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## ***Caring Behavior of Caregiver During The Satisfy of Basic Needs in The Elderly***

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## Caring Behavior of Caregivers During The Satisfy of Basic Needs in The Elderly

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### ABSTRACT

**Background:** Entering old age, a person experiences a process of changing body functions both physically and psychologically, which can cause the elderly to have difficulty in achieving their basic needs. The Caring behavior is a form of support that caregivers can provide to the elderly in an effort to protect, improve, maintain, or devote a sense of humanity by helping someone achieve a better aspect. This study aimed to determine the caring behavior of caregivers in satisfying basic needs for the elderly at West Sumatera Province in 2022.

**Methods:** This study was conducted from March until July in 2022. The type of this study was quantitative by using a descriptive study. The population of this study was all the elderly as recipients of caring behavior directly from caregivers. By using total sampling, 53 people were chosen as the sample. The data was collected by using a questionnaire about the caring behavior of caregiver.

**Results:** From the results, it was found that as many as 33 people (62.3%) of respondents stated that the caring behavior of caregivers was included in the good category.

**Conclusion:** From the results of this study, it is expected that caregivers can improve the process of caring for the elderly in achieving more optimal basic satisfy through effective communication between caregivers and the elderly.

### Keywords:

Caring, Basic Needs, Elderly

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## Introduction

Humans, as living beings that continue to grow and develop, go through various life stages from birth to adulthood and aging. According to the World Health Organization (WHO), elderly individuals are defined as those who have reached the age of 60 and above. The Ministry of Health of the Republic of Indonesia Regulation Number 25 of 2016 on the National Action Plan for Elderly Health for the years 2016-2019 states that as individuals age, the likelihood of facing

physical, mental, spiritual, economic, and social issues increases. A fundamental problem in old age is health issues resulting from the degenerative process (Alligood, 2017).

Based on the Basic Health Research (Kemenkes RI, 2018), the most common diseases in the elderly are non-communicable diseases such as hypertension, osteoarthritis, oral health problems, chronic obstructive pulmonary

disease (COPD), and diabetes mellitus (DM). The approach used to understand the issues and solutions related to the elderly emphasizes the understanding of the aging process from early age to the end of life, which is multidisciplinary and relevant to the human life cycle (Ministry of Health of the Republic of Indonesia, 2016).

Furthermore, issues related to physical health during old age, such as blurry vision, joint pain, diminishing hearing, and a decrease in immune system strength, can make the elderly more susceptible to illness. Cognitive problems, such as weak memory and difficulty socializing with the environment or community, can trigger stress that impacts the psychological well-being of the elderly (Kholifah, 2016). In the face of these physical, cognitive, and psychological changes, the elderly require additional support and attention from family, close ones, or the community to help them cope with challenges and access available resources in order to meet their needs and achieve well-being (Triwanti et al., 2014).

From statistical data cited on the oecd.org website (2020), there is an increase in the percentage of elderly people worldwide. In developed countries like Japan, it stands out as one with the highest percentage of elderly individuals globally, reaching 28.789% of its total population. Italy follows in the second position with 23.366%, and

Finland is third with 22.490%. In Indonesia, the percentage of elderly people is relatively low, at 6.7%.

This can be attributed to the support and attention given to services that cater to the health, especially the basic needs, of the elderly. Consistent with research by Nurhidayah (2012), family and community support has a positive impact on the happiness of the elderly, influencing their health, which in turn affects the overall percentage of elderly people in a country.

For the elderly residing in social caring homes and far from their families, the role of support is replaced by caregivers in the form of caring behavior and concern for the elderly. Caring behavior is defined as a manifestation of attention to others, focusing on the person, and respecting dignity and humanity. Caring involves a commitment to prevent harm, provide attention and concern, and respect others and human life. Caring is also an expression of love and connection, authority and presence, always being there, empathy, motivating caregivers to be more caring towards clients, and being able to take actions according to the clients' needs (Dwidiyanti, 2007).

According to Watson (2012), caregivers/nurses for the elderly need to provide comfort, attention, affection, care, health care maintenance, encouragement, empathy, interest, love,

trust, protection, presence, support, touch, and readiness to help and visit clients. Such behavior encourages the elderly to improve in physical, psychological, spiritual, and social aspects (Sinthania et al., 2012). This is consistent with research by (Syaftriani & Pratama, 2017), which states that caring behavior has positive impacts, providing emotional satisfaction for both recipients and those who exhibit caring behavior. Caring brings comfort because of the attention given to patients, making them more open to expressing their complaints and facilitating the healing process or achieving basic needs from various aspects.

Elderly individuals living in nursing homes are often far from their children and grandchildren, leading to a lack of support in finding meaning in life, a lack of motivation, optimism, loneliness, or emptiness. They may lack clear short-term and long-term goals, responsibility for themselves, the environment, and society. Support for the elderly and providing assistance when needed is expected to motivate them to improve social interactions, thereby reducing loneliness (Wibowo & Rachma, 2014).

Emotionally unstable conditions in the elderly often require the presence of someone to understand the discomfort from various feelings. Lack of attention and support from caregivers makes it difficult for the elderly to meet physical and spiritual needs properly due to

degenerative problems they may experience.

Based on preliminary survey data, there are 70 elderly individuals living in the Kasih Sayang Ibu Social Caring Home, and the author's observations indicate that some elderly individuals still face physical conditions and degenerative health problems, as well as uncontrolled emotions and incomplete spiritual activities. This research aims to examine caring behavior focused on caregivers for the elderly in West Sumatera Province, 2022. The importance of this research is to obtain an overview of caring behavior in achieving the basic needs of the elderly residing in the Kasih Sayang Ibu Tresna Werdha Social Caring home in Batusangkar.

## Methods

This research is of the analytical descriptive type, focusing on the caregiver's caring behavior in meeting the basic needs of the elderly. The sample for this study consists of 53 respondents, obtained through total sampling with inclusion criteria for elderly participants who are willing to participate, cooperative, physically and psychologically healthy, and capable of conscious communication. The instrument used in this research is a caring behavior questionnaire based on Watson's 10 carative factors theory. For each point within the carative factors, there are 2 statements assessed using a Likert scale. This research take the

ethical consideration by number in Fort De Kock University.  
 168/KEPK/III/2022 from Committee Ethic

## Result

**Table 1. Overview of Respondents' Characteristics**

Characteristics	f	%
<b>Age</b>		
1. Elderly (60-74 years old)	43	81,1
2. Old (75-90 years old)	10	18,9
<b>Gender</b>		
1. Male	38	71,7
2. Female	15	28,3
<b>Education</b>		
1. Not attending school/ didn't finish primary school	6	11,3
2. Primary school		
3. Junior high school	20	37,7
4. High school	18	34
5. Higher education institution	8	15,1
	1	1,9
<b>Marital Status</b>		
1. Widow/ Widower	41	77,4
2. Married	12	22,6

Table 1 indicates that out of 53 respondents, a significant portion, specifically 43 individuals (81.1%), falls under the elderly age category. In terms of gender, the majority consists of 38 respondents (71.7%) who are elderly males. Regarding educational attainment, the most frequent level of

education is found to be elementary school or its equivalent, with a total of 20 individuals (37.7%). Additionally, in terms of marital status, it is observed that a substantial number, 41 individuals (77.4%) of the respondents, are widowed.

**Table 2. Description of Caregivers' Caring Behavior**

Variables	f	Mean	SD
The caregiver gave me attention while taking care of me	175	3,301	0,463
Caregiver seemed busy with work, so the time to care for me was reduced	147	2,773	0,465
Caregiver motivated me to recover	175	3,301	0,503
Caregiver explained to me the actions that would be taken and the procedures for each action	163	3,075	0,583
Caregiver showed sincerity with a smile while taking care of me	187	3,528	0,503
Caregiver seemed less attentive to my needs while caring	180	3,396	0,493



Variables	f	Mean	SD
for me			
Caregiver showed empathy and patience when asking about my daily symptoms	162	3,056	0,632
Caregiver encouraged me to ask questions about my illness and treatment to the healthcare staff in elderly care home	161	3,037	0,478
Caregiver listened to my feelings about my illness with great patience	188	3,547	0,539
Caregiver appeared displeased when I talked about my complaints or feelings	208	3,924	0,266
Caregiver asked me about my caregiving experience at the elderly nursing home	129	2,433	0,604
Caregiver involved me in discussions about my health and feelings	185	3,490	0,504
Caregiver's attitude and behavior made me feel comfortable while staying here	169	3,188	0,441
Caregiver explained things to me in a way that were not easy for me to understand	170	3,207	0,453
Caregiver asked if I understood the explanation	172	3,245	0,551
Caregiver rarely asked what I needed while I was here	161	3,037	0,337
Caregiver made me wait a long time when I needed help	186	3,509	0,504
Caregiver ensured the safety and comfort of the surrounding	176	3,320	0,510
Caregiver encouraged me to practice my faith	164	3,094	0,658
Caregiver invited me and my friends to participate in religious activities together	169	3,188	0,556

Table 2 shows that out of 53 respondents, more than half, specifically 33 individuals (62.3%), stated that the caregiver's caring behavior in basic needs of the elderly falls into the category of good.

## Discussion

Caring behavior, according to Watson (2009), is an action rooted in concern, affection, skills, empathy, responsibility, sensitivity, and support. This behavior functions to improve or enhance the conditions and lifestyles of individuals, emphasizing healthy activities that empower individuals and groups based on culture (Mailani & Fitri, 2017). Watson (2012) in the Theory of Human Care

reveals ten carative factors that reflect the caring behavior of a nurse. These ten factors include forming a humanistic-altruistic value system, instilling faith and hope, developing sensitivity to oneself and others, fostering trusting and helping relationships, enhancing and accepting expressions of positive and negative feelings, using systematic problem-solving methods in decision-making, improving interpersonal teaching-learning processes, providing a supportive environment, protecting and or enhancing mental, sociocultural, and spiritual well-being, assisting in satisfying basic human needs, and developing existential phenomenological strength factors (Firmansyah et al., 2019).

The independence of the elderly in Activities of Daily Living (ADL) is defined as an individual's ability to perform routine and universal daily life activities independently (Kane, 1998, as cited in Sari, 2013). Independence in the elderly, according to Hidayat (2012) in (Yuswatiningsih & Suhariati, 2021), is the ability of the elderly to not depend on others in carrying out their activities; everything is done independently with their own decisions to meet their needs.

Similarly, (Desi Hartati Silaen & Mey Lona Veraway Zendrato, 2022) state in their research that independent and mildly dependent elderly individuals are in good or fairly good health conditions, enabling them to carry out activities independently or with minimal assistance. The independence and mild dependence of the elderly may result from their ability to manage a healthy lifestyle supported by facilities provided by the nursing home, such as a clean and beautiful environment, healthy food, scheduled sports activities, and other activities that help the elderly channel their hobbies, whether in arts or skills.

In a study by (Wulandari, 2014), it is mentioned that a high sense of self-efficacy in the elderly can enhance their ability to satisfy daily activity needs. The elderly will feel capable and attempt to do things independently first, whereas a low sense of self-efficacy can reduce the elderly's willingness to be active, making them afraid to try new things or fear

failure. According to Riza et al. (2018), the majority of respondents are in the independent category, mainly due to their overall good health condition. With good health conditions, they can perform various activities without asking for help or depending on others as little as possible. On the other hand, respondents who are not independent cannot perform activities on their own; they need assistance and may not be able to carry out daily activities at all. Lack of independence in these respondents is often due to physical conditions that have declined due to the aging process and the presence of diseases, requiring assistance from others in daily activities.

Based on research by (Widyastuti & Ayu, 2019), it is concluded that independent and mildly dependent elderly individuals are in good or fairly good health, enabling them to perform activities independently or with minimal assistance. Meanwhile, there are elderly individuals experiencing severe dependence, namely one elderly person, and it is known that this elderly person is experiencing total weakness due to a stroke.

In line with the research by (Susanto & Soetjningsih, 2021), caregiver is considered a close and significant figure. Therefore, the role of caregiver staff in the form of social support is quite significant, as the research results show that social support from staff contributes effectively by 70.9 percent, with the

remaining 29.1 percent influenced by other variables. Social support from caregiver staff is crucial because the elderly residing in care homes not only experience physical and psychological health changes but also tend to experience stress due to problems related to the atmosphere and conditions of the care home, relationships with friends, and loneliness due to being far away from family or children.

In line with the research by (Purbasari & Rinanto, 2022), it is mentioned that independent elderly individuals are those who are in a state where all activities in satisfying their daily lives are carried out entirely on their own or without needing assistance. On the other hand, in elderly individuals with heavy dependence, some activities in daily life that require assistance from others are noted.

The research findings also indicate that the majority of elderly respondents are in good health, but there are also those who are not healthy. The health condition of elderly individuals that is not favorable is attributed to the aging process, where the body's functions have undergone a decline, making it challenging for the elderly to move.

It's important to note that these findings underscore the varying degrees of independence and health conditions among the elderly population, emphasizing the impact of aging on the

ability to carry out daily activities without assistance.

Every elderly person residing in a nursing home is attended to by caregivers every day. Therefore, effective communication is crucial for a caregiver, as it plays a significant role in accompanying the elderly. When interacting with the elderly, interpersonal communication is instrumental in achieving desired goals. Interpersonal communication is the communication between individuals face-to-face, allowing each participant to perceive the reactions of others directly, both verbally and nonverbally (Miranti, 2017).

In line with the research by (Cristanty & Azeharie, 2016), it is known that openness established between nurses and the elderly is achieved by creating a familial atmosphere, similar to the communication between children and their parents. This makes the elderly feel comfortable being around the caregivers. The elderly also express that they feel quite comfortable in the nursing home because there is no mental burden, and they have many friends, especially the caregivers at the nursing home, with whom they can share.

According to the researcher's assumption, this research is conducted to obtain an overview of caregiver's caring behavior in meeting the basic needs of the elderly at the elderly social caring home in West Sumatera Province in 2022.

The caring behavior includes the caregiver's willingness to listen to the feelings/complaints of the elderly, sincerity in caring, promptly assisting the elderly when needed, involving the elderly in various activities, and consistently paying attention or monitoring the condition of the elderly, among other applicable caring behaviors. The results show that the majority of the elderly gave positive ratings to the caregiver's caring behavior, with 33 out of 53 respondents (62.3%).

However, there are also elderly individuals who evaluate the caring behavior provided by caregivers as not yet optimal, with a score of 57. One effort to satisfy these basic needs is to manifest through the caregiver's concern or support. Caregivers, as the closest individuals to the elderly in social care homes and away from their families, play a significant role in achieving good conditions for basic needs.

## Conclusion

In this study, an assessment of caregiver's caring behavior by the elderly was obtained the results of this research, it is expected that caregivers can continue to improve the caregiving process for the elderly to achieve optimal basic needs satisfy through effective communication between caregivers and the elderly. This includes regularly meeting with the elderly, exchanging stories, and inquiring about any complaints the elderly may be experiencing.

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