The Relationship Between Self Compassion and Stress of the Elderly Who are Treated in Nursing Homes

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ABSTRACT

The prevalence of mental disorders is high in the elderly category, where it contains 8.9%. Stress is one of the issues that the elderly suffer. A trigger such as the living environment suppress the elderly's feelings of stress. To reduce stress, older ones can increase their individual's self-compassion. Therefore, this study aims to determine the relationship between self-compassion and stress levels in elderly people in nursing homes. This research uses quantitative methods, namely the correlation type. The instrument used to measure self-compassion is the Adaptation Self-Compassion Scale (SCS) and the stress level instrument is the Perceived Stress Scale. The sample for this research consisted of 50 respondents. The data analysis technique uses correlation coefficient analysis. The research results show that there is a significant relationship between self-compassion and stress for elderly people in nursing homes.

Keywords: Elderly, Nursing Home, Self compassion, Stress.

1. INTRODUCTION

Mental disorders are a major problem in Indonesia and in many countries. Mental disorders are the most prevalent common mental disorders with more than 200 million people worldwide or about 3.6% of the population (Organization, 2021). The highest mental health crisis occurred in the age group 60 - 74 years with a percentage of 8.9%, which is the age when humans have reached maturity in size and function (Kementrian Kesehatan RI, 2018).

In Indonesia, an elderly person is someone who has entered the age of 60 years and above. (Kemenkes, 2019). The elderly are a group of humans who have entered the final stage of their life phase. This group categorized as elderly will occur a process called the Anging Process or commonly referred to as aging. Symptoms seen in the elderly can include emotional lability, irritability, easily feeling abused, disappointment, unhappiness, feelings of loss, and feelings of uselessness. This is because the hormonal fluctuations experienced by the elderly will affect mood and emotional responses, so this increases the likelihood of aggressive behavior or acting violently. (Kaunang et al., 2019).

The results of observations made at the Darma Bakti Kasih Werdha Home in Surakarta, the management of the home admitted that there was a high level of stress in a number of elderly people, which had an impact on increasing violent and aggressive behavior. Such as showing more frequent and intense expressions of anger, hitting, kicking, or throwing items or verbally threatening (Observation Results at

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Panti Werdha Darma Bakti Kasih Surakarta, 2023). This finding is different from the results of Ariska's research (2022) that all subjects (elderly) feel happy living in an institution and interpret happiness as a feeling of pleasure and satisfaction. This is because the subject is free to do the activities he likes, be it related to worship activities or other personal activities, all needs including the subject's health are guaranteed, the subject has many friends and the subject has positive expectations for his future.

However, there are also different findings related to the happiness of the elderly, such as research by Selo, et al (2017) at the Nursing Home, which found that most (40.7%) of the elderly living in the Pangesti Lawang Nursing Home experienced moderate stress while the elderly who lived outside the Pangesti Lawang Nursing Home were mostly (47.6%).

The difference in these findings and the indication of elderly stress at the Darma Bakti Kasih Nursing Home in Surakarta shows a phenomenon where not all nursing homes are able to provide happiness to the elderly. Stress is an external event and environmental situation that burdens an individual's adaptive abilities including emotional and psychological. (Kemenkes, 2022). The aging process begins at age 60 and is accompanied by several biochemical, physiological, anatomical, and metabolic changes. The transition to old age has serious medical, psychological and social consequences (Lotfizadeh et al, 2023). Previous research has found that older people's decisions to reside in care homes are often made to cope with increasing physical and emotional needs and it is also possible to cause stress in these older people (Khaidir & Maulina, 2018).

One of the factors being researched is self compassion. Self compassion involves an attitude of acceptance, appreciation, and understanding of oneself in the face of adversity, failure, or suffering (Kulon et al., 2022). In the context of the elderly, self compassion can be a relevant factor in managing negative emotions and dealing with stress associated with the aging process. Research by Yuliani (2018) that there is a significant relationship between self compassion and stress.

Based on the description above, so this study aims to determine the relationship between self-compassion and stress of the elderly who live in nursing homes.

2. RESEARCH METHODS

This research is a quantitative study with a correlational type, which is research conducted to find the relationship between independent and dependent variables. The population in this study were the elderly at the Darma Bakti Kasih Wredha Home in Surakarta, totaling 50 people. While the sample of this study is the entire population of 50 or called total sampling. taking the entire population into the sample because the population is small or less than 100 so that the entire sample is taken (Arikonto, 2019). The sampling technique is random sampling.

Inclusion criteria:
1. Elderly can communicate well.
2. Willing to be a respondent.

Kriteria ekslusi:
1. Age <60 years old
2. Sick

The ethical number of this research:
Ethical Clearance Number 063/UKH.L02/EC/XI/02 and Self compassion variables using the Self compassion Scale (SCS) adapted from Sugianto (2020) entitled Reliability and validity of the Indonesian version of the Self-Compassion Scale. Meanwhile, the stress variable was measured by the Perceived Stress Scale which was adapted from the research of Andreou et al (2011).

Data analysis that can be done is the Pearson correlation test (r test) to determine the relationship between self compassion and stress levels in the elderly in nursing homes.

3. RESULT AND DISCUSSION

3.1. Respondent Characteristics

The following is the frequency distribution based on age, gender, and the patient's latest education:

Table 1 Frequency Distribution of Respondents' Characteristics

Gender	n	%
Male	36	72
Female	14	28
Age		
60-65	15	30
66-75	20	40
>75	15	30
Education		
Not graduated from elementary	30	60
Elementary	10	20
Junior High School	6	12
High School	4	8
Total	50	100

Source: Data Primer, 2023

Table 5.1 frequency distribution of respondent characteristics shows that more respondents are male, namely 36 (72%) and female as many as 14 (28%), while the age is predominantly aged 66-75 years as many as 20 (40%). The majority of respondents' education level did not graduate from elementary school as many as 30 (60%) and the least graduated from high school as many as 4 (8%).

3.2. Bivariate Analysis

Bivariate analysis provides an overview of the relationship between self compassion and stress of the elderly living in nursing homes. Before the correlation test is carried out, the normality test is carried out as a prerequisite test.

a. Normality Test

In this study, the calculation of the data normality test using ShapiroWilk on the stress level variable and the self compassion variable. Based on the normality test, it was found that both variables had sig (p-value) greater than the significance level ($\alpha = 0.05$) after transforming the data on the loneliness variable. This study shows that the self compassion variable is normally distributed or the distribution of data is normal (P = 0.857) and the stress level (P = 0.111).

b. Correlation Test

Correlation analysis techniques are used to determine the relationship between two variables in terms of the magnitude of the correlation coefficient, the direction of correlation, and the form of correlation (Rangkuti, 2012). The criteria for the level of correlation strength between the variables used in this study are as follows:

Table 2. Correlation between Self compassion and Stress Levels

	Stres
Pearson Correlation	0,872
Sig. (2-tailed)	0,000
N	50

Source: Data Primer, 2023

Based on the table above, it can be seen that the correlation coefficient (r count) between self compassion and stress level is 0.872 and the r table value is 0.230 for the number of respondents is 50. Thus r count> r table. Meanwhile, when viewed from the p value = 0.000 and the p value is smaller than the value of a = 0.05. So it can be concluded that there is a significant relationship between self-compassion and Stress of the Elderly who are cared for at the Werdha Home. And the relationship between the two variables shows very strong because it is in the interval range of 0.80 - 1.00.

So, based on the results of the correlation analysis, it can be seen that there is a significant relationship between self compassion and the stress level of the elderly. Thus Ha is accepted while H0 is rejected

Discussion

Based on the results of the product moment analysis test, the correlation coefficient price is 0.872 with a significance level of 0.000. Because the significance is less than 0.05, Ha is accepted and H0 is rejected, meaning that there is a significant relationship between self-compassion and the level of stress of the elderly. The level of correlation or relationship between variables is classified as very strong.

Self-compassion, or self-partiality or kindness towards oneself, has a positive impact on the stress level of the elderly at Panti Werdha Darma Bakti Kasih Surakarta. This is because elderly who have self-compassion tend to be seen as able to manage feelings of guilt and worry related to failure or mistakes. This can reduce the emotional burden and stress associated with negative feelings towards oneself. This emotional stability is due to feeling

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compatible with the rules and nurses at the nursing home. Meanwhile, patients who show symptoms of stress appear to have no concern for themselves. This is because the elderly have experienced trauma or life difficulties in the past, which makes it difficult to treat themselves with compassion.

Self compassion involves reducing self judgment or harsh attitudes towards oneself when experiencing difficulties or stress. Elders who have high levels of self-compassion tend to have a more accepting and non-judgmental mindset towards themselves when facing stress. This helps reduce emotional distress and increases their capacity to cope with stress. The results of this study are in line with Amaranggani's (2021) findings that the higher the self compassion in participants, the lower the negative emotional states they have, and vice versa. Self compassion predicts negative emotional states in participants from largest to smallest in order, namely depression, stress, and anxiety. Alfredo's research (2021) shows a significant effect of self compassion on the tendency of depression in students in the city of Surabaya.

4. CONCLUSION

Based on the discussion of the results of the study, it can be concluded that the characteristics of the elderly living in Werdha Nursing Homes are dominated by men and aged 66-75 and the majority did not graduate from elementary school. Elderly self-compassion shows a minimum value of 68, a maximun value of 96, a mean of 82.82 and a standard deviation of 5.838. Elderly stress shows a minimum value of 10, a maximun value of 38, a mean of 24.46 and a standard deviation of 6.779. There is a significant relationship between self compassion and the stress of the elderly who live in nursing homes where p 0.000 <0.05.

5. ADVICE

The suggestions given are as follows:

a. For Nursing Home Managers, that the nursing home environment be designed to promote warmth, safety, and a feeling of inclusion for the elderly. This can include a calm atmosphere, comfortable facilities, pleasant decorations, and activities that invite a sense of involvement and togetherness.

b. Future researchers can examine other variables that have a relationship with elderly stress levels.

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