


Overview Of The Level Of Loneliness Among The Elderly In Harjosari II Village, Medan Amplas District

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Article Info	ABSTRACT
Keywords: Description, Lonely, Elderly	Loneliness is a health problem for the elderly almost all over the world, both in developed and developing countries. Loneliness, if not treated immediately, will have an impact on the quality of life of the elderly. This type of research is descriptive with a cross sectional approach which aims to find out how the level of loneliness in the elderly in Harjosari II Village, Medan Amplas District in 2024. The population in this study is all elderly people in Harjosari II Village, Medan Amplas District in 2024, with a sample size of 57 respondents. Purposive sampling technique with the criteria that the elderly do not have complications, do not experience hearing loss and are not senile. Data collection uses a questionnaire. The results of this study showed that of the 57 re-spondents who experienced low loneliness, there were 5 respondents (8.8%), and the elderly who experienced moderate loneliness were 52 respondents (91.2%). The level of loneliness in the elderly greatly af-fects the quality of life of the elderly, the need for family support.
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INTRODUCTION

Elderly is a condition that affects individuals caused by the aging process that occurs throughout the life cycle (Fitri et al., 2023). This causes a psychological crisis because they become dependent on other people and lonely. Loneliness is living alone, lack of relationships with family, friends and close relatives or lack of participation in group activities, as well as physical inability to carry out activities. (Saraswati & Widiyana, Hidayah, 2022). Elderly people who experience personal problems of loneliness will respond differently to each individual (Hapsari, S., & Ratriana, Y. E. K. 2022).

The prevalence of loneliness in the elderly in the country of Finland is estimated at 36% experiencing loneliness and 55% of lonely elderly experiencing depression (Fatimah & Aryati, 2022). Based on a national survey in the city of Kendari, 64% of elderly people experience loneliness (Susanty 2022). In Padu Wau Maumere Sikka Regency in 2019, it was found that 75% of elderly people experienced loneliness (Aran.2019). The level of loneliness for the elderly in the UPT for Elderly Social Services at the Binjai Social Service, North Sumatera Province, there are 80% of the elderly experiencing mild loneliness and 20% of the elderly experiencing moderate loneliness (Zalukhu, E. N. 2021).

Based on the results of a preliminary survey in the Harjosari II sub-district, Medan Amplas District, among 5 elderly people. Based on the results of direct interviews, it was found that 2 elderly people who experienced moderate levels of loneliness stated that they still had good social relations with the surrounding environment, and when giving opinions or ideas they were still well received by the people around them. There were 3 elderly people who experienced severe levels of loneliness who said that the elderly did not have anyone close to them, felt lonely, felt abandoned, and felt shunned/alienated by the surrounding environment.

Factors that cause elderly people to feel very deep loneliness are that elderly people have feelings of loss and lack of social support (Hapsari, S., & Ratriana, Y. E. K. 2022). At this time, the elderly are experiencing social changes, where previously they lived with extended families, but now the elderly live alone, separated from their children (nuclear family). Children are interested in earning a living in urban areas, which is one of the reasons why elderly people live alone at home. Apart from that, cultural, situational and spiritual factors also influence the level of loneliness of the elderly, such as changes in lifestyle and culture (Hanifah, H., Maydinar, D. D., & Marsiah, M. 2021). Losing a life partner makes elderly people feel lonely, feel mourning, and miss moments of togetherness with family.

The impact of loneliness on the elderly shows that the elderly will feel alienated (isolated) from other people, excluded or remote, feelings like this tend to have a negative influence on the health of the elderly both physically and psychologically (Hapsari, S., & Ratriana, Y. E. K. 2022). Loneliness in the elderly for a long time results in increased stress, resulting in the elderly becoming anxious, sad, lonely, and withdrawing from the environment (Nurlianawati, L., Widyawati, W., & Kurniasih, T.2023).The most serious impact of loneliness is reduced quality of life and psychological well-being (Astutik, 2019).

Efforts to reduce or prevent loneliness in the elderly can take the form of family support. The family has an important role in the life process of every individual, especially the elderly. The family must be able to prepare and provide assistance to the elderly at least 80% and a child is the main source of providing support to his parents or elderly. (Bernarda, 2022). Music therapy can also reduce feelings of loneliness in the elderly. When providing music therapy for the elderly, you must pay attention to the type of music that will be provided (Arlis, A. 2019). Spirituality can also help the elderly to overcome the problem of loneliness by getting closer to God and the universe, knowing themselves more completely and feeling a deeper connection with God and the universe, then the elderly will find the meaning of life (Himawan, R., Sari, I., Hartinah, D., & Jauhar, M. (2023). Based on the problems above, the researcher wanted to see how the level of loneliness among the elderly in the Harjosari II sub-district, Medan Amplas District, is described.

METHODS

This research uses a description with a cross sectional approach by distributing questionnaires to the elderly. The population in this study was all 135 elderly people in Harjosari II Village, Medan Amplas District. To determine the sample size, the Slovin formula was used to obtain a sample size of 57 respondents. The sampling technique was purposive sampling

with the criteria that the elderly had no complications, no hearing loss or dementia. Data collection was carried out through home visits, accompanied by the hamlet head. using the UCLA Loneliness Scale loneliness questionnaire. The analysis used in the research is univariate looking at the frequency distribution of elderly loneliness.

RESULTS AND DISCUSSION

Based on the research results, the frequency distribution of demographic data for elderly people who experience loneliness will be explained in the following table:

Table 3.1 Frequency Distribution of Elderly Characteristics Based on Gender, Age, and Education of Respondents in Harjosari II Village, Medan Amplas District, 2024.

characteristics	F	%
Gender		
- Man	20	64,9
- Woman	37	35,1
Age		
- 60 – 70 Year	37	64,9
- 75 – 90 Year	20	35,1
education		
- No School	9	15,8
- Finished Elementary School	16	28,1
- Finished Junior School	13	22,8
- Finished High School	19	33,3

Based on table 3.1, it was found that the characteristics of respondents based on gender showed that 37 respondents (64.9%) were female. Most of the respondents were 60-70 years old, 37 respondents (64.9%). The education level of the majority of respondents had completed high school (33.3%).

Table 3.2 Frequency Distribution of Elderly Based on Elderly Loneliness Level in Harjosari II Village, Medan Amplas District in 2024.

Loneliness	F	%
- Low	5	8,8
- Currently	52	91,2
- Heavy	-	-
Total	57	100

Based on table 3.2, it shows that the level of loneliness for the elderly in Harjosari II Village, Medan Amplas District in 2024, the majority of respondents experienced moderate levels of loneliness, 52 respondents (91.2%). Elderly people say they are lonely because they are often left behind by their families, such as working, their partners leave them, they are less interested in participating in activities, they don't find it easy to make friends if they want them, and they mostly withdraw from their environment. And most of the ways for

elderly people to overcome their feelings of loneliness are by listening to the radio or doing gardening activities to relieve the elderly's feeling of loneliness.

This researcher is supported by Masroni's research, stating that loneliness in the elderly is caused by several factors, including the elderly not getting love from their family, limited social relations with the surrounding environment, and also changes in the lifestyle or habits of an elderly person (Masroni et al., 2024). The elderly miss being together with the togetherness and attention and love of the family that the elderly received from their previous partners or children.

In line with Ika & Amri's research, it is stated that many elderly people feel lonely due to a lack of attention from the family. This feeling increases when the elderly cannot carry out activities as before and there is a lack of communication between each other or peers. (IKA & AMRI, 2018). Elderly people don't have jobs and don't have a home, so their activities are watching TV, sweeping the house, cooking and shopping at the market, and their family rarely visits or calls which results in feeling lonely.

Loneliness in the elderly is an unpleasant and undesirable condition for a person which is shown through a person's feeling of emptiness and feeling alone (Setyowati et al., 2021). Loneliness in the elderly is an emotional condition which greatly affects the ability of coping mechanisms and the quality of life of the elderly (Dyah Putri Aryati, 2024). Elderly people who experience loneliness often say they feel bored with their lives, are not cared for and loved by their families, the loneliness they feel tends to cause depression, suicidal thoughts, a decreased immune system and sleep disorders (Di et al., 2018).

Researchers saw that the loneliness felt by the elderly in Harjosari II sub-district, Medan Amplas sub-district was caused by being abandoned by their partner, abandoned by their children because they were forming a new family, and the elderly did not have daily activities such as gardening because their land or housing was densely populated. It is very difficult for elderly people to make friends, so they often live alone at home and are less active in several activities in the community, such as praying, and rarely attend posyandu in the sub-district.

Scientific Equations

The scientific equation is written in the center (centered) and the equation number is written on the right parallel to the equation as in the following example.

CONCLUSION

An overview of the level of loneliness among the elderly in Harjosari II Village, Medan Amplas District in 2024, shows that the level of loneliness for the elderly is mostly moderate loneliness, 52 (91.2%) of respondents. This is supported by a lack of activity, living alone, living with a partner and children which makes it possible for elderly people to experience loneliness.

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