Social support as a predictor of subjective well-being in the elderly

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KEYWORDS	ABSTRACT
Elderly **Social Support,** **Subjective Welfare**	This study aims to examine the relationship between social support and subjective welfare in the elderly in the Special Region of Yogyakarta. The subjects of this study involved 268 elderly people who lived in the Special Region of Yogyakarta. This research uses quantitative research methods using two research scales, namely the social support scale and the subjective welfare scale. The sampling technique used in this study used incidental sampling techniques and used *product moment* analysis techniques. The results of this study show that *the correlation* between social support and subjective well-being is 0.260 with a significant level of 0.000 (p<0.01) which means it is very significant. The result of effective donation of the total variable social support with subjective welfare obtained was 6.76%. Based on the research that has been carried out, it can be concluded that the higher the social support provided, the higher the subjective welfare will be, and vice versa, if the social support received is low, the level of subjective welfare in the elderly in DIY will also be lower. The results of categorization in this study showed that the majority of subjects had a high level of social support and subjective well-being.

Introduction

The process of growing old is a process of continuous biological change experienced by humans, while old age or *old age* is the final stage of the aging process (Sudirman, 2011). This is in line with the words of Ramdani (2015) who states that the elderly are a stage that is in the closing period in the span of human life. WHO *World Health Organization* (2013) which says that the elderly are someone who begins to enter the age of 60 years and above.

According to data from the Central Statistics Agency or BPS (2021) in Indonesia, there are eight provinces with a percentage of more than 10% that enter the criteria for the structure of the elderly population in the first order, namely DI Yogyakarta 15.52%, East Java 14.53%, Central Java 14.17%, North Sulawesi 12.74%, Bali 12.71%, South Sulawesi 11.24%, Lampung 10.22%, and in the last order there is West Java with 10.18% of the elderly. Based on the data

above, Yogyakarta became the first province with the highest population in Indonesia in 2021. Yogyakarta is divided into five regions with the highest number of elderly people, namely Gunung Kidul with 15,945 people, Bantul with 8,085 people, Yogyakarta City with 1,394 people, Sleman with 6,813 people, and Kulon Progo with 5,205 elderly people (TribunJogja.com, 2020). That way, the elderly in DIY are the largest contributors to the elderly and are expected to increase every year.

The changes that often occur in the elderly next are things related to psychological problems such as feeling left out by the environment, feeling that they are no longer needed, not being sincere in accepting the reality that occurs, feeling worried about everything, and feeling lonely both left by friends to loved ones, experiencing anxiety in the face of death (Rahman, 2016).

Every individual who goes through the development period will have their own duties, including the elderly. The task of elderly development that must be passed is the stage of adjusting to an age that is no longer young and has gone through various events so that it is required to be able to adapt to the death of a partner, reduce income, be able to take care of their physique and organs, be able to socialize with new roles and be able to adjust to the environment with all changes, to be able to control pleasant and unpleasant feelings. If the elderly are unable to complete the development period properly, the elderly will feel dissatisfied, hopeless, and not reach the point of happiness (Hurlock, 2004). In line with Tjahyo & Utomo (2012) state that if the elderly person cannot adjust to their environment then they will experience a decrease in well-being, and vice versa. Seeing the many changes experienced by the elderly, the elderly are required to be able to go through the developmental stage in order to have positive experiences, be satisfied with their lives, and be happier in order to achieve well-being.

Subjective well-being according to Diener (2009) is the result of a person's evaluation of his life. The evaluation referred to in this case includes affective and cognitive aspects. Cognitive evaluation has to do with the way in which a person feels satisfaction in his life as a whole while affective evaluation has to do with positive and negative emotions that are felt. In simple terms, subjective well-being is defined as happiness about how the individual sees and interprets his life and brings in a positive or negative feeling.

A person who is said to have high subjective well-being when having the criteria of being satisfied will be the life lived, feeling happy, and having a high level of positive emotions (Pratiwi *et al., 2020*). Meanwhile, the individual will be said to have a low level of subjective well-being if he considers the life he is living and perceives something that happens in his life

as something unpleasant so as to cause unpleasant emotional impacts such as anxiety, depression and deep anger (Myers & Diener, 1995).

There are several factors that can influence subjective well-being, one of which is social support. According to research conducted by Gurung *et al.* (2013) in their research which shows that one of the factors that have a positive effect on the health and well-being of this is social support. Similarly, a study conducted by Ammar *et al.* (2013) found the existence of an important influence to predict subjective well-being in adolescents in Lebanese is social support. In line with the research conducted by Fajar *et al.* (2020) states that social support has a direct and positive influence on happiness. This shows the importance of social support to improve subjective well-being for the elderly.

Social support according to House and Khan (Apollo & Cahyadi, 2012) is an action that is helpful by involving emotions, real help, providing information, and positive assessment for individuals who are experiencing problems. According to Kusrini and Prihartanti (2014), who stated that social support can be interpreted as a form of help in the form of attention, appreciation, pleasure, and love received from positive relationships received from people around him. It is further explained in the book by Sarafino, *et al* (2011) which says that social support is a form of a feeling of comfort, an attitude of concern towards others, giving appreciation, or a willingness to help others.

Every human being, especially the elderly, is expected to be optimal in reaching their old age so that they can easily achieve life goals, able to optimize their development to make the elderly feel satisfied and happy with their lives. Based on the above background, the problem to be studied in this study is "whether there is a relationship between social support and subjective well-being in the elderly".

The purpose of this study was to examine the relationship between social support and subjective welfare in the elderly in the Special Region of Yogyakarta. Based on this goal, the hypothesis proposed by the researchers in this study is that there is a positive relationship between social support and subjective well-being. If the higher the social support, the higher the subjective welfare will be. Conversely, the lower the social support received, the lower the subjective welfare of the elderly.

Method

This research uses quantitative methods using two scales. The social support scale is 28 items and the subjective welfare scale is 28 items. This study involved 200 elderly people who live in the Special Region of Yogyakarta, namely Yogyakarta City, Gunung Kidul Regency, and

Bantul Regency. Data collection techniques use incidental sampling techniques. Analysis of research data used using *product moment analysis.*

Result and Discussion

Results and Discussion can be presented in subsections. Clearly discuss the subject matter according to the problem, research objectives, and theories used. This study was conducted with the aim of determining the relationship between social support and subjective welfare in the elderly in the Special Region of Yogyakarta. Based on the results of the study, there are hypothetical results such as the following:

Table 1 *Hypothesis Test Results*

Variable	Pearson correlation	Taraf Sig (p)	Information
Social Support with Subjective Well-Being	0,260	0,000	Very significant

Based on the results of the *product moment* analysis test between social support variables and subjective well-being, a correlation coefficient of 0.000 with a significance level of 0.000 (p<0.01) was obtained. It can be said that the hypothesis is accepted and there is a very significant positive relationship between social support and subjective well-being. Where the greater the social support, the higher the subjective welfare of the elderly. Conversely, the smaller the social support, the lower the level of subjective well-being that the elderly have. The effective contribution can be seen in the correlation coefficient which is squared and then multiplied by 100%. Based on the calculation of effective donation SE $(0.260)^2$ x 100% = 6.76%, the effective donation obtained is 6.76%.

This research got results that are in line with research conducted by Umammi (2020) which said that social support contributes 66.7% to subjective welfare of the elderly in Binjai. This proves that the higher the social support an individual gets, the higher the subjective well-being he will feel. High positive feelings or positive affects will make the individual's life feel happier, have life satisfaction, and have a good quality of life. In line with the research of Sari *et al* (2018) which states that social support is able to make a person's quality of life better. High positive feelings greatly influence the presence of others in our lives. Positive social support is able to increase a person's happiness. In line with research conducted by Khairani (2014) which states that there are positive relationships and supports social support to improve subjective well-being. With all the limitations that the elderly have ranging from economic to physical limitations, this makes the elderly will feel well-being and happiness if

given assistance either directly or indirectly or instrumental support. The elderly with good subjective well-being have a full desire to socialize with their environment by making positive activities together so that they can indirectly exchange ideas, express so as to increase positive affection, feel comfortable, and be loved such as emotional support. Seniors who have a high level of well-being are able to receive input, suggestions, or criticisms about themselves in order to keep themselves well educated during their old age such as information support. The success of the elderly in completing tasks until they can be accepted and appreciated will cause happiness for the elderly so that the elderly can feel loved like getting appreciation and support.

Based on the results of categorization of subjective well-being variables in the elderly in DIY showed that the majority or as many as 160 (80%) of the study samples had high subjective well-being. These results can be interpreted to mean that the majority of the research sample showed high positive affective related to positive feelings during life and high cognitive dimensions related to the quality of life and life satisfaction. Furthermore, there were 40 (20%) research samples that had a moderate level of subjective well-being, which showed that the subject's subjective well-being was in the middle too high and not too low. The above shows that the samples in this study did not have low subjective well-being, with the majority in the high and medium categories.

Based on the results of categorization on social support variables in the elderly in DIY which showed that the majority or as many as 166 (83%) of the study sample had high social support. These results can be interpreted to mean that the majority of the research sample received excellent social support. Furthermore, there were 34 (17%) research samples that had a moderate level of social support. The above shows that the research sample in this study received high social support from the family and the surrounding environment.

The categorization of subjective welfare variables and social support in the elderly in DIY illustrates that the research sample, namely the elderly in the Special Region of Yogyakarta, have high subjective welfare and receive excellent social support. Subjective welfare improvement can be done by increasing social support for the elderly (Ramdani & Safitri, 2018)

Based on the findings in the field, there were 171 (85.5%) aged 60-76 years and as many as 29 (14.5%) aged 77-92 years. In this age range, the majority of the elderly are able to achieve their life satisfaction and evaluate all their activities because they have gone through various stages of a long life. In line with the words of Diener and Suh in (Sudirman, 2011) that old age shows a greater satisfaction in life than at a young age because the emotions felt are very complex and varied.

In the findings in the field, there were as many as 138 elderly people who have jobs and work as farmers, as many as 12 elderly as pensioners, as many as 20 elderly people who do not work, and as many as 30 elderly people who do not fill jobs. Work is one of the factors that make the elderly happy because by working the elderly will feel still useful, can live independently, be able to socialize with many people, be able to make positive relationships with the surroundings and produce a much healthier physique (Suardiman, 2011). The elderly in this study were also the majority or 82% still living with their families and another 18% lived alone and away from their families. No wonder the support received by the elderly is very good. In line with Suardiman (2011) who said that the positive relationship between the family and the surrounding environment is the main factor to identify the welfare of the elderly.

This research is inseparable from shortcomings. The obstacles experienced during the implementation of this research came from the majority of research subjects not being able to speak Indonesian so they had difficulty communicating effectively, finding the elderly who were less able to read and were not able to see the writing well so that they had to be led in filling out the scale, standard sentences made the elderly a little confused in interpreting so that it needed to be discussed using simpler language, Then the place taken as a research site is quite far away with quite challenging road terrain, the last is the difficulty of finding suitable subject candidates and willing to be research respondents.

Conclusion

Based on the results of the analysis of research data conducted on the elderly in the Special Region of Yogyakarta, it will be concluded that:

1. There is a very significant positive relationship between social support and welfare in the elderly in the Special Region of Yogyakarta. The greater the social support, the greater the subjective well-being. Conversely, if the smaller the social support, the less subjective welfare the elderly will have.

2. There was an effective contribution made by the social support variable to the subjective welfare variable of 6.76%.

3. The results of this study show that the majority of the elderly who live in the Special Region of Yogyakarta does not have a low level of subjective welfare, the majority are at a moderate to high level. This is proven by the results of categorization which show that there are 80% of the elderly who have subjective welfare with a high category and as many as 20% of the elderly who have subjective welfare with a moderate category.

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