The Relationship Of Logotherapy In Improving The Self-Concept Of The Elderly In The Trisna Werda Social Home Budi Mulia II Cengkareng

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Article Info	ABSTRACT
Keywords: Logotherapy, Self-Concept, Elderly, Social Institutions.	Old age is a time when everyone hopes to live a calm, peaceful and happy life and enjoy a retirement period with their children and grandchildren by pouring out love. However, in reality, not all elderly people can get a chance at life and get the ideal living conditions as desired. The purpose of this study is to determine the relationship between logotherapy in improving the self-concept of the elderly in the Trisna Werda Budi Mulia II Cengkareng social institution. This type of research is quantitative with a Cross-Sectional *design*. The research approach used is a quantitative approach, namely the use of questionnaires and survey research techniques which are components of quantitative research. This study evaluates the effectiveness of logotherapy in improving the self-concept of the elderly in the Trisna Werda Budi Mulia II Cengkareng Social Home. The results of the analysis showed that there was a positive and significant relationship between logotherapy and the improvement of self-concept of the elderly, with a Pearson correlation of 0.672 and a significance value of 0.000. In conclusion, logotherapy is effective in improving the self-concept of the elderly and their psychological well-being, providing significant benefits in meaning life and improving their quality of life.
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INTRODUCTION

Old age is a time when everyone hopes to live a calm, peaceful and happy life and enjoy a retirement period with their children and grandchildren by pouring out love. However, in reality, not all elderly people can get a chance at life and get the ideal living conditions as desired. There are many life problems experienced by each individual himself, such as: problems living in poverty, failures, conflicts with children or grandchildren, not having a partner or not having children can trigger psychological pressure that results in not everyone getting the life they want (Andriyan & Hanifah, 2021).

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In the study of psychology, the elderly are the final stage in the human life cycle, characterized by physical and cognitive decline. This phase often requires special support and care from the surrounding environment (Thakur & Varma, 2023). The elderly often face psychological challenges such as depression, anxiety, loneliness and social isolation where more than 20% of the elderly suffer from mental disorders (WHO, 2023). One of the challenges that often arises is the feeling of meaninglessness and loss of meaning in life, which negatively affects the self-concept and quality of life of the elderly   (Santi Susilawati, Agus Setyo Utomo, 2018).

In the advanced stage, self-concept can be affected by a variety of factors, including life experiences, health conditions, social interactions, and changing roles in society. A positive self-concept and a strong meaning of life can help the elderly better cope with the challenges of aging (Syam'ani, 2011). In addition, research shows that the meaning of life for the elderly is often related to adjustment to the changes that occur as they age, the achievement of life goals, and the perception of quality of life. Factors such as social engagement, physical and mental health, and social support influence how the elderly interpret their lives (Andriyan & Hanifah, 2021).

Stepping into the day as an elderly person is not easy, at this stage the elderly will experience many changes in their lives ranging from changes in psychological, physical aspects to changes in social life. This series of changes in the future can lead to the birth of new problems, such as declining physical health, declining cognitive function, experiencing post power syndrome, and loneliness problems caused by the loss of loved ones (Henning-Smith et al., 2018). Elderly or commonly called elderly is a condition in which individuals have entered the age of more than 60 years, while based on the category, the elderly are divided into three groups, the first is the young category of elderly who are 65-75 years old, then the elderly are 75 to 84 years old and the third is the late elderly who are over 85 years old (Santrock, 2012; WHO, 2019). Of the many problems faced by the elderly, the problem of loneliness is a classic challenge that often befalls the elderly, according to research by Mushtaq et al., (2014) more than 50% of the elderly population experience loneliness problems ranging from mild to moderate stages, this situation is twice as risky if the elderly have physical disabilities.

The classification of the elderly can be divided based on age range and stage of aging. According to the World Health Organization (WHO), the elderly age group can be grouped as follows (Boozer, 2019):
a. Young seniors: Age 60-74 years, which marks the transition period from working to retirement.
b. Middle age: Age 75-84 years old.
c. Elderly: Age 85 and above, often referred to as the "oldest senior"

This classification allows for a better understanding of the specific characteristics and needs of each age group of the elderly. The number of elderly people in the world has reached more than 629 million people and is expected to reach more than 1.2 billion people by 2025 (Santi Susilawati, Agus Setyo Utomo, 2018). The elderly population in Indonesia continues to increase. Data from the Bada Statistics Center in 2020 shows that the number of elderly

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people reached 9.92% or around 26.82 million people. The data shows that the number of elderly people has doubled in the last five decades or in 1971. In addition, it is estimated that by 2045 the number of elderly people in Indonesia will reach one-fifth of the total population of Indonesia (Maulidhea & Syafiq, 2022).

Various elements can be used to overcome the challenges of achieving a meaningful life. Although diverse, all of these elements can be grouped into three main dimensions (Andriyan & Hanifah, 2021):

a. The Personal Dimension involves self-understanding, where the individual increases awareness of his or her circumstances and has a strong drive to change for the better. This includes changing attitudes to deal with problems and life events more appropriately.

b. The Social dimension includes social support, where the presence of a familiar and reliable individual or group provides help when needed.

c. Dimension Values include the meaning of life, self-commitment to life goals, and purposeful activities. The meaning of life guides decision-making and determining the path of life that brings happiness, while self-commitment and directed activities help individuals in developing personal potential and utilizing interpersonal relationships to achieve their life goals.

These types of self-concepts will be explained further (Syahraeni, 2019):

a. Basic Self-Concept

The basic concept of the self includes perceptions of one's appearance, abilities, role of status in life, values, beliefs, and aspirations. The basic concept of the self tends to reflect the actual reality in which the individual sees himself as he is, not as he wants it to. This remains true for individuals even in different places and situations.

b. Temporary Self-Concept

Temporary self-concept is a temporary self-image and tends to be non-fixed. When individuals are in different contexts or situations, this temporary self-concept can change or even disappear altogether. The process of forming a temporary self-concept is influenced by interaction with the surrounding environment and is greatly influenced by the emotional state, mood, and new experiences experienced by the individual.

c. Social Self-Concept

The social self-concept develops based on a person's belief in the way others perceive him, so it depends on the response and behavior of others towards the individual. Social self-concept is formed through social interaction with others.

d. Ideal Self-Concept

The ideal self-concept develops from adolescents' views and beliefs about how they should be, or what they want and deserve.

There are several components of logotherapy, namely: (Rahgozar & Giménez-Llort, 2020) :

a. Meaning of Life: At the heart of logotherapy is the concept that individuals are driven by a desire to find meaning in their lives. Viktor Frankl, founder of logotherapy, suggests that finding purpose and meaning is essential for psychological well-being.

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Logotherapy emphasizes the importance of understanding one's life purpose and its relationship to personal fulfillment and resilience.

b. The Will to Meaning: The will to be meaningful refers to the innate human struggle to find meaning and purpose in every aspect of life, including suffering and hardship. Logotherapy focuses on utilizing intrinsic motivation to overcome challenges and achieve personal growth.

c. Freedom of Will: Logotherapy recognizes the freedom that individuals have to choose their attitudes and responses, even when faced with adversity. This component emphasizes the autonomy that individuals have in finding meaning and purpose in life. By using his or her free will, the individual can turn suffering into an opportunity to grow and achieve satisfaction.

d. Techniques: Logotherapy uses a variety of techniques to help individuals find meaning and purpose in their lives. These techniques include dereflection, which involves diverting attention from self-centered attention; paradoxical intentions, which encourage the individual to face his fears with humor and exaggeration; and the dialogues of Socrates, which facilitate self-reflection and insight
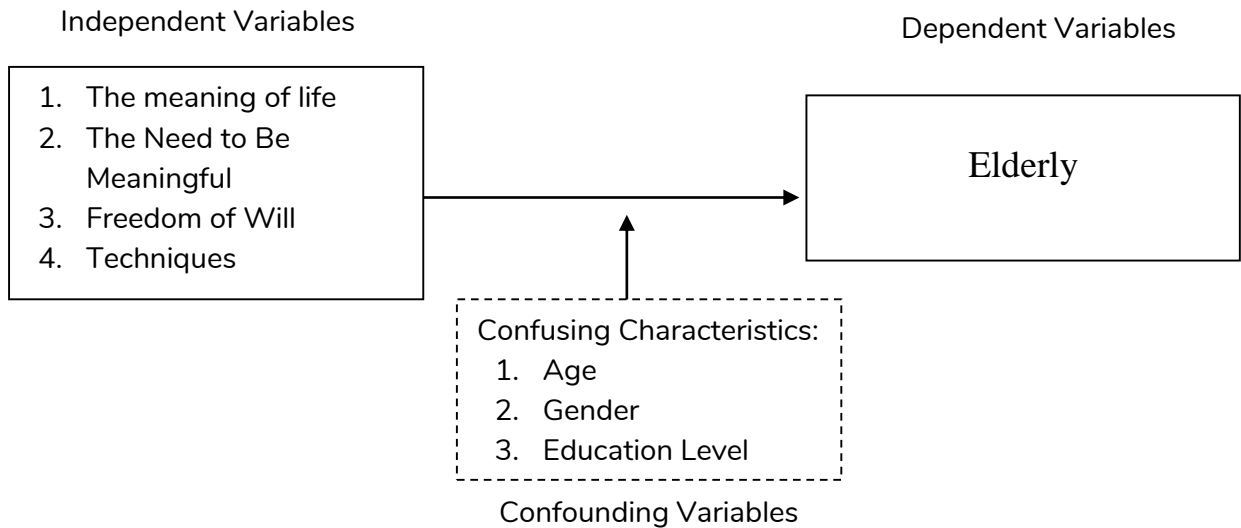
Previous research has shown that the elderly often experience a decline in self-concept and difficulty in giving meaning to life. This can negatively impact their overall well-being (Maulidhea & Syafiq, 2022). The meaning of life is a very, very important thing for a person, felt valuable and believed to be something true and can be used as a goal in life. Furthermore, Bastaman stated that the meaning of life is the quality of an individual's appreciation of the vast majority of individuals who are able to actuate their potentials, show a passionate and optimistic pattern of life in daily life and how far individuals have managed to achieve their life goals in order to give meaning or flow to their lives (Andriyan & Hanifah, 2021). Therefore, it is important to explore effective methods to improve self-concept and the ability to interpret life in the elderly population (Maulidhea & Syafiq, 2022).

Maintaining a positive self-concept and the ability to give meaning to life is an important aspect of the psychological and emotional well-being of the elderly. Logotherapy is a psychotherapeutic approach developed by Viktor E. Frankl that emphasizes the importance of finding meaning in life. This is especially relevant for the elderly population who may face challenges in finding meaning in their lives when facing the changes and challenges associated with aging (Widowati et al., 2018).

Previous research has shown that logotherapy has been shown to have a positive impact on other aspects of psychological well-being, such as improved self-esteem, communication skills, and tolerance to change. This shows great potential for logotherapy to help the elderly achieve better overall well-being. Other research also shows that the effectiveness of logotherapy in improving self-concept and the ability to interpret life in the elderly is not only relevant for understanding the psychological well-being of the elderly, but can also contribute to the development of better clinical practices and interventions in caring for the population. Based on this background, the researcher is interested in conducting research on the relationship of logotherapy in improving the self-concept of the meaning of life for the elderly in the Trisna werda Budimulia II Cengkareng social home.

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METHODS

The design of this study is quantitative with a Cross-Sectional *design*. A *cross-sectional* study is a type of observational research that analyzes variable data from a predetermined sample or population of subjects at a specific point in time.

Independent Variables   Dependent Variables

Independent Variables
1. The meaning of life 2. The Need to Be Meaningful 3. Freedom of Will 4. Techniques

Elderly

Confusing Characteristics:
1. Age
2. Gender
3. Education Level

Confounding Variables

The determination of the hypothesis in this study was used to find out the provisional answer between the relationship between the independent variables, namely Work Discipline and Work Loyalty, and the dependent variables, namely employees, medical records, inpatient and outpatient room administration. To assess the relationship between variables, the limit of meaning used to assess the error is 0.05. Based on this, the hypothesis formulation in this study is as follows:

a. It is said that there is a relationship if $\rho < \alpha$ 0.05 or the Alternative Hypothesis (Ha) is accepted with the condition that X 2 is calculated $\geq$ X 2 Table.
b. It is said that there is no relationship if $\rho > \alpha$ 0.05 or the Zero Hypothesis (H0) is accepted with the condition that X 2 counts $\leq$ X 2 Table.

This type of research is quantitative with a Cross-Sectional *design*. The research approach used is a quantitative approach, namely the use of questionnaires and survey research techniques which are components of quantitative research, this study uses a causal associative research strategy. Quantitative research methods are survey techniques used to collect data from specific natural sources; However, researchers self-treated the collected data by distributing questionnaires, tests, structured interviews, and other similar methods (Sugiyono, 2015). Cross sectional *design* is a *cross sectional study* that examines risk factors and effects simultaneously through approaches, observations, or data collection. (Notoadmojo, 2018).

The sample must be representative of a population in order to be considered representative of the population being studied. Total sampling is used as a sampling method because the population is less than 100. (Sugiyono, 2015), which states that total sampling can be done if the researcher wants to make a generalization provided that the population is small, or only slightly larger than expected with minimal error. If the entire population is used

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as a research sample, the term census is used. So in this study, Total Sampling was used with a total of 40 respondents.

RESULTS AND DISCUSSION

In this section, the characteristics of respondents from the treatment group and control group based on age, gender, education, and length of stay in the orphanage are described. The respondents totaled 40 people who were determined by *the purposive sampling technique.*

Table 1 Demographic Characteristics of Respondents (n=40)

		Frequency	Percent
Gender	Man	12	30.0
	Woman	28	70.0
Age	60-74 Year	29	72.5
	75-90 Year	11	27.5
Long Stay in the orphanage	< 1 Year	5	12.5
	1 Year	35	87.5
Last Education	No School	16	40.0
	Primary school	19	47.5
	Junior High School	5	12.5
Logotherapy	Good	40	100.0
Self-Concept of the Elderly	Good	33	82.5
	Excellent	7	17.5

Based on the table above, it can be concluded that from 40 respondents, the most respondents were female 28 respondents (70.0%), male gender 12 respondents (30.0%), the most age 60-74 years 29 respondents (72.5%), while the age of 75-90 years 11 respondents (27.5%), the length of stay in the orphanage > 1 year as many as 35 respondents (87.5%), <1 year 5 respondents (12.5%), the last education was elementary school with 19 respondents (47.5%), 16 respondents (40.0%) did not go to school, 5 respondents (12.5%) were in junior high school, 40 respondents (100%) were in good category and 33 respondents (82.5%) had good self-concept and 7 respondents (17.5%) were very good.

Correlation Test

Table 2 Correlations (n=40)

	Logotherapy	Self-Concept of the Elderly
Pearson Correlation	1	,672**
Sig. (2-tailed)		,000
N	40	40
Pearson Correlation	,672*	1
Sig. (2-tailed)	,000	
N	40	40

Table 2 shows the results of Pearson's correlation analysis between two variables, namely Logotherapy and Elderly Self-Concept. Pearson's correlation between Logotherapy

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and Elderly Self-Concept was 0.672, which shows a fairly strong positive relationship between these two variables. This means that an increase in Logotherapy tends to be followed by an increase in Elderly Self-Concept. This correlation is significant at a level of 0.01 (indicated by **), which means that there is a very small chance that this relationship occurred by chance. The significance value (Sig. 2-tailed) was 0.000 for both variables, indicating that the correlation was statistically significant. In other words, we can confidently say that there is a significant relationship between Logotherapy and Elderly Self-Concept. The number of samples (N) for both variables was 40, which means this analysis was based on data from 40 respondents.

Based on the table above, it can be concluded that of the 40 respondents studied, the majority of respondents were women as many as 28 people (70.0%), while male respondents were 12 people (30.0%). The largest age group is respondents aged 60-74 years, namely 29 people (72.5%), and the rest are 75-90 years old, as many as 11 people (27.5%). The length of stay in the orphanage showed that the majority of respondents had lived in the orphanage for more than one year, namely 35 people (87.5%), while those who lived for less than one year were only 5 people (12.5%). The last education with the most was elementary school (SD) with a total of 19 people (47.5%), followed by respondents who did not go to school as many as 16 people (40.0%), and those with junior high school education as many as 5 people (12.5%). All respondents (100%) had a good assessment of logotherapy. As for the self-concept assessment, the majority of respondents had a good self-concept of 33 people (82.5%) and the rest had a very good self-concept of 7 people (17.5%).

The results of the analysis in table 4.2 provide an overview of the relationship between Logotherapy and Elderly Self-Concept through Pearson correlation testing. A correlation value of 0.672 indicates that there is a strong and positive relationship between these two variables. This means that when Logotherapy increases, the Self-Concept of the Elderly also tends to increase. The importance of this relationship is emphasized by a very low level of significance (0.01), which suggests that the likelihood of this outcome occurring by chance is very small. In other words, we can conclude that there is a real and significant relationship between Logotherapy and Elderly Self-Concept. The sample count of 40 also indicates that this analysis has enough database to provide reliable results.

Based on research conducted by (Nurmayunita, 2021) The results showed that there was a significant relationship between age and self-esteem of the elderly (p=0.017), there was a significant relationship between the level of independence and self-esteem of the elderly (p=0.041), there was a significant relationship between family support and self-esteem of the elderly (p=0.039) and it was concluded that it was hoped that the elderly could improve their self-esteem by using strategies that were considered capable of being carried out by the elderly independently or in groups In routine activities and existing nurses in the orphanage continuously follow up on efforts to improve the self-esteem of the elderly and provide positive feedback. Based on research conducted by (Rismauli, 2016), The results were obtained that the more negative a person's self-concept, the more severe the level of depression would tend to be. This data is shown from a significance figure of 0.003 with a weak correlation coefficient of -0.375. Thus, the first hypothesis in this study can be accepted

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that there is a relationship between self-concept (X1) and the level of depression in the elderly in nursing homes (Y). The results of the hypothesis test also showed a significance value of 0.481 between the variable of family communication intensity (X2) and the level of depression in the elderly in nursing homes (Y). This significance value reached more than the significance level of 0.05 so that it showed that there was no significant relationship between the related variables. Thus the second hypothesis in this study is unacceptable.

CONCLUSION

This study evaluates the effectiveness of logotherapy in improving the self-concept of the elderly in the Trisna Werda Budi Mulia II Cengkareng Social Home. The results of the analysis showed that there was a positive and significant relationship between logotherapy and the improvement of self-concept of the elderly, with a Pearson correlation of 0.672 and a significance value of 0.000. Logotherapy helps the elderly find meaning in life that improves their self-perception according to Viktor Frankl's theory. These results are consistent with previous studies that show logotherapy is effective in improving self-concept and psychological well-being of the elderly. Logotherapy can be used as an intervention to improve the quality of life of the elderly in social institutions, help them overcome psychological challenges and increase self-esteem. In conclusion, logotherapy is effective in improving the self-concept of the elderly and their psychological well-being, providing significant benefits in meaning life and improving their quality of life.

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