



## Comparison Of Loneliness Rates In Elderly People Living At Home And Elderly People Living In Nursing Homes In Cirebon City

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**Abstract.** Loneliness is an emotional and mental condition characterized by a feeling of isolation and a lack of meaningful bonds with others, which will then be accompanied by a variety of *negative* emotions such as anxiety, *depression*, dissatisfaction, self-blame and unhappiness. The loneliness felt by the elderly focuses more on the lack of contact and social role in the family, in society, and in the work environment. This study aims to identify the level of loneliness of the elderly who live in the house and who are lonely in the nursing home in Cirebon City. This study method is a comparative study method using a quantitative approach. In this study, the number of samples used was 33 samples from the elderly living in the nursing home and as many as 100 samples of the elderly living at home and meeting the exclusion and inclusion criteria that were in line with the study objectives. The sampling technique uses *Simple Random Sampling*. The research instrument used was the *University of California of Los Angeles (UCLA) Loneliness Scale questionnaire*. The results of the analysis using the *Mann-Whitney* test showed a significant score ( $p=0.000 < 0.05$ ) providing evidence that there was a comparison of loneliness levels between the elderly living at home and in nursing homes. The conclusion that can be drawn in this study is that there is a comparison of loneliness levels in the elderly who live at home and in nursing homes. Researchers suggest investigating family function on the degree of loneliness for the elderly

**Keywords:** Loneliness level, elderly, home, nursing home

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### INTRODUCTION

The elderly or the elderly are the age group of humans who have reached the final stage in a part of a fiber life where a process known as the *aging process* will occur (Sunaryo *et al.*, (2019). According to the World Health Organization (WHO), the geriatric age phase is classified into four age limits, namely the *middle age* of the age group of 45 to 59 years, the elderly in the age category of 60 to 74 years, the elderly *are classified from the age of 75 to 90 years*, and the last *very old* is over the age of 90 years.

The elderly must experience a decline in health that can affect their daily lives. The decline in health that is commonly experienced by the elderly is a decrease in physiological health which is influenced by the ability to participate in *activities of daily living*. Then the decline in the psychological function of the elderly, this process encompasses complex interactions between interpersonal and intrapersonal behaviors, intrapersonal obstacles arise due to disturbances in emotional instability or self-concept that can interfere with work and responsibilities, then interpersonal barriers include social interaction disorders, communication problems and dysfunctions in the appearance of roles that can affect the fulfillment of roles activities every day (Padila, 2019).

People with the elderly who have limitations in their functional status will immediately reduce their capacity to carry out activities (Aung *et al.*, 2020). This situation has resulted in a decrease in social interaction capabilities for the elderly. This decline in ability will have a bad influence because social participation and interpersonal bonds are the most important part of mental, physical, and emotional health for the elderly. The decline in social interaction skills can cause loneliness for the elderly due to the reduction of dynamic social bonds (Sa'diyah, 2019).

Loneliness is an emotional and mental condition characterized by a sense of isolation and a lack of meaningful bonding with others, which will then be accompanied by various types of *negative* emotions such as anxiety, *depression*, self-blame, unhappiness and dissatisfaction. Loneliness that occurs with the elderly focuses more on the lack of social roles and contact with family, in society, and in the work environment (Wibowo and Rachma, 2020). Loneliness refers to the subjective anxiety felt by the individual and causes the loss of various important characteristics in social bonds. This situation can have a quantitative nature, for example, having no friends or only having few friends, and having a qualitative nature, for example, individuals who feel lonely feel that there is a bond with others that is shallow or unsatisfactory as desired (Verawati, 2020).

The characteristics of loneliness in the elderly in the village are such as feeling excluded in their group, not being paid attention to by the surrounding community, while in the orphanage sometimes the elderly feel bored, isolated, isolated in the environment, lose hope, and feel that there is no other person to share their experiences and feelings. Based on several characteristics of loneliness in the elderly, both in villages and orphanages, it can cause a person to become desperate and even lose hope in doing something (Ginting, 2019).

Based on previous research that has been researched on April 12-13, 2021, the prevalence of the elderly in Cirebon City is around 33,863 people with details of 51 people living in Nursing Homes and 33,812 living at home. The researcher conducted interviews and observations using the *UCLA Loneliness Scale questionnaire* on the elderly who lived at home with 10 elderly people, so there were 6 elderly people who had loneliness problems due to the lack of social relations and communication with the community, 2 elderly people who had loneliness problems because of the factor of being far away from their children who were already married, and 2 elderly people who did not have loneliness problems. Then 8 elderly people in the Cirebon City nursing home, there are 3 elderly people who experience loneliness due to the lack of social relationships with friends, 4 people who experience loneliness because they are far from family, and 1 elderly person who does not have loneliness problems.

Based on the data obtained, the feeling of loneliness in the elderly includes feelings of loneliness of the type of *emotional isolation* and *social isolation*, emotional isolation is a person who feels that no one cares about him and a lack of attention from people who are very valuable in his life such as family, while social isolation is a lack of social relationships and communication bonds so that he feels isolated and bored, From the above data, the researcher is interested in researching the comparison of loneliness levels in nursing homes and in the community.

**METHOD**

This study method is a comparative study method using a quantitative approach. In this study, the samples used amounted to 33 samples from the elderly living in the nursing home and 100 samples of the elderly living at home who met the exclusion and inclusion criteria that were in line with the study objectives. This study was carried out in 5 sub-districts of Cirebon city and 5 nursing homes in Cirebon city. The measuring tools used in this study are questionnaire *UCLA Loneliness Scale* In order to measure the level of loneliness in the elderly. The data analysis used by the researcher used a test *Mann-withney u test*.

**DISCUSSION**

Distribution of informants sourced from residence

**Table 1**  
**Distribution of respondents by place of residence**

Characteristic	Total	
	N	%

<b>Residence</b>		
House	100	75.2%
House	33	24.8%
<b>Total</b>	<b>133</b>	<b>100%</b>

Sourced from table 1, shows that the elderly live at home 75.2% (100) and those who live in nursing homes as many as 24.8% (33).

**Loneliness Rate in the Elderly**

Loneliness is a feeling of dissatisfaction and loss that is obtained as well as a disharmony between the type of social bonds we hope for and the ones we have. In terms of the level of loneliness of the elderly at home, it can be categorized as follows:

**Table 2**  
**Distribution of loneliness rates of the elderly living at home in Cirebon City**

<b>Loneliness Rate</b>	<b>Total</b>	
	N	%
Severe readiness	2	2%
Moderate loneliness	92	92%
Low loneliness	6	6%
Not lonely	0	0%
<b>Total</b>	<b>100</b>	<b>100%</b>

Sourced from table 2, it shows that the level of loneliness of the elderly living in the house in Cirebon City is the majority in the classification of moderate loneliness which amounted to 90 elderly people (90%).

**Table 3**  
**Distribution of loneliness levels for the elderly living in orphanages in Cirebon City**

<b>Loneliness Rate</b>	<b>Total</b>	
	N	%
Severe readiness	0	0%
Moderate loneliness	21	63.6%
Low loneliness	12	36.4%
Not lonely	0	0%
<b>Total</b>	<b>33</b>	<b>100%</b>

Based on table 3, it provides evidence that the majority of the loneliness level of the elderly living in orphanages in Cirebon City is in the category of moderate loneliness as many as 21 elderly (63.6%).

**Results of the Comparative Test of the Loneliness Rate of the Elderly Living in Prison and Home**

**Table 4**  
**Results of the Comparative Test of the Loneliness Level of the Elderly Living in Orphanages and Homes**

Loneliness level category	Elderly at home (n=100)	Elderly in orphanages (n=33)	P value	Z
Severe loneliness	2	0	0.000	-3.591
Moderate loneliness	97	21		
Low loneliness	6	12		
Not lonely	0	0		

Based on the results that have been presented in table 4.7, it can be concluded that the Asymp score. Sig (2-tailed) is 0.000 <0.05 so that it can be concluded that the "hypothesis is accepted" so that it can be stated that there is a comparison of loneliness levels among the elderly living at home and in orphanages.

## DISCUSSION

The results of the study provide evidence that the majority of the elderly living at home, which is 100 elderly people and as many as 33 elderly people live in orphanages, based on the results of statistical tests on the *Mann-Whitney* shows that there is a comparison of the level of loneliness between the elderly living at home and in orphanages, the value of  $p = 0.000$  (<0.05), which means that the hypothesis is accepted so that it can be stated that there is a comparison of loneliness levels among the elderly living at home and in orphanages.

Based on the available data, the results of the loneliness category are categorized into four classifications, namely severe, moderate, mild and not lonely loneliness. Some of the subjects in this study had a mild loneliness level of 92 elderly people who lived at home, this was because some of the elderly who lived at home were far from their closest family (children) and also rarely participated in activities such as *posyandu* for the elderly, religious activities, etc., and some elderly people participated in activities such as *posyandu*, religious activities so that they had quite good social relationships. And 21 elderly people living in orphanages feel lonely, this condition is due to being far from family members so they feel excluded, worthless, and abandoned from their families, which makes the elderly become moody and daydreaming. Entering old age requires an appreciation and honor given by the community and family to the elderly so that their individuals feel unexcluded or lonely.

Based on this study, it can be concluded that the results of the comparative test using the *Mann-Whitney test* regarding the comparison of loneliness levels in the elderly living in orphanages and homes, namely "Hypothesis accepted" which explains that there is a comparison of loneliness levels to the elderly who live at home and in orphanages, Wibowo and Rahma (2020) also said that there is a comparison of loneliness levels to the elderly who live at home And in the orphanage, various differences in activities and ways of communicating for the elderly, both at home and in the orphanage, through these differences in communication methods, some of the elderly have good enough social relationships so that the elderly can overcome the problem of loneliness and some elderly who have poor social relationships, it can trigger loneliness because the elderly prefer to be alone and daydream.

Factors that affect loneliness are the presence of social support from those who have emotional closeness, such as close relatives and family members. Loneliness can also arise because the family pattern is increasingly leading to the nuclear family pattern, where the children are too busy with their own problems, causing children to indirectly not care about the presence of parents and the communication relationship between parents and children is decreasing, so that this situation makes the elderly feel excluded, no longer need their role as family members and subsequently have an impact on the arrival of loneliness even though it still exists in the family environment. This situation is in line with the study of Bioati (2020) which said that there is a significant impact of family social support on loneliness.

This opinion is also in line with Nuryani and Supradewi (2019) who stated that the affectionate figures accepted in the family make the elderly feel appreciated and feel close to family members, families who are so busy with work activities that they do not pay much attention to their parents can trigger loneliness.

This condition is also in line with the Astutik study (2019) which states that the elderly who have lost a life partner (wife or husband) or live alone due to being living with children and family or losing the closest people is a very sad condition that will cause loneliness in the elderly. Loneliness also comes due to the loss of communication or contact with other people, especially loved ones.

The elderly who live at home tend to feel lonely both socially and emotionally, the demands of the globalization era, especially in urban areas, tend to make the bond between parents and the younger generation more tense because there is busyness so that the lack of

attention and assistance given to the elderly feels less attached to grandchildren, sons-in-law and children. In addition, the separation of life partners who have been together for many years is the trigger for the elderly to feel emotionally lonely. While the elderly who live in the nursing home tend not to feel lonely, this condition is due to the environmental aspect in the orphanage is so conducive, namely the occurrence of comfort in every elderly, activities and facilities that are designed to make the elderly so productive. (Verawati, 2020)

This situation is also in line with the Astutik study (2019) which provides evidence that there are some elderly people who participate in community activities and some elderly people who are less active in participating in community activities

The findings in this study provide evidence that the level of loneliness among the elderly at home is 6 elderly people who have low loneliness, 92 elderly people who are moderately lonely, and 2 elderly people who have severe loneliness. Meanwhile, from the results of the elderly living in the orphanage, there are 12 elderly people who are categorized as low loneliness and 21 elderly people with moderate loneliness. Through the acquisition of percentages, it can be observed that overall the level of loneliness among the elderly who live at home and in the majority of orphanages is categorized in the medium category.

## **CONCLUSION**

The conclusion that can be drawn from this study is that there is a comparison of the level of loneliness in the elderly who live in orphanages and homes, this is shown by the results of the data analysis conducted by the researcher. Based on the acquisition of studies and discussions that have been carried out, so that suggestions that can be given to health workers and health services both in orphanages or in community areas can be input, evaluated, and various interventions to reduce loneliness starting from physical and social activities such as joint movements, muscle control, ambulation therapy, creativity activities and involving all dependent elderly people So that the elderly can interact more often with fellow elders, this can reduce the feeling of loneliness in the elderly.

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