



# “Tilik Ndelik” Program to Increase Meaning of life and Psychological Well-being of the Elderly at the “Amanah Bunda” Social Welfare Institution, Pringsewu

## Program Tilik Ndelik untuk Meningkatkan Makna Hidup dan Kesejahteraan Psikologis Lansia di Lembaga Kesejahteraan Sosial Amanah Bunda Pringsewu

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Published online: 7 Januari 2025

### ABSTRACT

Indonesia is entering a phase of aging population structure, which is marked by the proportion of the population aged 60 years and over. In 2020 it had reached 29.3 million people or 10.82% of the total population (269.9 million). Elderly people tend to experience various problems. For example, weak physical conditions such as the ability to see, hear, walk and helpless and declining health conditions so that they are susceptible to disease. Some problems that occur in the lives of the elderly due to the inability to accept change make the elderly depressed, stressed, and lonely, thus affecting the psychological well-being of the elderly. The Tilik Ndelik Program is one of innovation, that Used by researcher togetherness with LKS Amanah Bunda to the finished of the problem. The Purpose of study is to Increase Meaning of life of Life and Psychological Well-being of the Elderly at the “Amanah Bunda” Social Welfare Institution, Pringsewu. This method that use descriptive quantitative, with pre experimental pre and post intervention design. This program have involved 70 participant, who had implementing of Program “Tilik Ndelik” was act in Social Welfare Institution “Amanah Bunda Pringsewu”, Intervention of the program are given Logoterapy at Eldery, who had implemented during six month, then assessment is carry out afterwards about the Meaning of life and Psychological Well-being. This program was implemented in July-December include as preparation, training, treathening, monitoring and evaluating. The Result study show that the data obtained were then analyzed to determine the difference in significance scores before and after the training was carried out. Based on the results of the paired sample t-test, the t value = 4.222 was obtained, and the sig value = 0.000 < 0.05 showed that there was a very significant difference between psychological well-being before and after being given logotherapy training treatment. The Conclusion of Study prove that the influence of logotherapy for the elderly can increase the meaning of life for the elderly. Based on this study, logotherapy is very suitable to be given to clients who have feelings of meaninglessness in life.

Keywords: olderes, meaning of life, logoterapi, well-being

**Abstrak.** Indonesia sedang memasuki fase struktur penduduk lanjut usia, yang ditandai dengan proporsi penduduk usia 60 tahun ke atas. Pada tahun 2020 telah mencapai 29,3 juta jiwa atau 10,82% dari total penduduk (269,9 juta jiwa). Lansia cenderung mengalami berbagai permasalahan. Misalnya kondisi fisik yang lemah seperti kemampuan melihat, mendengar, berjalan dan tidak berdaya serta kondisi kesehatan yang menurun sehingga mudah terserang penyakit. Beberapa permasalahan yang terjadi dalam kehidupan lansia akibat ketidakmampuan menerima perubahan membuat

lansia tertekan, stres, dan kesepian, sehingga mempengaruhi kesejahteraan psikologis lansia. Program Tilik Ndelik merupakan salah satu inovasi yang digunakan peneliti bersama LKS Amanah Bunda untuk menyelesaikan permasalahan tersebut. Tujuan penelitian ini adalah untuk Meningkatkan Makna Hidup dan Kesejahteraan Psikologis Lansia di Lembaga Kesejahteraan Sosial Amanah Bunda, Pringsewu. Metode yang digunakan adalah deskriptif kuantitatif, dengan desain pra eksperimen pre dan post intervensi. Program ini melibatkan 70 peserta, yang telah

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melaksanakan Program Tilik Ndelik di Lembaga Kesejahteraan Sosial Amanah Bunda Pringsewu, Intervensi program ini adalah diberikan Logoterapi pada Lansia, yang dilaksanakan selama enam bulan, kemudian dilakukan asesmen tentang Makna Hidup dan Kesejahteraan Psikologis. Program ini dilaksanakan pada bulan Juli-Desember meliputi persiapan, pelatihan, perawatan, monitoring dan evaluasi. Hasil penelitian menunjukkan bahwa data yang diperoleh kemudian dianalisis untuk mengetahui perbedaan skor signifikansi sebelum dan sesudah pelatihan dilakukan. Berdasarkan hasil uji paired sample t-test diperoleh nilai  $t = 4,222$ , dan nilai  $sig = 0,000 < 0,05$  menunjukkan bahwa terdapat perbedaan yang sangat signifikan antara kesejahteraan psikologis sebelum dan sesudah diberikan perlakuan pelatihan logoterapi. Kesimpulan penelitian membuktikan bahwa pengaruh logoterapi pada lansia dapat meningkatkan makna hidup pada lansia. Berdasarkan penelitian ini, logoterapi sangat cocok diberikan kepada klien yang memiliki perasaan tidak berarti dalam hidup.

Kata kunci: lansia, makna hidup, logoterapi, kesejahteraan

## INTRODUCTION

Indonesia is entering a phase of aging population structure, which is marked by the proportion of the population aged 60 years and over. In 2020 it had reached 29.3 million people or 10.82% of the total population (269.9 million). The impact is that Indonesia is experiencing population aging and it is estimated that in 2045 the number of elderly people will reach 19% of the total population (BPS, 2022). This worsens the aging process and affects the level of dependency of the elderly, which increased from 15% in 2019 to 17% in 2021 (Kinasih, 2021).

Elderly people tend to experience various problems. For example, weak physical conditions such as the ability to see, hear, walk and helpless and declining health conditions so that they are susceptible to disease (Hendriani, 2022). The economic situation is increasingly threatened, especially if there are health problems, so that the elderly must adjust to the lifestyle they lead (Loades et al., 2020). The elderly also experience several psychological problems that affect their well-being in old age.

Some problems faced by the elderly in living their old age cause the elderly to need care, attention and affection from those closest to them. Some problems that occur in the lives of the elderly due to the inability to accept change make the elderly depressed, stressed, and lonely, thus affecting the psychological well-being of the elderly (Dahlberg et al., 2018; Ernst et al., 2022; Putri et al., 2022).

The Amanah Bunda Social Welfare Institution (LKS) provides special attention to the elderly. This attention is realized in the 'elderly school' program which is carried out once a week, namely on Saturdays. Through the elderly school, the management integrates this agenda with spiritual, health, and skills services (Kartinah, personal communication, January 20, 2024).

LKS Amanah Bunda is located on Jalan Sidoharjo RT 13 RW 04 Sidoharjo Village, Pringsewu District, Pringsewu Regency, Lampung. LKS Amanah Bunda was established in 2015 and has 60 elderly people. LKS Amanah Bunda is a private LKS initiated and managed by Kartinah. Kartinah was one of the exemplary social activists in 1995 from Lampung. LKS Amanah Bunda is the only Social Welfare Institution that forms a school for the elderly in Lampung (Kartinah, personal communication, January 20, 2024).

Elderly schools are one of the educational efforts for the elderly (Susetiawan et al., 2022). The elderly school approach is one of the informal education concepts for the elderly. The elderly school is a flagship program of LKS Amanah Bunda based on the view that the elderly have the same rights in community, national and state life. As a step to improve the welfare of the elderly, LKS Amanah Bunda has a program of education and training services, religious spirituality, health, social protection and social assistance (Kartinah, personal communication, January 20, 2024).

LKS Amanah Bunda also held a graduation for elderly students. Kartinah as the founder of LKS Amanah Bunda revealed that dozens of students of this elderly school graduated after taking the first basic education which lasted for 12 months. After the first graduation, the elderly will be promoted to

next and achieve next stage of education. This is a step by LKS Amanah Bunda to improve holistic welfare for the elderly, especially in Sidoharjo Pringsewu(Kartinah, personal communication, January 20, 2024).



Kartinah said that learning activities, skills, arts, and physical health have been running well. Meanwhile, the psychological welfare program for the elderly has received less attention due to limited human resources and requires a professional role in the service. The elderly often come to Kartinah to tell about the problems that the elderly experience in their daily lives.(Kartinah, personal communication, January 20, 2024).

The elderly are often considered a burden. This negative stigma is often the reason why the elderly are ignored or even abandoned by their families (Hendriani, 2022). Not only that, the decline in physical condition affects the elderly's sense of empowerment when doing physical activities. Meanwhile, the elderly who have mostly been abandoned by their partners and children feel lonely which affects the psychological well-being of the elderly(Susetiawan et al., 2022).

For elderly people who live in the same house as their children or in-laws, they often complain about conflicts that occur in the house(Anisa et al., 2023). This is a strong reason why Kartinah began to pay attention to the psychological condition of the elderly by collaborating with Aisyah Pringsewu University which has a Psychology Study Program. This collaboration is expected to meet the need for mental health services for the elderly at LKS Amanah Bunda. The elderly school can meet the service needs required by the elderly, except for psychological services(Kartinah, personal communication, January 20, 2024).



In fact, apart from getting a good education, the elderly can become healthy individuals and remain productive if their psychological well-being is high(Hendriani, 2022). Therefore, the presence of a mental health service program at LKS Amanah Bunda is something that must be implemented immediately. Furthermore, the elderly must also receive Psychological First Aid so that they do not suffer from more severe psychological symptoms such as depression, anxiety, and even suicide(Zainuddin & Sulastri, 2021). Mental health services for the elderly are expected to be able to

improve psychological well-being, feelings of empowerment and meaning in everyday life (Wafa & Socialite, 2023). Elderly education can help the elderly become empowered in enjoying their old age.

LKS Amanah Bunda continues to strive to provide comprehensive services for the community, especially the elderly. One effort to complement the limited services to the elderly is by trying to provide mental health services through collaboration with institutions that provide professional staff in the field of mental health. In addition to being able to provide a place and protect neglected elderly in Sidoharjo Village, Pringsewu Regency, LKS Amanah Bunda aims to improve the physical and psychological well-being of the elderly.

## LITERATURE OR CONCEPTUAL REVIEW

Logotherapy focuses on increasing the meaning of life and psychological well-being. Logotherapy interventions help the elderly find the meaning of their lives so that individuals can rediscover hope for the future (Bastamana, 2007). Logotherapy can increase the meaning of life in individuals so that the individual's psychological well-being increases (Anggoro, Cristiana, Nathania, 2024).

Providing logotherapy to the elderly to increase the meaning of life. Logotherapy teaches the elderly how to find the meaning of life through daily activities. The elderly who are given logotherapy experience an increase in the meaning of life and psychological well-being. The principle of logotherapy is that every individual has an important meaning that must be achieved in life and has the freedom to find its meaning and can be found in any condition and must be accompanied by confidence (Bastamand, 2007).

Therefore, in logotherapy activities, the elderly will improve life expectancy and mental-social wellbeing (Saffarinia et al., 2018). The ability to give meaning to life is the end result of the elderly's ability to realize and see their own condition, by realizing the conditions they feel, having hope for these conditions, to do something that can make the elderly fully aware of their responsibilities, the choice for themselves to be responsible and in the end the elderly will find the meaning of their lives. Logotherapy will also be more effective if conducted with a group of elderly individuals who have experienced psychological distress or low self-esteem (Humer et al., 2023).

The ability to give meaning to life in the elderly is the end result of the elderly's ability to realize and see their own condition, by realizing the conditions they feel, having hope for those conditions, to do something that can make the elderly fully aware of their responsibilities, responsible for their choices and finally the elderly will find the meaning of their lives. The results of this study prove that the influence of logotherapy for the elderly can increase the meaning of life for the elderly. Based on this study, logotherapy is very suitable to be given to clients who have feelings of meaninglessness in life. Hasil demikian selaras dengan penelitian yang dilakukan oleh (Humer et al., 2023; Naghdi et al., 2023; Saffarinia et al., 2018).

## RESEARCH DESIGN

The research design in the program Tilik Ndelik was use Descriptive quantitative, with pra experimental pre and post intervention design. This program have involved 70 participant, who had implementing of Program “Tilik Ndelik” was act in Social Welfare Institution “Amanah Bunda Pringsewu”, Intervention of the program are given Logoterapy at Eldery, who had implemented during six month, then assessment is carry out afterwards about the Meaning of life and Psychological Well-being. This program was implemented in July-December include as preparation, training, treathening, monitoring and evaluating. The Result study show that the data obtained were

then analyzed to determine the difference in significance scores before and after the training was carried out by Paired T-Test.

Researchers developed a program that will be implemented for the elderly at the Amanah Bunda Social Welfare Institution (LKS), Pringsewu. The program is divided into several stages, namely the preparation, implementation, monitoring, and evaluation stages.

### Program implementation flow



#### a. Preparation

All the requirements that will be used in the training must be available at this stage, such as training materials, training modules, log books (weekly books), stationery, Power Point, etc.

#### b. Implementation

The implementation of logotherapy in the elderly is carried out in the form of group therapy. Group therapy provides new information or learning, the ability to interact with group members, feel accepted and have, realize that individuals are not alone and understand others with the same problems (Videbeck, 2012).

Logotherapy for the elderly teaches how to improve or expand the elderly's positive view of what they experience by looking back at the potential they still have, then developing the character or attitude of "being something" and applying it in everyday life so that the elderly feel meaningful in their lives. Logotherapy will be implemented in four sessions:

##### 1. Session on Changes and Problems Experienced by the Elderly

In this session, the elderly know and understand the changes that occur in the aging process and the consequences of these changes. This session aims to increase the elderly's awareness of the potential that can still be developed from themselves. In this session, the elderly are assisted to recognize psychological conditions from simple things such as recognizing and understanding the emotions they feel.

##### 2. Stimulating the Creative Imagination of the Elderly. Furthermore, the elderly express their hopes related to their potential. In this session, the elderly are stimulated on the reasons for the answers to the expectations desired by the elderly regarding the current conditions experienced. In this session, the trainer or therapist will develop and stimulate a reason that is considered meaningful to the elderly.

##### 3. Projecting Meaning In Everyday Life, In this session, seniors are taught to choose meanings or values that are considered meaningful or very valuable which will then be applied in everyday life.

##### 4. Evaluation of the Meaning of Life Ability of the Elderly, This session aims to evaluate the ability of the elderly to apply the expected meaning and that which has been applied in everyday life.

Through group logotherapy therapy for the elderly with loneliness and social problems, it is hoped that the outcome will be an increase in the meaning of life of life and the welfare of the elderly at LKS Amanah Bunda, Pringsewu.

To find out the changes that occurred after the therapy, participants were given a pre-test and post-test. The instrument used was a meaning of life questionnaire (meaning life quistionare) adapted from the meaning in life quistionare: assessing the presence of and search for meaning in life (Steger et al., 2006). Consisting of 10 questions using 7 Likert scales categorized into 5 questions about the condition of the meaning of life that has been achieved and 5 questions about the search for the meaning of life that stand alone and do not influence each other.

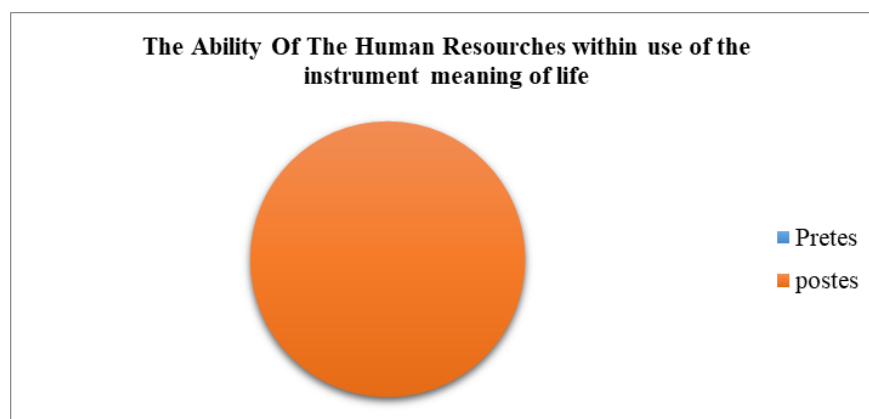
### c. Monitoring

At this stage, lecturers visit partners who are implementing the program and are facilitated by students. Lecturers make direct visits to the field to ensure that the program being implemented is running according to the predetermined program design.

This Program were implemented since of 6 Month from July until Desember, Iclude as preparation, training, treathening of logoteraphy, monitoring and evaluating. The data colected by evaluating kuesioner about meaning of life and well being at Eldery. The program was implemented at LKS “Amanah Bunda Pringsewu”, during six month in Agust until Desember 2024. The data analysis by Paired T test to measure of mindfulness and well being at Eldery before and after intervention.

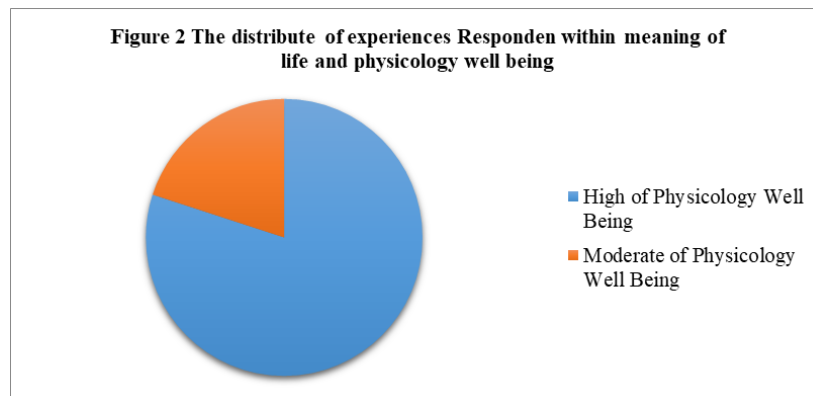
## RESULTS

Based on the results of community service activities carried out from August 21, 2024 to October 20, 2024, it shows that participants are very enthusiastic about participating in this program. This activity began by providing training for LKS Amanah Bunda managers with the aim of producing professional skilled workers in assessing psychological well-being, showing that out of 10 LKS Bunda participants/cadres who participated in the training activities, they had never participated in the assessment of the psychological well-being training instrument for the elderly.



**Figure. 1 The Ability Of The Human Resources within use of the instrument meaning of life**

The results show that all (100%) of the human resources who had been trained were able to fill out the instruments provided by the team well.



**Figure 2 The distribute of experiences Responden within meaning of life and physiology well being**

In the implementation of logotherapy, it is carried out through socialization of the delivery of material containing the objectives of logotherapy, benefits, and how to apply it. From these results, it appears that all participants understanding about logotherapy intervention, this can be seen from the result measurement of the post-test scores of participants on the understanding of the meaning of life, where 80% of participants have a high meaning of life, and 20% of them have a moderate meaning of life. Furthermore, to measure the level of validity of HR in the assessment instrument, participants are involved in the assessment of the logotherapy intervention and conduct direct measurements of elderly members of LKS Amanah Bunda.

To determine the effectiveness of the logotherapy training provided, the researcher conducted a pre-test and post-test. The data obtained were then analyzed to determine the difference in significance scores before and after the training was carried out. Before the difference test, the researcher conducted a classical assumption test to see the normality of the data obtained. If the data is normal, the next test can be carried out, namely the difference test. The results of the normality test can be seen in table 1.

**Table 1 Normality Test**

Variables	Pre-test					Post-test				
	N	M	SD	KS	Sig.	N	M	SD	KS	Sig.
The Meaning of Life	20	73.9000	4.73398	1,160	.136	20	70.1500	3.26505	.812	.524

Based on the table above, it can be seen that the meaningfulness of life of the elderly in LKS Amanah Bunda before the training was normally distributed with a significance score of 0.136 ( $p > 0.5$ ). Likewise, the post-test data was normally distributed with a significance of 0.524 ( $P > 0.5$ ). The requirements for the data normality test have been met so that it is feasible to carry out the next test, namely the difference test. The results of the difference test can be seen in table 2.

**T-Test Table**

	Paired Differences					t	df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error	95% Confidence Interval of the Difference				
				Lower	Upper			
Pair 1 PRE-POST	3.75000	3.97194	.88815	1.89107	5.60893	4.222	19	.000

Based on the results of the paired sample t-test, the  $t$  value = 4.222 was obtained, and the sig value =  $0.000 < 0.05$  showed that there was a very significant difference between psychological well-being before and after being given logotherapy training treatment.

The purpose of community service is to see logotherapy training increase the meaning of life and psychological well-being. Based on the results of community service, there is an increase in the meaning of life and psychological well-being in the elderly. Paired sample t-test obtained a very significant difference with a value of  $0.000 < 0.01$ . All elderly participants experienced an increase in the meaning of life and psychological well-being.

## DISCUSSION

Logotherapy focuses on increasing the meaning of life and psychological well-being. Logotherapy interventions help the elderly find the meaning of their lives so that individuals can rediscover hope for the future (Bastamana, 2007). Logotherapy can increase the meaning of life in individuals so that the individual's psychological well-being increases (Anggoro, Cristiana, Nathania, 2024).

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## CONCLUSION

The "Tilik Ndelik" program, which integrates logotherapy interventions, has been shown to effectively enhance the sense of meaning in life and overall well-being among the elderly. The findings indicate that logotherapy can significantly improve psychological well-being, thereby suggesting its potential as a beneficial approach for elderly care. This program can serve as a practical tool to help older adults find purpose, cope with existential challenges, and improve their quality of life. Consequently, implementing this program on a broader scale may contribute to better mental health outcomes and life satisfaction for the elderly population.

## ACKNOWLEDGMENTS

Special thanks are extended to the funders of the KEMDIKBUDRISTEK initiative, as well as to Universitas Aisyah Pringsewu for facilitating the smooth implementation of the grant program funded by KEMDIKBUDRISTEK. Gratitude is also due to everyone who contributed to the successful execution of this program, as your support and collaboration have been invaluable.

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