

CHAPTER I

INTRODUCTION

This chapter starts by explaining the background of the study that is related to the topic then researcher will explain the problems which lead to more detail about the topic as to why it's important for the researcher to research this topic.

1.1. Background of the study

According to World Health Organization (WHO, 2012) the age that can be considered as an “old age” is when someone reaches the age of 65 years old and it is considered as the last phase in life or other word closing lifespan that everyone goes through. Based on the data from United Nations ESCAP (Economic and Social Commission for Asia and Pacific) about the old age population, it is projected to increase to more than a quarter or 1.3 billion people by 2050.



Source: ESCAP Statistical Database (2016)

Figure 1.1 Statistic for Population Aged 60 or over in 2016 and 2050
 Source: ESCAP, 2014

Figure 1.1 shows that the population of elderly in Southeast Asia increases. In the year of 2016 which was only 9.6%, then it's predicted that in the year of 2050 the amount of elderly increase up to 19.3% and that means the growth from 2016 is around 10.6 percent.

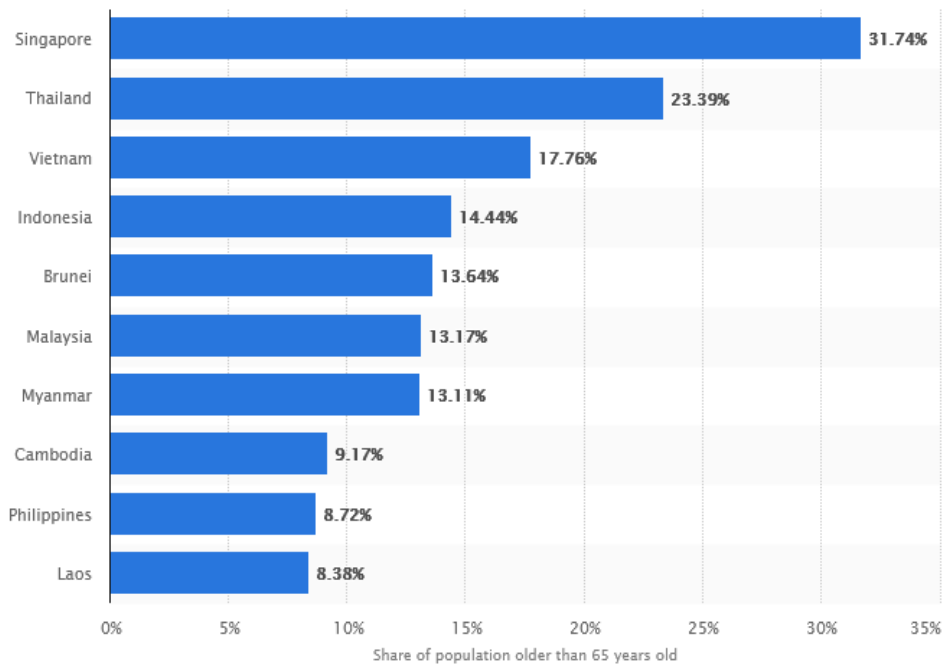


Figure 1.2 Statistic Elderly in Southeast Asia
 Source: Statistics, 2014

The fourth highest elderly population around Asia is Indonesia. The Health Ministry of Indonesia claimed Indonesia now is still experiencing an increase in the number of older people (60 years and above). In 1960 it was

only 3.7 % elderlies in the country and slowly it grows up to 9.7 % in the year of 2011. This is projected that in the up-coming year of 2020, the population of elderly increase to 11.34 % and 25% in the year 2050. (BPPN, BPS & UNFPA 2005; UNDESA 2011).

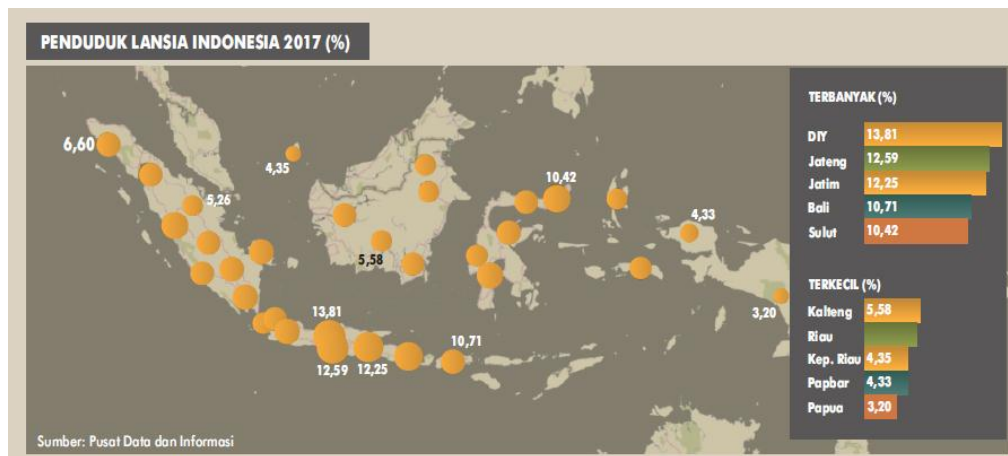


Figure 1.3 Statistic Elderly in Indonesia 2017
Source: Kementerian Kesehatan RI, 2017



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Source: Kementerian Kesehatan RI, 2017

Psychologist expert, Riley (1978) believes that aging is a lifelong process and that will change on physical, psychological, and social levels. Which is why most elderly can be very dependent with their family as they can't do certain things or deal things on their own.

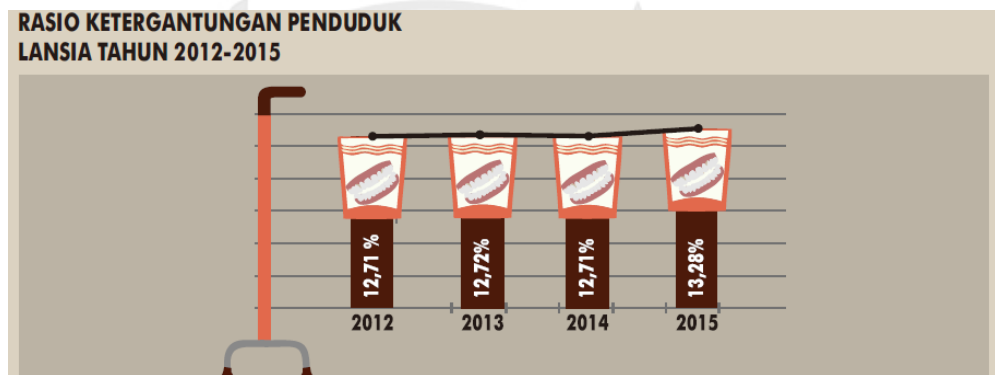


Figure 1.5 Elderly Dependency Ratios
Source: Badan Pusat Statistik, SUSENAS 2015

It is important to understand the growth of elderly to raise the awareness about the fact that there's a lot of elderly that needs care. When someone reaches their elderly age, generally there is a pathological physical and psychological condition. Physically, the energy of elderly decreases, their appearances change as the skin loses its elasticity, the teeth falls out more, the bones are more fragile, the function of the sense of hearing is lessen, it includes the vision, the body becomes hunched, physical movement, and elderly's response is slower. However the biggest

problem in the old age is diseases which can cause functional disorders or even disability for the elderly that affects them physically.

Vital Record from Texas University stated that there are few most common health problems among elderly that changes them physically:

1. Chronic Health Conditions

About 92 percent elderlies have at least one chronic disease and 77 percent have at least two. Chronic health problems such as, heart diseases, stroke, cancer, and diabetes are among the most common causing two-thirds of deaths each year.

2. Cognitive Health

It's all about the elderly's ability to learn and remember things that is being told to them. When it comes to the mind, the main problem that elderlies have to deal with is dementia, the loss of those cognitive functions. Approximately 47.5 million people worldwide have dementia and it is predicted to nearly triple in size by 2050. Another problem that is similar with dementia is Alzheimer which is a disease that most elderly suffering from.

According to Nugroho (2008), elderly that has lack of care or attention from the family and its environment are likely to cause dementia.

1. Physical Injury

Aging doesn't just change the physical look but it changes the inside such as bones shrinking slowly and muscles starts to lose its strength. Elderly could fall and a simple fall it could lead to fatality because when someone is above 60 years old, their body becomes fragile.

2. Malnutrition

The reason why bones and muscles are weaken is because the effect of the lack nutrition.

3. Bladder Control and Constipation

This is a normal situation because of the side effects of malnutrition, lack of physical activities, and the disease they have. Bladder control and constipation are included as minor problem and that can be cured with exercises and medical treatments.

The second problem which is the psychological changes, World Health Organization (WHO, 2014) stated over fifteen percent of adults over the age of sixty years old suffers from a mental disorder. Depression occurs seven percent of the elderly population. The physical changes is one of the reason why some elderly are depressed, not being able to keep up with the younger people around them resulting in alienation. Unfortunately, it is often underdiagnosed and undertreated but by providing a better living conditions and more social support from family or friends can help treat depression. Three psychologist Cox, Abrams, Devine, and Hollon (2012), believes that

old age is a risk factor of depression caused by prejudiced against the elderly and then become old themselves, their anti-elderly prejudice turns inward, causing depression (American Psychological Association, 2006.).

Old age depression can be caused from feeling lonely which often results in suicide. Next psychological changes is that elderly tends to be more 'caution' when it comes to taking risk and making decision. Elderly are aware they can't do things they used to do or take as many opportunities like when they were younger. Besides that, elderly people have fear when it can be about their condition, injuries, as well as about family and friends.

Those factors what made elderly becoming dependent with their family, they need all the care. Understanding the definition of family is that families can be referred as networks of people who share their lives over long periods of time bound by ties of marriage, blood, law, or commitment, legal or otherwise, who consider themselves as family and who share a significant history and anticipated future of functioning as a family. "Significant history", elderly is someone who goes through a lot which makes them an active member of the family because they always teach the younger generation by giving them lesson in life. There's a term for elderly that lives with their family, it is called *extended* or *intergenerational family*.

Unable to stand up on their-own causing them to need the help from people can be perceived negatively by the society. Which is why some family

sees it as a problem which leading them to place elderly into a nursing home. There are two main reasons why they did so, financial problems and personal obligations. Nursing home is home care for old people, a place that has variety of services for the elderly to make them feel comfortable and being supervised on daily basis.

According to Hurlock (1999), the definition of nursing home is place for someone who doesn't just have a health issue but also issue economically, or other conditions that they can't face or deal in their own house and is a place for the elderly whom the family has a hard time is taking care of them. Despite being away from the family, there are few benefits in placing elderly into a nursing home.

First of all it's *affordable*; every nursing home has its own price. The price consist all of the service for the elderly such as medication, room to stay, and three meals a day; Second, *constant medical care*, nursing home provides constant medical care by giving them the right medication and doctors that stand by at the house twenty-four hours so when something goes wrong, can be taken care immediately; Third is, *community*, being far away from family can make elderly feel more lonely but the perks of living in a nursing home is that elderly are able to join with the other elderlies which helps them to adapt to the environment; and lastly placing elderly in a nursing home can be *beneficial for the family themselves*, it helps them financially and emotionally.

Some family has hard time in keeping up with the needs that requires a lot amount of money. By placing them in a nursing home, the family knows the exact amount of money they have to spend which it helps to maintain their spending. Emotionally, everyone have their obligations such as family responsibility or work which cause them having hard time to actually take care of their elderly.

However Darmojo dan Martono (1999) mentioned that elderlies who lives in a nursing home tend to lose control of their own life because of the feeling neglected and separated from the family. This can be one of the cause of depression that elderly has at nursing home compare living at home with their own family. Moral, Ruiz, Rodriguez, and Galan (2013) also share the same opinion; elderly who live in nursing homes tend to have high depression because of facing adaptation problems. Depression is more often experienced by elderly women compared to elderly men. This is in line with the opinion of psychiatry, Nurmiati Amir (2005) where elderly women who suffer from depression are 7% higher than male elderly.

1.2. Problem Identification

According to DeVito (2016), there are several characteristics of families and two of them are recognition of responsibilities and shared living space. Recognition of responsibilities is where family members have the

responsibilities to one and another (DeVito, 2016). Family members are responsible to offer comfort when other family members are going through rough times and depression. As for shared living space, in the most common situation are grandparents living in the same house with the younger generation.

The real problem as to why families place elderly into a nursing home is because the lack of culture knowledge. In India, they believe that families should be one, meaning, sharing the whole possessions together and living in the same roof. While in Latin, “extended family members rely on and another” and how the elderly is very much respected, given high privileged to everything (Samovar, 2013). In many cultures, usually elderly is someone who tends to help in taking care of the younger children or provide meals for the whole family. But mostly, they are responsible for teaching the younger members.

But unfortunately there are several reasons why family would place elderly into a nursing home. The two factors as to why elderly are place in a nursing home are physically and emotionally.

1. Physically:

- a. Financial problem: Elderly has a lot of needs and they need a lot of care with medications and their necessity. Which it could be a problem to some family because they are not financially stable.

b. Health: As people age, they will have hard time in doing some things physically because they are not as young like they used to be. Their bones some start crumbling and they tend to be fragile. This factor can relate to the financial problem because elderly needs a lot of care with medication, therapy, etc. which need a lot of money and that could be a problem to some family.

2. Emotionally:

1. Responsibilities: From the children's perspective, having own family is another new responsibilities and because of that responsibilities it is one of the reason why elderly women are place in a nursing home because the elderly women are not taken care of. As from the elderly's perspective is that they feel they are a burden for being around their children's house.

2. Happiness: Elderly realize that they are not young anymore and really what matters to them is "bonding" with family and friends because they realize the fact that they are in the last phase. In nursing home, there are a lot of elderlies and from there they all form a community.

Placing an elderly into a nursing home can be a challenge because they have to adapt into a new environment. The only way to adapt in any kind of environment is through a self-disclosure. According to Altman & Taylor

(1987), self-disclosure is exchanging personal information with one and another. However despite the two factors that are mentioned, elderly are most happy with family life especially with their children (Läidmäe, V & Tammsaar, K & Tulva, T & Kasepalu. 2012.). That is why, it can be difficult for elderly to self-disclose themselves in a nursing home because World Health Organization (WHO, 2011) stated older people prefer to be in their own homes and communities. Self-disclosing takes times, during adaption process, it is the time for nurses to meddle into the process by communicating with elderlies, guide, and make nursing home as comfortable as it can be.

The only people that elderly can be dependent with in a nursing home is the nurses. It is important for families to have a good communication with their elderly, because communication can help to make the bond stronger and closer. For the elderly, family is needed around to take care of them and help them with their needs. The primary caregiver is either the spouse or a child of the elderly person, but based on the background of the study unfortunately not all families do take care of their elderly due to some factors.

Self-disclosure is a process of communication that can happen verbally and non- verbal (Taylor & Altman, 1987). The process starts from introducing the self by telling the background, if the conversation goes well and both sides feel comfortable with one and another. That can lead to continuous and spontaneous conversations where both sides can talk about their personal matter, values, and beliefs. Self-disclosing doesn't always go

smoothly because it depends on the individual. The purpose of self-disclosure is to move a relationship becoming more intimate. When people disclose themselves in the beginning of the process, the relationship can end on their term. For elderly to adapt into the nursing home, they must self-disclose themselves with the nurses. Since the nurses are the only they can rely on.

1.3. Research Question

How do the self-disclosure of elderly women with their family at Kasih Karunia Nursing Home compare with elderly that lives with their family?

1.4. Research Aim and Objective

To compare the self-disclosure between elderly women with their family at *Kasih Karunia Nursing Home* and the self-disclosure between the elderly with their family that lives together.

1.5. Significance of the study

1.5.1. For Academic

To further explain the self-disclosure of elderly women with their own family.

1.5.2. For Practitioners

The results of this study are expected to give caregiver an insight, in order to know how to improve their communication with the elderly, and to raise family's awareness about their decision in sending elderly to a nursing home.

1.5.3. For Social

Provide the information to the society regarding the self-disclosure of elderly in a nursing home with their family to build a stronger bond with elderly around.

1.6. Organizational of the study

The first chapter explains the definition of elderly in general and how is the characteristic of elderly with the population data of elderly in Indonesia that way readers can see the growth of aging from year to year. After explaining about elderly itself, moving on to explaining about nursing home, the reason why elderly are sent to a nursing home and the benefit of being in one. Researcher will also include the information about Kasih Karunia Nursing Home.

As for chapter two, will explains in detail about the objects and the subject of the study. This chapter will consist of all information related to the elderly women and the self-disclosure between elderly and their family.

In the third chapter, for the literature review the researcher will talk about the theory that researcher will use to support the topic of the thesis.

In the fourth chapter, the researcher will explain the methodology of the study and how is data collected to answer the research question.

In chapter five, will explain and show the results of the findings and the analysis of data and information that has been gather from the field and literature review. The results of the observation and analysis will be describe

in detail and more explanatory to answer the research question from chapter one.

Lastly for the chapter six it will show the conclusions of the whole research and the results and that way researcher can improve the quality of the thesis.

