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Research Article

The Relationship between Level of Independence with Self-esteem among Older Adults in Serang Banten

Sarma Eko Natalia Sinaga*

*Department of nursing,
Yatna Yuana Lebak Nursing
Academy, Rangkasbitung,
Banten-Indonesia

***contact**

ekosarma@yahoo.co.id

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Abstract

Aims: This research aims to see the influence of the level of independence in carrying out daily life activities on the level of self-esteem of older adults.

Method: quantitative research with a cross-sectional design, sampling technique with total sampling, and a sample of 73 people. Data collection uses the Barthel Index and Rosenberg Self-Esteem guidelines via Google Forms. The research analysis is univariate to see an overview of the frequency distribution and proportions of variables. In contrast, bivariate analysis uses the Chi-Square test, which is used to determine the relationship between variables.

Results: The research results show that 61.6% of older adults independently carry out daily activities, and 50.7% of older adults have high self-esteem. Moreover, there is a relationship between the level of independence in carrying out daily activities and the level of self-esteem in older adults elderly, with a p-value of 0.00.

Conclusion: Older adults who are unable to carry out daily activities tend to experience low self-esteem. Therefore, nurses who provide services and assistance related to independence by optimizing the independence of older adults elderly and helping the older adults ly carry out activities that they are unable to do, as well as providing a safe environment for activities so that they can increase the older adults' elderly's self-esteem.

Keywords:

Daily activities, Elderly, Independence, Self-Esteem

INTRODUCTION

A person who has reached the age of sixty years or more is called an elderly person. All living things go through all the stages associated with aging or getting older. Aging is not a disease; instead, it is a series of cumulative changes that occur over time and cause the body to become less resistant to internal and external stimuli (1).

Progressive loss of physical fitness and decreased homeostatic capacity to adapt to environmental changes, especially those

caused by disease and disasters, can make older people more vulnerable (2). The following conditions specifically place the elderly in the vulnerable category: 1) Falls; 2) Reduced physical mobility so that daily demands are not met; 3) Current illnesses; and 4) Threat of death (3).

The most significant number of older adults in Indonesia are young people, namely in the 60-69 year age group with a percentage of 63.65 percent, followed by middle-aged people (70-79 year age group) at 27.66 percent, and older adults (age above 80

years) of 8.68 percent. Another thing that needs attention is the pre-elderly population (45-59 years). In 2021, 17.82 percent of the population will be in the pre-elderly group. In the next few years, residents who are currently in this group will enter the elderly population group (4). Meanwhile, the number of older men aged 60-64 years is 5,104,332, and women 3,340,480. Older adults aged 70-74 years are 1,943,260 men and 2,205,321 women. Older adults aged 75 years and over are 2,221,406 men and 1,001,516 women (5). In Banten Province itself, there are 7.81% elderly aged ≥ 60 years, 50.01% male and 49.99% female (6).

Depression and anxiety are the most common mental health illnesses in seniors aged 60 years and over. Around 14% of older adults suffer from mental disorders. Approximately 25% of deaths by suicide (27.2%) occur in individuals aged sixty years or older (7). According to the 2018 Riskedas Report in Indonesia, 12.8% of older adults aged 65-75 years experienced mental emotional disorders, and 15.8% aged 75 years and over (8).

The ability to carry out daily activities in old age, such as washing, dressing appropriately, using the toilet, getting around, controlling urination or defecation, and eating independently, is called independence—changes in age, illness, social norms, and life circumstances all impact independence (9). However, health problems that often arise in older adults make it challenging to fulfill daily needs (ADL). One of these problems is immobility, namely reduced ability to move due to decreased physical function caused by decreased activity and the presence of comorbidities. Postural instability and changes in gait can increase the likelihood of falls, which can cause physical and psychological injuries. Older adults who are unable to perform daily tasks may experience worry, sadness, and loss of self-confidence (10). Older adults who are less independent may show behavioral

abnormalities, greater frailty, and a reduced sense of self-worth (11).

Developing AKS' independent capacity must be implemented to reduce dependence on other people. Occupational therapy, the use of assistive devices, promotion and education about care, and grouping can help achieve this (12). Self-acceptance is an attitude of seeing oneself as she is and treating herself well. Self-acceptance requires awareness and the will to see happiness and success. Without self-acceptance, a person can make little or no progress. Factors that influence self-acceptance include self-understanding, realistic expectations, freedom from environmental obstacles, one's environmental attitudes, the presence or absence of heavy emotional stress, frequency of success, identification, self-perspective, childhood training and concepts—stable self (13). From the explanation above, researchers are interested in examining the influence of the level of independence in carrying out daily life activities on the level of self-esteem of older adults.

METHODS

Study and Design

The design of this research is cross-sectional; that is, the research is carried out by observing research subjects at the same time, where each subject is observed once and variable measurements are carried out at the time of the examination. The independent variable in this research is the level of independence in carrying out daily activities, while the dependent variable is the level of self-esteem.

Population and Sample

The population in this study consisted of older adults who were active in the Serang and Sukabumi Nursing Homes. The respondents in this study were all 73 older adults who met the inclusion criteria, namely, all older adults who were still active and willing to become research

subjects and respondents. The exclusion criteria are older adults who are sick and are not willing to be research subjects and respondents.

Instrument

The study uses the Barthel Index and Rosenberg Self-Esteem Scale instruments to assess independence and self-esteem in individuals with dementia. The Barthel Index evaluates 10 activities, such as eating, bathing, self-cleaning, dressing, regulating feces, managing BAK, toilet usage, transfers, mobilization, and stairs. It assigns scores based on whether the individual can perform the activity independently, requires assistance, or is unable to do it.

The Rosenberg Self-Esteem Scale is used to assess self-esteem, consisting of 10 items and four scale ranges: highly agree, agree, disagree, and strongly disagree. The evaluation includes statements such as "generally content with myself," "occasionally perceive myself as highly inadequate," "believe I possess several capabilities that I am still capable of

utilizing," "proficient in all tasks, just like other grandparents," "feeling that I don't have much to be proud of," "sometimes feel useless," "having valuable feelings," "hoping I can respect myself more," "in many ways, I often feel that I failed," and "thinking positively about myself." The scores range from 3 to 0 for strongly agree, 2 to 1 for disagree, and 0 for strongly disagree.

Data analysis

The type of analysis in this research is univariate, which means it shows a picture of the frequency distribution and proportions of the independent and dependent variables. Bivariate analysis uses the Chi-Square test, which is used to determine the relationship between the independent variable and the dependent variable. The significance limit used is 95% ($\alpha < 0.05$) with a p-value < 0.05 , and the relationship between the independent and dependent variables is significant. Statistical analysis was performed using SPSS (version 23; IBM, Armonk, NY, USA).

RESULTS

Table 1. Frequency Distribution of Elderly Independence Levels in Carrying Out Daily Activities in Serang and Sukabumi Nursing Homes (n=73)

Level of Independence	Frequency (n)	Percentage (%)
Not Independent	28	38.4
Independent	45	61.6

Table 1 describes the frequency and presentation of older adults based on their level of independence. The result is that 45 (61.6%) older adults are independent in carrying out daily activities (AKS).

Table 2. Frequency Distribution of Elderly Self-Esteem Levels in Carrying Out Daily Activities in Serang and Sukabumi Nursing Homes (n=73)

Level of Self-Esteem	Frequency (n)	Percentage (%)
Low Self-Esteem	36	49.3
High Self-Esteem	37	50.7

Table 2 depicts the results of the frequency distribution of the level of self-esteem of older adults in Serang and Sukabumi Nursing Homes. There were 37 (50.7%) elderly who had high self-esteem and 36 (49.3%) elderly who had low self-esteem.

Table 3. Relationship between the level of independence in carrying out activities of daily living and the level of self-esteem of older adults in Serang and Sukabumi nursing homes (n=73)

Level of Independence	Level of Self-Esteem				Total	p-value	
	Low Self-Esteem		High Self-Esteem				
	N	%	N	%			
Not Independent	23	82.1	5	17.9	28	100.0	0.000
Independent	13	28.9	32	71.1	45	100.0	

The results of this study showed that 23 (82.1%) of older adults were not independent and had low self-esteem, while five seniors who were not independent (17.9%) had high self-esteem. While there are 13 (28.9%) independent elderly who have low self-esteem, there are also 32 (71.1%) independent elderly who have high self-esteem. In the statistical test, $p = 0.00$ was the result, which means there is a relationship between the level of independence in carrying out daily activities and the level of self-esteem of older adults in the Serang and Sukabumi Nursing Homes.

DISCUSSION

The number of elderly who are independent is more significant than older adults who are not independent. Older adults are not independent in carrying out their daily activities because they have diseases such as diabetes mellitus, stroke and heart disease, which make it impossible for them to carry out daily activities as people age, chronic diseases in the elderly increase, and the presence of these diseases affecting their self-image and self-esteem. The disease can cause significant discomfort and obstacles in carrying out daily life activities (14).

In this study, the number of older adults who had high self-esteem was more significant than the number of older adults who had low self-esteem. Because many older adults have a higher level of ability to

carry out daily activities, this is in line with Ryszewska-Łabędzka's research (15), which examined older adults over 60 years old who had high self-esteem because they still could carry out daily activities. From this, we can see that independence is one of the factors that encourage high self-esteem, so the support provided must encourage actions to improve and create an environment that is conducive to maintaining the independence of older adults (16).

In this study, there was a relationship between the level of independence in carrying out daily activities and the level of self-esteem of older adults in Serang and Sukabumi Nursing Homes. In line with the results of Nurmayunita's research (17), it was found that the majority (60.6%) of older adults needed total assistance in carrying out daily activities (ADL). Moreover, from the chi-square test, it was found that there was a statistically significant relationship between ADL (Dependency Level) and the self-esteem of older adults at the Al-Ishlah Elderly Home ($p=0.041$).

Likewise, with the results of the analysis of Fadlulloh et al. (18), it can be concluded that there is a significant relationship between the level of dependence on fulfilling activities of daily living (ADLs) and the self-esteem of stroke sufferers at the Neurological Polyclinic at Prof. Hospital. Dr Margono Soekarjo Purwokerto shows the strength of the moderate relationship

between the variable level of dependency in fulfilling daily life activities (ADLs) and self-esteem.

The results of the analysis of the relationship between the level of independence and the risk of depression in older adults showed that as many as four older adults (57.1%) who were dependent had a high risk of depression. The results of the two-sided Chi Square hypothesis test obtained a value of $p = 0.00$, smaller than the value of $\alpha = 0.05$, so H_0 was rejected. So, it can be concluded that there is a significant relationship between the level of independence and the risk of depression in older adults. From the results of the analysis, an OR value = 12.69 was also obtained, meaning that older adults who are dependent are 13 times more likely to experience the risk of depression compared to independent older adults. The OR value = 12.69 means that the possibility of older adults who are highly dependent will be at risk of having a high risk of depression of 92.6% than older adults who are not married (19-21).

CONCLUSION

The study found that older adults without disease are more independent in daily activities, which increases their self-esteem. This relationship is evident in Serang and Sukabumi Nursing Homes. Providing assistance and promoting independence can help overcome low self-esteem in older adults. Nurses can play a crucial role in enhancing this independence and providing a safe environment for activities.

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