THE RELATIONSHIP BETWEEN SOCIAL INTERACTION AND THE QUALITY OF LIFE OF THE ELDERLY AT GARUDA PUBLIC HEALTH CENTER, PEKANBARU CITY

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Abstract

Elderly (elderly) is the final stage of human life development. With regard to vulnerability in old age in life, the elderly face a number of difficulties related to age and their environment which cause a decrease in quality of life. Lack of social interaction in the elderly can cause feelings of isolation, the elderly become alone and experience social isolation, causing the elderly to become depressed which ultimately affects the quality of life of the elderly. The purpose of this study was to determine the relationship between social interaction and quality of life in the elderly. This research was conducted at the Garuda Pekanbaru Health Center. The type of research in this study is quantitative research with a cross sectional design. The population in this study were 150 elderly people and the sample in this study were 59 elderly respondents. research instruments using social interaction questionnaires and quality of life questionnaires, namely WHOQOL-BREF. The results of the study using the Chi-Square statistical test obtained a p value of 0.000 0.05, it can be concluded that there is a relationship between social interaction and quality of life at the Garuda Health Center, Pekanbaru City. Respondents who have high social interaction also have a good quality of life, while respondents who have low social interaction also have a poor quality of life.

Keywords: Social Interaction, Quality of Life, Elderly

INTRODUCTION

The number of elderly people globally in Indonesia has increased. According to statistics, the elderly population in Indonesia has approximately doubled (1971-2019), reaching 9.6 percent (more than 25 million), with young elderly (60-69 years) reaching 63.82%, middle elderly (70-79 years), and elderly (80 years and older) each accounting for 8.50% (Maylasari et al., 2019). (Eswanti & Sunarno, 2022) According to data from the Central Statistics Agency (BPS), in 2020, the number of elderly people in Indonesia reached approximately 28 million people or approximately 10.53% of the total population. Older adulthood is associated with a decline in individual life abilities and sensitivities. Older adulthood is often referred to as aging. Aging is a natural process that occurs and cannot be avoided by anyone. This phenomenon indicates that elderly health issues are becoming increasingly important to address. Seniors often experience various physical and mental health issues that require special attention. Elderly age is the final stage of human development. Regarding the vulnerabilities of old age, older adults face a number of age-related and environmental difficulties that lead to a decline in quality of life (Destriande et al., 2021).

According to the World Health Organization (WHOQOL), quality of life is defined as "an individual's perception of their position in life within the context of the culture and value system in which they live, whether it is nurturing and meaningful, and whether their life experiences are valued" (Haugan et al., 2020). Elderly individuals often complain of difficult old age due to limitations in activities, illness, lack of friendships, and lack of confidence in their physical appearance. They are unable to engage in long-term activities, and experience constant anxiety and even depression, all of which impact their quality of life. In elderly people experiencing

anxiety, limitations and a lack of confidence in their ability to perform activities can reduce their quality of life (Ezalina, 2024). One way to improve the health of elderly people is to maintain their health through social interaction (Marsela et al., 2020). Lack of social interaction in elderly people can lead to feelings of isolation, isolation, and social isolation, leading to depression, which ultimately affects their quality of life (Anita Sari, 2021).

This study aims to examine the relationship between social interaction and quality of life in elderly people. It is hoped that it will provide insight and information about the importance of interaction for improving the quality of life in elderly people.

RESEARCH METHOD

This research is quantitative. The research design used is cross-sectional, where the author will determine whether or not there is a relationship between the independent variable (social interaction) and the dependent variable (quality of life) which are carried out simultaneously at one time. The population of this study amounted to 150 people, with a sample of 59 elderly respondents. The sampling technique used was accidental sampling. This research instrument is a social interaction questionnaire developed by (Purnamasari, 2021). This research instrument is a quality of life instrument created by the World Health Organization (WHO), namely the WHOQOL-BREF.

RESEARCH RESULTS

Table 1. Frequency Distribution of Respondents Based on Social Interaction (N=59)

Categori	F	%
Low	4	6,8
High	55	93,2
Total	59	100

Table 2 Frequency Distribution of Respondents Based on Quality of Life (N=59)

Categori	F	%
Poor	5	8,5
Good	54	91,5
Total	59	100

DISCUSSION

Social interaction is a key determinant of quality of life for the elderly and influences various aspects of well-being, such as physical health, emotional well-being, and psychological well-being. Research shows that social relationships play a crucial role in shaping short-term and long-term health, both positively and negatively, with effects that can manifest throughout life. Therefore, public health efforts emphasize maintaining the quality of life for the elderly to optimize daily activities (Fazriana, 2024). The study found that out of 59 respondents at the Garuda Community Health Center in Pekanbaru City, more than half had high social interaction (55 respondents (93.2%)), meaning that they interact more and have good relationships with others. However, data shows that there are still four elderly with low social interaction (6.8%). Quality of life is an individual's perception of their position in life, both in terms of the cultural context and the value system of their place of residence. It relates to life goals, expectations, standards, and focus, encompassing several aspects, including physical, psychological, social, and daily environmental conditions. The results of the study showed that out of 59 respondents, more than half of the elderly at the Garuda Health Center in Pekanbaru

City had a good quality of life, namely 54 respondents (91.5%), meaning that more elderly people felt comfortable physically, psychologically and socially and felt that their quality of life was very good, however, there were still elderly people who had a poor quality of life, this was caused by several factors so that the elderly felt uncomfortable in their lives.

CONCLUSION

This study aims to see the relationship between social interaction and the quality of life of the elderly. Based on the results of the study using the Chi-Square statistical test, the p value = 0.000 <0.05 was obtained, so it can be concluded that H0 is rejected, which means there is a relationship between social interaction and the quality of life of the elderly at the Garuda Health Center in Pekanbaru City

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