

THE IMPACT OF AN ELDERLY NURSING HOME MAINTAIN MANNER ON STABYLIZE THE MENTAL HEALTH OF ELDERLY IN SOUTH GANDARIA DISTRICT

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Abstract

This study aims to determine the actions and prevention given to the elderly at the Banti Mulia Nursing Home. To find out how groups of nursing home workers are formed, what are their views on the mental health of the elderly, as well as how the orphanage workers can practice independent healthy living and provide motivation to the elderly to stabilize their mental health. The results of this study are that the Bakti Mulia Nursing Home has been able to properly qualify workers, as evidenced by the running of existing programs, as well as validation from elderly informants who stated that the Bakti Mulia Nursing Home has complied with the existing instruments. So this confirms the existence of prevention, stabilization and good action against mental health disorders in the elderly at the Bakti Mulia Nursing Home.

Keywords: *elderly, nursing home. mental health, nusing home's workers*

INTRODUCTION

Nowadays, there is a data told that the elderly number has been increased in Indonesia. The National Statistics Institution record that on 2016 its estimated that the number of the elderly in Indonesia is only 22.630.882 people, but in Inter-Census Population Survey figure out to increases 31.320.066¹. It means the expand of number is around 29.056.184. The National Statistic Institution itself classify the elderly as a person over 60 years old². The same idea has been told by the World Health Organization which that 60 years old age is the final stage of phase human's life³. That notion can be justified because elderly get into the period which they experience a decrease in quality of physical and mental standard⁴. Those reason made an elderly need a lot of help and guidance from the people around them. They inevitably have to depended themselves to others because of their physical and mental quality decrease. This isn't mean that the elderly cannot live free and independently, but the fact of the reduce in elderly's self-aspect form greatly endanger if their lives on his own without any charge.

The recent data of elderly number in Jakarta from National Statistics Institution inform that there are always enlarging on each year data. In 2020 the elderly its on number of 942.800, the year after increase to 998.390 to 1,1 million on the following year. Furthermore in 2023 the National Statistics Institution evidence that the numeral has been on amount 1,17 million and estimated to continue increasing to 1,2 million⁵. South Gandaria as one of the

¹ National Statistic Institution's data, 2022

² *ibid*

³ World Health Organization's data, 2023

⁴ NMIM Dewi, *Konsep Lansia*, Jurnal Poltekkes Denpasar: 2022 h. 11

⁵ National Statistic Institution's data, 2023

district in Jakarta keep over 2.759 elderly on each 9.747 family on 2020. So can be conclude that 40% family remain with elderly. Although these number of cared the elderly are satisfying, we still also need to see where there are yet a number of neglected elderly people. On the same year, National Statistics Institution's data there are 84 elderlies in South Gandaria who displaced. This number was the most numbers if we're comparing to others district. That is why we require to permit the live of 84 deserted elderly in South Jakarta based on their mental health which could be reduce over the age and it will certainly risking their live.

The concept of mental health including subjective well-being, self-efficacy, autonomy, competence, intergenerational dependency and self-actualization of intellectual potential also a person's emotion⁶. Every particular aspect would be difficult to follow when someone are not in place which makes him comfortable, generally when that someone no longer in the young level. The elderly whose their ability to adjust a mental state aren't as good as their had before would be unbreathable when they stuck in the area they didn't know before. The nursing home for example. Although the best ways to keep the elderly mental health is maintenance their family with them, that procedure still couldn't be carried out by each family or their close person. Extremely South Gandaria in Jakarta Province which knowns as busiest city in Indonesia, asking each family to taking care of their elderly would be heavy. At the end of the day, nursing home would be the only ways. That is why we need to make sure that the activity and their manner in treat the elderly already the finest way to perform elderly mental health.

On the past research, Murhayati, Wulandari and et al already look into how elderly mental health would huge affected on their lives. They record that empowerment of Elderly's Posyandu about detection of elderly depression with the average value of knowledge about 80%, concluded that the community service's programs are important for elderly cadres to understand an early detection of depression on elderly furthermore it can improve their health level. This also supported by regular check-up, observe and supervise action, follow up by overcome the elderly who had depression criteria⁷. Dwihandayani mentioned in her research that important findings from this study show that the nursing home at PSTW Budhi Dharma have trying to fulfill their role in providing sevice to the elderly. Nursing home taking role as a coordinator in serve the elderly as an intermediary to mediate conflicts that occur between clients and as educators in guiding or training the elderly for development mental attitudes for elderly⁸. According to Mbae, Keraf and et al, the elderly not only happier and avoid depressive symptoms when living in a nursing home, but by living in a nursing home they can avoid the depression⁹. This method is a valid way according to researchers because there is motivation given by the nursing home to the elderly.

⁶ Dahlia, Mawarpuny and etc, *Kesehatan Mrntal*, Syiah Kuala University Press: 2021 h. 7

⁷ Murhayati, Wulandari and et al, *Upaya Pemberdayaan Kader Posyandu Lansia Tentang Deteksi Depresi Lansia*, Jurnal Salam Sehat Masyarakat Vol. 2 (1): 2020 h.67-74

⁸ Atun Dwihandayani, *Peran Petugas Panti dalam Pelayanan Terhadap Lanjut Usia (Studi Kasus di Panti Sosial Tresna Werda "Budhi Dharma" Bekasi)*, Jurnal Perpustakaan Universitas Indonesia h. 124

⁹ Mbeo, Keraf and et al, *Kebahagiaan Lansia di Panto Sosial*, Journal of Health and Behavioral Science Vol. 1(3): 2019 h. 166-178

Can be concluded on others researchers past analysis a way to improve the mental health of the elderly is by improving their independence, physical health, furnishing motivation and as well the qualifications of the nursing home workers who look after them. The highest contributor in determining physical health itself is be able to gain a healthy lifestyle¹⁰. The same thing stated by Hastuti, Savitri and et al, its true that the mental health of the elderly is huge influenced by their lifestyle which has a major impact on their health¹¹. With that, writter would analyze if their maintain manner already generate acceptable act on elderly mental health also if the physical health of the elderly truly influenced their mental fettle.

METHOD

Research manner that writer takes is a qualitative type of research, which the writer analyzes the object and represent the result descriptively. Therefore, writer using interview and observation method to obtain relevant data. The interview conducted in Bakti Mulia Nursing Home, South Gandaria, Cilandak District, South Jakarta, DKI Jakarta with one of the workers and one of the elderly as tha informant. Writer chose two sources from two aspects of the research, there are the nursing home workers and the elderly themselves. The question to the nursing home workers are down bellows:

1. How to determine the qualification of accepted workers in this nursing home?
2. How do workers perspective in mental importance of the elderly?
3. How the nursing home arranges an independent and physical health program?
4. How does the nursing home provide motivation to the elderly?
5. How the nursing home anticipates depressive symptoms in elderly daily life?

The question down bellows are for the elderly:

1. Do the elderly think the workers at this nursing home are already qualified and did their job well?
2. Are there any impression from elderly or their companion of miserable feelings or impression?
3. Are the elderly could carry out the independent and physical health of living procedures which programmed by the nursing home?
4. Do the elderly feel that provide motivation improve their quality of life?

The second method, observation carried out at the same place, Tresna Werdha Budi Mulia 3 Nursing Home. The writer observes the activities and daily life which accomplish by the elderly, as well the roles and detail task fulfilled by the workers. By seeing what activities the elderly do, the writer can find out how the elderly carry through their daily pursuit, whether the elderly really has lived a health independent life or not and whether the motivation given can be applied in their being or not. As for the workers, the writer want to

¹⁰ Elfian Zulkarnain, *Health Practies that Influence Health in Elderly*, Jurnal Universitas Jember h. 132-138

¹¹ Hastuti, Savitri and et al, *Hubungan Kualitas Hidup Landia dengan Kesehatan Mental Pada Lansia di Puskesmas Cawas I*, MOTORIK Journal Kesehatan Sekolah Tinggi Ilmu Kesehatan Muhammadiyah Klaten Vol. 14 (02): 2019 h. 118-122

see how much the workers help them in their daily life and what aspects do they help and what criteria do they instill the elderly also how do they teach these criteria.

Both interview and observation writer to on the same date, 5 of May 2023-10 of May 2023 at Bakti Mulia Nursing Home, South Gandaria, Cilandak District, South Jakarta, DKI Jakarta.

RESULT AND DISCUSSION

As the writer conduct research at Bakti Mulia Nursing Home, South Gandaria, Cilandak District, South Jakarta, DKI Jakarta, the writer found from the informants that:

The question to the nursing home workers:

1. How to determine the qualification of accepted workers in this nursing home?

At our nursing home, in accepting new workers we will carry out the same vision and mission with the prospective workers first, also unsure that the prospective workers actually graduate from health or nursing kind of major. This is because without graduate qualifications, it will be very difficult to work in the nursing home because there is no opportunity for training before working. The others qualification is that the prospective workers is willing to be worked at any time, ready when he gets a sudden call and if its urgent must be accompany the elderly in everytime.

2. How do workers perspective in mental importance of the elderly?

Because our workers have been qualified as graduates of health and nursing schools, their views on mental health are very wise. They can even predict which of our seniors are experiencing sadness, anger and so on. This is because they will always accompany an elderly person continuously for at least 8 hours a day, making them fully understand the mood of the elderly being cared for as well as preventing them from reaching the stage of mental health disorders such as depression, personality disorders, hallucinations and so on. So apart from physical health, our workers are also responsive to preventing and minimizing the mental health of the elderly.

3. How the nursing homes arrange an independent and physical health program?

There are several programs in our nursing home that are structured according to health and psychological standards, which are all aimed at increasing the independence and health of the elderly, both in terms of physical and mental health. The activity program starts with small things, such as getting the elderly used to being able to do small adjustments, such as making beds, washing cutlery, and changing their clothes. Apart from getting used to an independent way of life for them, it also helps their bodies to keep moving. Other programs that are much larger in scope can be mentioned as a weekly sports program, a health check-up program at least once a month, a mutual cooperation program, as well as a recreation program every six months

4. How does the nursing home provide motivation to the elderly?

Because there are always our workers who accompany each of the elderly every day, we can indirectly say that this has become a separate motivation for those who live far from relatives. With our workers and other elderly colleagues who are always by their side, this has become an encouragement for the elderly to live well and be happy. As for the direct motivation that we convey through religious studies or programs that are more or less according to nowadays kids as deeptalk.

5. How the nursing home anticipates depressive symptoms in elderly daily life?

As we have said before, that by always having workers accompany each elderly person at any time, it is very easy for us to detect mental health disorders in the elderly, starting by looking at their facial expressions, eating patterns, sleep patterns and so on. In general, all of our workers can detect these things. Apart from that, our prevention program is also present to minimize the existence of mental health disorders as well as cure them when indeed there are elderly people who are really affected by these mental disorders, but this rarely happens.

The question down bellows are for the elderly:

1. Do the elderly think the workers at this nursing home are already qualified and did their job well?

I feel that I am very well taken care of here. All the workers are friendly and patient even though sometimes I make mistakes, spill something. Ya, like an old person in general. But the workers here can fulfill their jobs well.

2. Are there any impression from elderly or their companion of miserable feelings or impression?

While I'm here I feel happy and well cared for. Maybe it's because the burden of my feelings when I ask relatives to take care of me has disappeared, therefore when I'm here I feel very relieved and happy.

3. Are the elderly could carry out the independent and physical health of living procedures which programmed by the nursing home?

In my opinion, I and all the elderly here are able to participate in the existing activities. Because maybe the workers have also adapted it to our abilities and energy, so I never feel heavy or forced.

4. Do the elderly feel that provide motivation improve their quality of life?

I feel that the most useful motivation is when studying religion. Usually the nurses here invite ustadz or religious leaders as guest speakers who present certain studies and that is very good, very motivating for me.

That way, from the interviews conducted, it can be concluded that the Bakti Mulia Nursing Home has fulfilled various instruments in fulfilling qualified nursing homes by

making mental health an important and noteworthy matter. In terms of worker qualifications, the Bakti Mulia Nursing Home has very clear and quite strict limitations in accepting workers. That way the workers as elderly nurses in the nursing home have a significant view of mental health as well as mental health disorders that might occur in the elderly. In the Bakti Mulia Nursing Home, the workers have considered mental health as a part that needs to be continuously checked which is then addressed with the health provisions they have learned in their previous education.

One way for nursing home workers to prevent or treat the mental health of the elderly is by making programs that can fill in the daily activities of the elderly. These programs can be exemplified as independent healthy living trainings whose application is carried out starting from small things in the daily life of the elderly to weekly and even monthly activities such as joint gymnastics as well as recreational activities. There are also motivational activities that ensure that the elderly can live in a state of enthusiasm and happiness. That way, the Bakti Mulia Nursing Home can continue to ensure the independent life that the elderly live on a daily basis as well as a happy life filled with positive motivation. Nursing home workers also have professional actions that can be taken when there are elderly people who have certain depressive symptoms. So with the interviews that have been conducted with the workers, it can be ascertained that the Bakti Mulia Nursing Home is a friendly nursing home for the elderly's health, not only physical health, but also the mental health that the elderly may experience.

From the perspective of the elderly, who were also taken through the interview process, stated significant validation of the statements and answers from the orphanage workers who cared for them. For the elderly, the nurses who work at the Bakti Mulia Nursing Home have taken good care of them according to the qualifications they specify. And that these qualifications are actually applied to their daily work. Like the character of a worker who is patient and not easily carried away by emotions towards an old mistake or anger. With such characteristics and attitudes of workers, the elderly claim to be very relieved and comfortable living in a nursing home more than when they live among their own relatives. This is because when they are with relatives they feel indebted. With the loss of this burden of feeling, then the elderly can live a happier and more peaceful life.

Programs designed to fill the daily life of the elderly are also considered not to be burdensome and instead allow the elderly to fulfill their personal lives independently and healthily. In this way, it can be proven that the program formed by the workers can improve the physical health of the elderly and also their habit of always living independently. As for the provision of motivation given by workers directly or through certain events or studies, it is recognized that it is very beneficial for the daily life of the elderly.

The following is the result of observations made for five days at the Bakti Mulia Nursing Home, starting from 5 May 2023 to 10 May 2023:

1. Workers Intrument

Workers Instrument	Checklist
Workers qualification	V

Workers determine elderly mental health	V
Workers instruct independent and healthy life	V
Workers giving elderly motivation	V
Workers take an action to elderly depression	V

2. Elderly instrument

Elderly Instrument	Checklist
Workers qualified	V
Elderly charmed feelings	V
Elderly work on independent and healthy life	V
Elderly motivation affect	V

That way, from the observations that have been made, it can be concluded that what has been done is proven to be true. This was seen by the researcher himself in the observations he made. Researchers looked at the qualification data of each worker, the origin of their education, which concluded that they really came from nursing or health graduates. Even in caring for the elderly on a daily basis, the workers are able to know every need, be it in terms of health or psychological care for each elderly person. This also proves the ability of workers to detect early mental health disorders in the elderly as well as what actions should be taken in the future. The workers are also automatically shown to be very concerned about and consider mental health itself important.

As for providing training to the elderly in terms of independence, there are many practices starting from small things related to their own needs that are tried to continue to get used to the elderly. Like making beds, tidying wardrobes and clothes, cleaning rooms and so on. Such application is seen by researchers as something that is very appropriate and not at all burdensome for the elderly. Forms of activities that are dangerous are also often prohibited by workers, one of which is cleaning the bathroom or lifting objects that are too heavy. With activities to meet these personal needs, the elderly are not only taught to be independent, but also trained to keep moving every day. Because by continuing to move, the elderly will maintain their stamina and body quality and prevent them from diseases that usually occur as a result of aging.

There are also event sessions aimed at motivating the elderly, generally used in the form of studies because the elderly seem more interested in studies that contain religious elements than non-religious themed events. The elderly also enjoy recreational events which are usually in the form of visits to the graves of religious leaders which are not too far away so they can adjust the stamina of each elderly person. With such a nursing home life, the elderly can fulfill an independent, healthy life and also avoid mental health problems that they may experience.

CONCLUSIONS

So it can be concluded that the Bakti Mulia Nursing Home has the right measures to prevent and cure the elderly for their mental health. This can be seen from the qualifications of the existing workers that the workers accepted at the nursing home do have a qualified educational background to care for and look after the elderly. The program designed by the Nursing Home really prevents the elderly from the possibility of mental health problems with various things whose activities start from the small things that exist in the lives of each elderly person. With the elderly being trained to be independent of their daily needs, sports activities, giving motivation through religious studies and so on

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