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# Well-Being on Elderly: The Role of Predictor of Family Social Support and Religiosity

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The old age is a golden age in a person's life because not everyone can experience this time. The elderly is also a period of decline, where the biological changes that occur will affect the physical and psychological conditions. Not many of them are elderly enjoying their happy years. Being happy in old age is not only in the efforts of elderly individuals but also the people closest to them. Fear of death also generally will make the individual become more religious than ever. This study aims to prove the effect of social support and religiosity on wellbeing in the elderly. Subjects in this study were 118 people aged over 65 years from several institutions in Jakarta taken at random. This study proves that family social support and religiosity affect the wellbeing of the elderly.

**Keywords:** Family Social Support, Religiosity, Wellbeing.

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## 1. INTRODUCTION

Entering the elderly in general individuals will experience a decrease in health, and will experience a decrease in ability to meet the needs of life. In this condition the individual needs support both within and outside himself in order to be well-being in old age.

Well-being is a concept related to the feelings of individuals related to the behaviors that are performed in everyday life. According to Huppert<sup>1</sup> psychological well-being is how well individuals can live their lives. It is further said that well-being is a blend of positive feelings and effective behavior. Entering the advanced age of individuals is expected to have a high psychological well-being, this will reduce the level of loneliness, helplessness and even individual depression. According to Ryff,<sup>2</sup> well being consists of six aspects, namely: (a) Self-acceptance, ie positive attitude of the individual to himself, (b) Positive relation with others, related to the ability of individuals in establishing good relationships with others. (c) Autonomy, this aspect is the things associated with the independence of individuals in life, (d) Environmental mastery, this aspect includes the ability of individuals in adjusting to the environment, (e) Purpose in life, this aspect of the beliefs within the individual, and (f) Personal growth, i.e., the ability of individuals to develop their own potential.

Individuals are expected to have a well-being in their old age, therefore the effort of individual to be well-being of the elderly needs to be sought by looking for predictors affecting the well-being of the elderly both from outside and coming from within the individual.

As social beings, individuals can not live alone without the help or support of other individuals. Social support from other individuals will be felt most needed when the individual is experiencing a problem. Individuals who get support from other individuals will make the individual has confidence in the face of difficulty, this is because the individual will feel not alone in the face of the problem. According to Vangelisti<sup>3</sup> social support can be seen in three perspectives, namely: (1) Sociological perspective focusing on the extent to which individuals are integrated in groups, (2) Psychological perspectives that emphasize the perceived support of individuals (3) Focuses on the interaction that occurs between the giver and the recipient of support. Meanwhile, Taylor<sup>4</sup> defines social support as information derived from others that contain the belief that he is loved and valuable to other individuals. Social support can be sourced from a wide variety, however the source of support that is closest to the individual is from the family. This causes the family's social support is an enormous support role for the individual, including the elderly.

It is said by Barker<sup>5</sup> that social support has four aspects, namely: (a) Information support, i.e., form of support in the form of information to the individual that he is loved and respected by others, (b) Emotional support, an emotional support derived from members Families including parents and siblings, and people closest to individuals, (c) Instrumental support, in the form of direct support received by individuals in various forms, (d) Support affiliation, i.e., support in the form of togetherness in conducting activities of interest.

Entering the age of the elderly, generally the closest people such as children, spouses who in the past have gathered now

separated, both through marriage and death bonds. It is at this time that the elderly individual feels lost and feels alone in living his life.

Social support makes the individual feel that he is not alone in facing the problems faced, this will make the individual feel happy to live his old age. Elderly who get good social support does not feel heavy in the face of all forms of physical and psychological changes experienced. In other words, individuals who feel social support will have a high well-being. Ryff<sup>6</sup> says that there are several factors related to the psychological well-being of a person, one of which is social support. Through perceived social support and a coping strategy-oriented approach predicted to improve eudaimonic well-being in women diagnosed with breast cancer.<sup>6</sup> In addition, according to Bowling et al.<sup>7</sup> social support has benefits for depression reduction, functional impairment, even increased well-being. Thus, family social support is strongly predicted to be a predictor of well-being in the elderly. Further, according to Santrock<sup>8</sup> one of the efforts that can be done by the elderly in order to achieve psychological well-being is to have good friends and family.

In addition to family social support, religiosity also plays a role in fostering well-being of elderly individuals. Religiosity is the appreciation of a person in religion. According Rahmat<sup>9</sup> religiosity is an individual consciousness and individual experience in religion that will foster attitudes and feelings of religion on the individual that ultimately raises religious behavior. Aspects of religiosity according to Kendler et al.<sup>10</sup> is general religiosity, social religiosity, involved god, forgiveness, god as judge, unvengefulness, thankfulness.

Religiosity is closely related to the function of religion. The Guidance of Religion will make the individual achieve inner peace, so that negative feelings will be lost from his mind. Likewise, if the individual experiences inner anxiety due to his or her problem, religion will help the individual reduce his anxiety. This is in line with what Argyle<sup>12</sup> says that religiosity will preserve the psychological condition of the indifferent person in life. Furthermore, Seligman<sup>13</sup> says that the religious individual will feel more satisfied with the life he has lived than the less religious person, this is because religious appreciation of the religious person will give meaningfulness in life.

## 2. MATERIAL AND METHODS

### 2.1. Research Design

This research involves three research variables. Dependent variable in this research is well-being, while independent variable

consists of two variables, namely family social support and religiosity. This research is a quantitative research that aims to see the influence between two independent variables with one dependent variable, either partially or simultaneously. In addition, this study will also see which of the two dominant predictor variables influence the dependent variable.

### 2.2. Research Subject

The subjects in this study were 118 residents of the werdha orphanage in Jakarta. The subjects were randomly selected. The subjects consisted of 52 men and 66 women aged over 65 years.

The research instrument used in this study using a psychological scale constructed by researchers using Likert scale. Psychological scale in this research consist of:

1. Psychological well-being scale. Psychological well-being scale is constructed by researcher based on aspect of well being according to Ryff<sup>2</sup> that is aspect: (a) Self acceptance, is individual attitude toward what is in them positively, (b) Positive relation with others, (d) Environmental mastery, the ability of an individual to choose, create, and control the circumstances corresponding to the value that is within him, (e) Purpose in life, The individual's belief that his life is meaningful, and (f) Personal growth, the individual's ability to develop the potential within him. Based on a well-being instrument test, a high alpha reliability coefficient of 0.862 was obtained.

2. Social Family Support Scale. The family's social support scale is constructed by researchers based on the six components of social support according to the Family Social Support Scale constructed by researchers based on aspects of social support according to Barker:<sup>5</sup> aspects of information support, emotional support, instrumental support, affiliation support. Based on the social scale family scale test instrument, the high alpha reliability coefficient is 0.816.

3. Religiosity scale. The scale of religiosity is constructed by researchers based on aspel general religiosity according to Kendler et al.,<sup>10</sup> namely: social religiosity, involved god, forgiveness, god as judge, unvengefulness, thankfulness. Based on test of instrument of scale of religiosity obtained by high alpha reliability coefficient that is 0.904.

The well-being scale, the scale of family social support, and the scale of religiosity consist of five alternative answers that will be scored 1 to 5. The lowest score in score 1 (strongly disagree), 2 (disagree), 3 (neutral), 4 (agree), 5 (strongly agree).

Analysis of research data aimed to test the research hypothesis. Hypothesis in this research is tested by using regression analysis with enter or stepwise method. As a tool in analyzing

Table 1. Descriptive.

	Social support				Religiosity				N	Mean	SD	F
	N	Mean	SD	F	N	Mean	SD	F				
Gender												
Male	52	13.73	3.44	0.958	52	16.40	3.49	1,199	52	17.50	2.82	2,950
Female	66	13.14	3.14		66	15.62	4.12		66	18.50	3.37	
Age												
65–69	11	11.10	2.43	6,102	11	12.45	3.75	5,640	11	12.10	3.36	50,990
70–74	27	12.33	1.75		27	14.93	2.42		27	15.37	2.00	
75–79	35	13.77	3.34		35	16.40	3.43		35	19.06	2.20	
80–84	32	15.22	3.28		32	17.84	4.24		32	19.59	1.01	
>84	13	12.08	3.86		13	15.31	4.09		13	21.53	0.52	

Table II. Regression coefficient social support to well-being.

	Unstandardized		Standardized		Sig.
	B	Std. error	Beta	t	
(Constant)	11.51	1.07		10.78	0.00
Social support	0.489	0.08	0.51	6.31	0.00

statistical data of researchers using SPSS software version 15.00.

### 3. RESULT

Based on the results of descriptive analysis and hypothesis testing, the results obtained as follows:

Based on descriptive research data known that social support, religiosity, and well-being has no difference between men and women. Unlike the case when viewed from age, all three have significant differences. The highest social support at the age of 80–84, the highest religiosity is 80–84 years old and the highest wellbeing at the age of more than 84 years. Social support, religiosity, and the lowest well-being are at the age of 65–69 years, the group where the new respondents enter the elderly.

Based on the analysis of research data obtained  $B$  of 0.489 with  $p < 0.05$ , so it can be concluded that social support positively affect the well-being of the elderly. Elderly who has good family social support will have a high well-being, otherwise elderly who lacks social support family then have a low well-being.

Based on the analysis of research data obtained  $B$  of 0.489 with  $p < 0.05$ , so it can be concluded that religiosity positively affect the well-being of the elderly. Elderly who has a high religiosity will have a well-being is also high, otherwise elderly with low religiosity then have a well-being is also low.

Social support and religiosity simultaneously contributes to 57.2% of well-being, religiosity has a more dominant contribution than family social support of 55.6%, while family social support contributes to the formation of a 1.6% well-being.

Based on the analysis of research data, then in this study can be concluded the following results:

1. There is a positive and significant influence between the social support of the family and the well-being. This means that family social support can serve as a predictor of psychological well-being. The better the social support the family receives the higher the psychological well-being of the elderly.
2. There is a positive and significant influence between religiosity with well-being. This means religiosity can serve as a predictor of well-being. The better the religiosity is, the higher the well-being of the elderly.
3. There is a positive and significant influence between family social support and religiosity with well-being. This means that family social support and religiosity can serve as a predictor of well-being. The better the social support the family receives

Table III. Regression coefficient religiosity to well-being.

	Unstandardized		Standardized		Sig.
	B	Std. error	Beta	t	
(Constant)	8.30	0.83		9.95	0.00
Religiosity	0.61	0.51	0.74	12.04	0.00

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Table IV. Model summary.

Model	R	Adjusted R square	Std. error of the estimate	Change statistics		
				R square change	F change	Sig. F change
1	.745 <sup>a</sup>	.556	.552	2.11957	.556	145.005
2	.756 <sup>b</sup>	.572	.565	2.08904	.016	4.416

and the better the religiosity is, the higher the well-being of the elderly. Religiosity is a predominant predictor of social support in forming well-being of the elderly.

### 4. DISCUSSION

One of the findings in this study is that religiosity affects well-being in the elderly, this finding is in line with the findings of research conducted by Ismail and Desmukh<sup>14</sup> who found that religiosity has a relationship with various aspects of psychological well-being. Decreased physical condition results in individuals experiencing psychological discomfort such as feeling helpless, useless, feeling lost, lonely, even fear of death. In this condition the individual needs to acquire the forces that can support it. Religiosity as an internal source is able to take on this role. The findings of this study are also in line with studies conducted by Chamberlain and Zika,<sup>15</sup> who found that there is a positive but low relation between religiosity and welfare in women.

In addition, in this study also found that social support to be a predictor for the formation of wellbeing. This finding is in line with a study conducted by Weng<sup>16</sup> who found that family social support has an influence on increasing the level of well-being in the elderly. The similarity of the findings of this study with research conducted by Weng due to the similarity of research subjects, ie both in carefully in the elderly. In elderly people whose physical abilities decline individuals need help from others, especially those closest to the family. Individuals who get support from the family will have the confidence to face the problem that ultimately can really overcome it, this will bring up individual well-being. The findings of this study are also in line with Bowling et al.'s opinion<sup>7</sup> social support has benefits for depression reduction, functional impairment, and even increased well-being. With reduced ability and health of the elderly causes elderly to experience discomfort so that not a few who experience depression, the presence of family social support will change the negative perceptions of the elderly to negative thoughts that had been burdening. Family social support is able to suppress the elderly depression so that it can generate psychological wellbeing.

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