The Relationship between Therapeutic Communication and Anxiety in the Elderly At the Pangudi Luhur Bekasi Integrated Center in 2023

Anasthasya Selda Patasik, Rotua Suriany Simamora, Kiki Deniati
STIKes Medistra Indonesia
anastasyaa0087@gmail.com, rotuasuriany12@gmail.com, bundacadir@gmail.com

Abstract

Background: Elderly is a condition experienced in human life. Getting old is part of the natural process of humans who have gone through the stages of their lives, namely children, adolescents, adults and old. Anxiety in the elderly is generally caused by the environment around the elderly which makes them worry about their lives. The quality of life experienced by the elderly is caused by excessive anxiety, this generally happens frequently, besides this, the anxiety of the elderly is strongly influenced by the elderly who live alone. Efforts are made to prevent excessive anxiety in the elderly through the application of therapeutic communication. Therapeutic communication has a positive impact on the elderly in reducing anxiety.

Research Objectives: Knowing the Relationship between Therapeutic Communication and Anxiety in the Elderly at the Pangudi Luhur Bekasi Integrated Center in 2023

Research Method: The research method used is quantitative with Cross Sectional analytic type. The population in this study is the elderly who experience anxiety at the Pangudi Luhur Bekasi Integrated Center in 2023, totaling 55 people. The data collection technique uses simple random sampling. Research results: it was found that with a significant level of 95% or an α value of 5% (0.05) the results of the Chi-Square test obtained a p-value (0.000) <α value (0.05). This shows H0 is rejected. Conclusion: There is a Relationship between Therapeutic Communication and Elderly Anxiety at the Pangudi Luhur Bekasi Integrated Center in 2023.

Keywords: Therapeutic Communication, anxiety, elderly.
Introduction

Elderly is a condition experienced in human life. Growing old is part of the natural process of humans who have gone through the stages of life, namely children, teenagers, adults and old people. The stages in question are very different both biologically, physically and psychologically. This is because the physical condition of the elderly greatly inhibits or slows down the decline in bodily functions caused by increasing age. According to the World Health Organization (WHO) in Southeast Asia, the elderly population is 8% or around 142 million elderly. However, by 2050 the number of elderly people is expected to triple this year. In 2000 the number of elderly people was 5.3 million (7.4%) of the total population, whereas in 2010 the number of elderly people was 24 million (9.77%) of the total population and in 2020 it is estimated that the number of elderly people will be 28.8 million (11.34%) of the total population.[1]

According to BPS data (2020), in almost five decades, the percentage of elderly Indonesians has approximately doubled from 1971-2019, to 9.6% 25 million, where elderly women are around 1% more than elderly men, 10.10% versus 9.10%. Of all the elderly in Indonesia, young elderly aged 60-69 years dominate with a figure reaching 63.82%, middle elderly aged 70-79 years at 27.68%, while the proportion of elderly aged 80 years and over is 8.50%. In 2019, there were five provinces that had entered an old population structure where the elderly population had reached 10%. In Yogyakarta 14.50%, Central Java 13.36%, East Java 12.96%, Bali 11.30% and West Sulawesi 11.15%.[1]

Anxiety in the elderly is generally caused by the environment around the elderly which makes them worry about their lives. The quality of life experienced by the elderly is caused by excessive anxiety, this generally happens frequently, apart from this, the anxiety of the elderly is greatly influenced by the elderly who live alone. [2]

Efforts are being made to prevent excessive anxiety in the elderly through the application of therapeutic communication. Therapeutic communication has a positive impact on the elderly in reducing anxiety because as nurses we can provide a comfortable space for the elderly to talk about problems in their lives. Established communication will create trust so that the relationship will be better and more comfortable. [3]

The aim of this research is to determine the relationship between therapeutic communication and anxiety in the elderly at the Pangudi Luhur Bekasi Integrated Center in 2023.

METHOD

Using quantitative design with Cross Sectional. The sample in the research was elderly people aged 60-90 and over at the Pangudi Luhur Bekasi Terpadu Center in 2023, totaling 55 respondents. Sampling used a probability sampling technique with simple random sampling which was carried out February to June 2023. Data collection The initial step began with the licensing process, the research obtained permission from the Pangudi Luhur Integrated Center after that the researcher determined the population and sample. After the sample was selected the researcher carried out socialization about the research and its objectives for potential respondents. The researcher provides directions on how to fill out the questionnaire and provides a set of questions and written questions for respondents to answer. Data analysis includes univariate and bivariate analysis, where univariate analysis includes therapeutic communication and the frequency distribution of elderly anxiety. Meanwhile, bivariate analysis determines
the relationship between therapeutic communication and elderly anxiety at the Pangudi Luhur Bekasi Integrated Center 2023 using statistical tests (CI=95%) or α of 5%.

RESULT AND DISCUSSION

1. Frequency Distribution of Respondent Characteristics in 2023

Table 1. Frequency Distribution of Respondent Characteristics in 2023

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Frequency</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>25</td>
<td>45.5</td>
</tr>
<tr>
<td>Female</td>
<td>30</td>
<td>54.5</td>
</tr>
<tr>
<td>Total</td>
<td>55</td>
<td>100.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Frequency</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>60-74</td>
<td>28</td>
<td>50.9</td>
</tr>
<tr>
<td>75-90</td>
<td>18</td>
<td>32.7</td>
</tr>
<tr>
<td>&gt;90</td>
<td>9</td>
<td>16.4</td>
</tr>
<tr>
<td>Total</td>
<td>55</td>
<td>100.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Education</th>
<th>Frequency</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>SD</td>
<td>18</td>
<td>32.7</td>
</tr>
<tr>
<td>SMP</td>
<td>27</td>
<td>49.1</td>
</tr>
<tr>
<td>SMA</td>
<td>10</td>
<td>18.2</td>
</tr>
<tr>
<td>Universiti</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>55</td>
<td>100.0</td>
</tr>
</tbody>
</table>

Table 1 shows that the frequency distribution of respondents' characteristics based on gender, age, education shows that of the 55 respondents (100%), the majority gender is female, 30 respondents (54.5%). The number of elderly people who experience anxiety is more female, this is due to differences in brain function and hormones in women which are related to reproductive processes in women such as menstruation, pregnancy and menopause [4]. The frequency distribution based on age shows that the majority of respondents were 60-74 years old, with 28 respondents (50.9%) as the age increases, the tissue in the elderly decreases, the degenerative aging process will have an impact on physical, emotional and social changes. The problem with feelings is anxiety, therefore the elderly are more often characterized by feelings of tension which results in high anxiety in the elderly [5].

The frequency distribution based on education was mostly junior high school with 27 respondents (49.1%). This is because elderly people who have higher education will have better access to information about health, will be more active in determining their attitudes, and will be more independent in taking care, besides that they will also be able to easily accept new information about their health and be able to filter out positive things in their lives face life.

Therapeutic Communication Frequency Distribution in 2023

Table 2 Frequency Distribution of Therapeutic Communication in 2023

Table 2 shows below that it can be seen from 55 respondents (100%) at the Pangudi Luhur Integrated Center that most of them showed the application of therapeutic communication in the good category with the number 21 (38.2%). According to the researchers' analysis, health workers always implement therapeutic communication well. In trying to improve therapeutic communication, the Pangudi Luhur Integrated Center always holds training activities such as health webinars. Apart from that, health workers always provide positive things to the elderly by doing activities together. When communicating with elderly health workers use interpersonal communication, namely communication delivered in verbal, non-verbal form.

http://ejournal.urindo.ac.id/index.php/JournalOfAgeingAndFamily/index
When communicating with elderly people who are hearing impaired, health workers always look at the elderly person’s face so that the elderly person can read lips and use eye signals.

In carrying out therapeutic communication with the elderly, namely in the pre-interaction phase, the health worker always greets the elderly, the interaction phase of the health worker asks about the condition of the elderly and what problems are occurring, the work phase of the health worker provides motivation to the elderly, and the termination phase, the health worker plans the next meeting to resolve the problem elderly.

This is in line with previous research regarding the analysis of the application of therapeutic communication by implementing nurses to the anxiety of patient families in the ICU which showed that 34 respondents (67%) of nurses communicated well using the stages of therapeutic communication. An important factor used to establish a therapeutic relationship between nurses and patient families is communication.[6]

**Frequency Distribution of Elderly Anxiety at the Pangudi Luhur Integrated Center**

**Table 3 Frequency Distribution of Elderly Anxiety at the Pangudi Luhur Integrated Center**

<table>
<thead>
<tr>
<th>Elderly Anxiety</th>
<th>Frequency(□)</th>
<th>Percentage(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Light</td>
<td>21</td>
<td>38,2</td>
</tr>
<tr>
<td>medium</td>
<td>17</td>
<td>30,9</td>
</tr>
<tr>
<td>Hard</td>
<td>17</td>
<td>30,9</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>55</strong></td>
<td><strong>100,0</strong></td>
</tr>
</tbody>
</table>

Table 3 shows that of the 55 respondents (100%) at the Pangudi Luhur Integrated Center, most of them showed elderly anxiety in the mild category with the number 21 (49.1%). According to the researchers’ analysis, the anxiety that occurs in elderly people in Integrated Centers is influenced by health problems and the loss of loved ones. Based on observations during research, the majority of elderly people experience signs of anxiety such as difficulty sleeping, worry, restlessness and fatigue. Therefore, health workers always approach communication using therapeutic communication. Apart from that, health workers always provide motivation for the elderly. The factors that influence reducing anxiety in the elderly are the comfortable environmental factors at the Pangudi Luhur Integrated Center. These factors have a good impact on the physical and mental health of the elderly. This is supported by the fact that 51 respondents (85.0%) experienced mild anxiety. The influence of nurses’ therapeutic communication is in the good category so that elderly people are highly motivated. Good communication will create trust resulting in a warmer relationship.[7]

**Relationship between Communication and Elderly Anxiety at the Padungi Luhur Integrated Center in 2023**

**Table 4 Relationship between Communication and Elderly Anxiety at the Padungi Luhur Integrated Center in 2023**

http://ejournal.urindo.ac.id/index.php/JournalOfAgeingAndFamily/index
Based on table 4.4 above, it can be seen that of the 55 respondents (100%) elderly who experienced anxiety stated that therapeutic communication was good with mild anxiety as many as 16 respondents (29.1%). Respondents who stated that therapeutic communication was not good with severe anxiety were 9 respondents (16.4%), respondents who stated that therapeutic communication was adequate with moderate anxiety were 9 respondents (16.4%).

Based on the results of the statistical test output with a significance level of 95% or 5% (0.05), the Ci Square test results obtained p value (0.000) < value (0.05) so it can be concluded from the results that H0 is rejected. Thus, it can be interpreted that there is a relationship between therapeutic communication and anxiety of the elderly at the Pangudi Luhur Bekasi Integrated Center in 2023. The results of this study are in accordance with previous research, namely bivariate results using the chi-square test of respondents who said that nurses' therapeutic communication was good most of the time with mild anxiety in families as many as 15 respondents (48.4%) in this study showed that basically therapeutic communication aims to help understand the family, achieve good relationships between nurses and families, and help families understand the purpose of the care actions taken. Nurses who can carry out their role well can certainly provide comfort for patients and their families, thereby reducing anxiety levels. [8]

Also related to previous researchers' theories. Therapeutic communication is communication that is consciously planned, aims and activities are focused on healing the patient and fostering a therapeutic relationship between the nurse and the client. Therapeutic communication can also be perceived as a process of interaction between clients and nurses that helps clients overcome temporary stress to live in harmony with other people.[9] Based on the researchers' analysis, Integrated Center health workers in implementing therapeutic communication can influence the anxiety level of the elderly.

Therefore, therapeutic communication can build a relationship of mutual trust towards the elderly, because of this the elderly will feel confident in their lives so that it has a positive impact which reduces the anxiety of the elderly. If the elderly receive poor treatment in services, especially in implementing therapeutic communication, this will cause the elderly's anxiety to increase.

CONCLUSION
Based on the results of the research and discussion carried out in the previous chapter regarding "The Relationship between Therapeutic Communication and Elderly Anxiety at the Pangudi Luhur Bekasi Integrated Center in 2023".
Integrated Center 2023," it can be concluded as follows:

1. The most gender-based characteristics are women, the most age is 60–74 years, the most education is junior high school.

2. Therapeutic communication of the Pangudi Luhur Bekasi Integrated Center health workers in the majority carry out therapeutic communication well. This shows that health workers always take part in webinar activities. Apart from that, health workers always have a positive impact through motivation on the elderly. Therefore, the elderly stated that the therapeutic communication implemented by health workers was very good.

3. The majority of anxiety among the elderly at the Pangudi Luhur Bekasi Integrated Center 2023 is in the mild category. This shows that health workers can implement therapeutic communication well, and the environment of the Integrated Center is very comfortable so that the anxiety of the elderly at the Pangudi Luhur Integrated Center is in the mild category.

4. There is a Relationship between Therapeutic Communication and Elderly Anxiety at the Pangudi Luhur Bekasi Integrated Center 2023. Communication is very important in the process of providing nursing care. Good communication will create trust resulting in a warmer and deeper relationship which can reduce anxiety in the elderly.

SUGGESTION

1. For Pangudi Luhur Integrated Center Health Officers
It is hoped that health workers can take part in training activities such as public speaking and training in the application of therapeutic communication. In this training effort, health workers can apply therapeutic communication when providing nursing care to the elderly so that anxiety can be reduced.

2. For respondents
It is hoped that the elderly will always maintain their physical and psychological health by carrying out activities together with other elderly people, always thinking positively in order to prevent or reduce the anxiety they experience.

3. For further researchers
This research can be used as comparison and reference material for further research. With this research, it is hoped that future researchers can add variables related to anxiety in the elderly and therapeutic communication and can expand the scope of research. Considering that this research has not described the specifics of anxiety in the elderly.

Bibliography


http://ejournal.urindo.ac.id/index.php/JournalOfAgeingAndFamily/index
Raharja Dusun Lemah Dadi Bangunjiwo, Kasihan Bantul,”


