The Effect of Social Participation on Elderly Live Satisfaction

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Abstract. The purpose of this study was to examine the effect of social participation on elderly life satisfaction in the aging process. This study employs expo-facto research method. The design was one parallel static group post-test design. The independent variable of this study is social participation and the dependent variable is life satisfaction in aging process (healthy aging process). The sample of the study was collected through random sampling that was 69 elderly people who live in Bandung. The result shows that there is a significant difference among the four groups ($P < 0.05$). The more the social fields that are followed, the higher the life satisfaction. This indicates that social participation affects the elderly life satisfaction.

1. Introduction
Healthy aging or successful aging has three characteristics, the low level of probability of a disease or disability, the high of cognitive and physical function capacity and the active involvement in social life [1]. The decline in the quality of my physical and non-physical in the elderly is a natural thing. This can not be avoided. Things can be done simply by trying to stall the march of the aging process. One effort inhibits the aging process is to perform a variety of physical activity or exercise [2]. However, due to advances in technology and the increasing socio-economic status, efforts to prevent aging process becomes less than optimal. [3]. Many researchers are therefore interested in resolving the issue. One of these studies conducted by Cherry et al (2016) the result shows that participation in various social activities is one alternative that can be used as an attempt to retard the aging process [4].

The purpose of this study is to examine the social participation of elderly effect on life satisfaction of the elderly. Where life satisfaction is the most important indicator for the phase of human life. Life-satisfaction is the scale to the which a person evaluates Themselves to the overall quality of life reviews their as-a-whole positively [5]. Many researchers conducted studies to uncover any matter that may affect the life satisfaction of the elderly. Some of them to use the leisure activity as an independent variable [6] the results found that leisure activities increase levels of happiness and enjoyment of elderly. Another study found that leisure activities reduced risk of depression [7].

Research on the life satisfaction of elderly with social participation as a dependent variable is still limited. Thus it is important to do research as an addition to the repertoire of knowledge about the influence of social participation of seniors to life satisfaction. Hopefully, this research can serve as guidelines for the elderly in considering participation in social activities.
2. Method
The method used is the expo facto with one measuring. Life satisfaction which is the dependent variable and treatment that is intended to serve as the independent variable is the social participation of elderly in everyday life. The subject of the research is the 69 elderly who live in the city of Bandung. Consisting of 38 men and 31 women with an average age of respondents 68 years.

Life satisfaction measured using a modified version of the questionnaire healthy aging process [8] where life satisfaction is one indicator of the healthy aging process. Life satisfaction consisted of 8 statements and filled with the Likert scale was "very satisfied", "satisfied", "not satisfied", "dissatisfied" and "very dissatisfied". The social participation was measured using social participation report were filled by respondents consisted of four sub-variables, “no organization participation”, “participation of up to two areas of the organization”, the participation of three to four areas of the organization”, and “participation five or more areas of the organization”. Data obtained from respondents were processed using statistical techniques assisted by software SPSS 18.

3. Results and Discussion
In Table 1 is described concerning the description of the data life satisfaction based social participation of the elderly. Of the total 69 respondents visible only 18.8% or some 13 people with no social participation category. As for social participation category 1-2 had the highest number of respondents 37.7% or 26%. Other respondents fit into the category of social participation of 3-4 and more than 4 with the percentage of each 23.2% (16 people) and 20.3% (14 people). Furthermore, Table 1 also explains the age of respondents, the average age of 69 respondents was 68 years. The average age of all respondents was 68 years. When viewed from social participation, respondents who follow the social participation of more than 4 average age was 73 years. While the average age of the elderly who follow the social participation of 3-4, 1-2 respectively 63 years and 69 years and without the participation is 67 years. From these data, we can conclude there is no structured pattern for social participation based on age.

| Social Participation | Percentage (Total) | Average of age | Average of Life Satisfaction |
|----------------------|--------------------|----------------|-----------------------------|
| Not Active           |                    |                |                             |
| Male                 | 38.5%(5)           | 73             | 64                          |
| Female               | 61.5%(8)           | 62             | 64,25                       |
| Subtotal             | 18,8%(13)          | 67             | 64,15                       |
| Less Active          |                    |                |                             |
| Male                 | 42%(11)            | 70             | 70,8                        |
| Female               | 57.7%(15)          | 68             | 68,9                        |
| Subtotal             | 37.7%(26)          | 69             | 69,7                        |
| Active               |                    |                |                             |
| Male                 | 50%(8)             | 62             | 66,5                        |
| Female               | 50%(8)             | 64             | 66,25                       |
| Subtotal             | 23,2%(16)          | 63             | 66,4                        |
| Very Active          |                    |                |                             |
| Male                 | 100%(14)           | 73             | 70,1                        |
| Female               | 0%(0)              | -              | -                           |
| Subtotal             | 20,3%(14)          | 73             | 70,1                        |
| Total                | 100%(69)           | 68             | 68                          |

In table 1 life satisfaction data showed there is a tendency that the more the social participation of the greater life satisfaction scores. The highest satisfaction scores obtained by the elderly who follow the social participation of more than 4 which is 70.1 while the lowest life satisfaction scores obtained by older people with no social participation that is 64.15 (see Table 1). ANOVA statistical processing
results also proved that there are differences in life satisfaction of elderly based on the amount of social participation that followed the elderly, where P (0.14) <0.05 (see Table 2). Thus it can be interpreted that the number of social participation, followed by the elderly affect life satisfaction of the elderly. The more the number of social participation that followed the greater life satisfaction score elderly.

| Tabel 2. Output ANOVA Life Satisfaction Based on Social Participation |
|-----------------|-----------------|-----------------|-----------------|-----------------|
| Life Satisfaction | Sum of Squares  | df | Mean Square | F | P / Sig. |
| Between Groups   | 373,247         | 3  | 124,416      | 3,839 | .014    |
| Within Groups    | 2106,695        | 65 | 32,411       |       |         |
| Total            | 2479,942        | 68 |              |       |         |

On average the highest participation rate at the level of participation was active, on average they are active in one or two activities as participating in community activities. From the results of the study revealed that for elderly people who are very active dominated by elderly men. Of the 69 elderly people, as many as 14 people (20.3%) belong to the category of very active social participation, and all male. Viewed from the standpoint of national culture that men are still more freely to active outside the home [9], while for inactive groups dominated by elderly women, ie 61.5% or 8 out of 13 people. Women outside the house are not as free men. In addition to its culture that elderly men are more freely to participate in various social activities, anatomically-functional elderly men are stronger than in older women [10].

The elderly group that received the lowest satisfaction levels is the group that received the lowest average score, a group of elderly people who are active in social participation (64.15), whereas this group in terms of the average use are also highest, ie 73 years. On the other hand why this group is 100% male, made possible because of the influence of Indonesian culture that still affects their lives, that men generally have more flexibility to get out of the house, a career outside the home than women.

Highest life satisfaction scores obtained by a group of elderly with the level of participation is very active, as well as the smallest score obtained by a group of elderly who are not active. This means that the more active elderly people more satisfied wade through the process it ages and conversely the inactive increasingly dissatisfied undergo the process it ages.

4. Conclusion

Elderly males are more active than females in social participation. this is due to the influence of the culture of Indonesia. Social participation from the elderly have a positive influence on the 8 domains of life satisfaction, the more actively organize social increased 8 domains of life satisfaction. Effective social participation model for the elderly is very conditional.

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