce muscle weakness. If the process is not well maintained, then the secondary aging will appear sooner, even though aging will surely be followed by physical destruction in the elderly, at least it can be slowed down. It is also supported by the activity theory developed by Palmore (1965) and Lemon et al (1972) which states that successful aging depends on how someone feels satisfaction in doing the activity and retain such activity as long as possible. As for the quality of these activities is more important than the quantity of the activities undertaken. [5]

According to the World Health Organization (WHO), the age of seniors (elderly) is 60-74 years old. This age also belongs to quite active seniors, because his physical state is still able to move without the help of others so that the needs of the day can be done alone. Old age: 75-90 years old is classified as passive elderly, their physical condition requires the help of other people, for example due to illness or paralyzed. It is feared that the high level of dependency that is difficult to communicate will trigger violence in the elderly both physically and psychologically. It is proven in Tomlin's research, 1989, from the Association of British Geriatrics, which states that someone with high dependence and difficult to communicate or labile ability may become victims of rough treatments both physically and psychologically because of the burden of care that should be addressed by caregivers is increasing (Roger W, 2003:249)

## **2. The difference of depression level between the elderly live in nursing home and at home with families**

Based on Mann-Whitney statistical test, the significance value is 0.324. Because  $p(0.324) > 0.05$ , it means that there is no significant difference between the level of depression of the elderly living in nursing home compared to those staying with families. From table 2 it can be seen that the majority of both groups did not experience depression, as many as 68% or 17 respondents living in a nursing home and 73.9% or 16 respondents staying with families. There were 20% or 5 elderly living in nursing home experience depression, and only 4.3% or only one respondent who lives with families experience depression. So, it can be stated that the level of depression of the elderly who live in nursing home is higher compared to those living with families.

Based on the survey results, it is revealed that level almost all elderly (25% or 4 respondents) who live with families needs no help (independent). It means that the independence level of the elderly has no effect on the psychological or mental changes of individuals. The results also show that 60% or 3 elderly who are not educated experience moderate depression and also with two elderly who have an elementary education (40%). With low education levels, they are difficult to receive information they need, especially in performing effective coping mechanisms. Another supporting factor was found about elderly depression, 4 elderly (80%) are staying with their children, and one elderly (20%) live by himself. Elderly who live with their children and the elderly living in an environment with different age groups will face problems if it is not supported by conducive atmosphere. This will make them feel neglected and less respected so that this will give a negative effect on their psychological and social condition. This is in contrast to the elderly who live in nursing homes who are on the same age group. It shows that there is a changing of a prevailing cultural system where the older generation is still needed as a culture preserver. The theory of the aging process is affected by exogenous factors, namely the environmental, social, cultural, and lifestyle called secondary aging, this process can be suppressed even if the elderly experience mental changes that cannot be avoided, and also in following physical damage, or at least it can be slowed down [5].

The theory here also explains how far a mental decline can happen to the elderly, as it is believed that what is thought to be a decline in mental ability that may be the result of a mistake in selecting groups with different levels of different age -also an education- influence the mental decline due to good education which may let someone easily receive information from the outside (Hurlock, 1998: 391).

The development pattern of family life now is physically more directed to small families, but it is not proven according to the theory from the Department of Social Affairs of the Republic of Indonesia (1998). There are special problems concerning the elderly, namely a reduction in integration of elderly, due decreased productivity and activity. There is no negative effect on the psychological and social conditions, only those who already felt no longer needed by the community surrounding environment, especially the family feel depressed [5]. An Environment where the elderly lives need to create a conducive atmosphere. It is very important in the effort to make the elderly can enjoy the rest of his life full of happiness.

## **5. CONCLUSION**

The elderly living with families are more independent since they get used to fulfilling their daily needs compared to those living in nursing homes.

There is no significant difference on the level of depression, but the elderly who live with families has more possibilities to experience depression compared to those living nursing home. It has been proven that the independence level of the elderly does not guarantee their social and psychological condition where they live.

## **6. SUGGESTIONS**

For Nursing Homes: It should make efforts to increase the independence of elderly people in performing daily activities by improving programs that already exist in the institution (community center activities, gymnastics for elderly, etc.).

For Elderly: Elderly should increase their independence in carrying out activities based on the Barthel Index by: a) Using sports facilities such as gymnastics for the elderly, in order to train the stiff muscles, b) Using the existing health facilities, so that their health condition can be controlled which will affect their independence, c) Using the skills that they have in their free time and to produce something so that they can be independent and productive.

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