



Enhancing community knowledge about the role of social capital on elderly's well-being

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Abstract

The level of dependence of older adults increases with the increase in the life expectancy of older adults in the community. The role of the community as social capital can help older adults reduce the level of dependence to the caregivers and increase the independence of older adults in living their daily activity. The low level of community understanding regarding their role in increasing the level of independence of older adults is the reason for the need for providing information by professionals. The community empowerment is carried out online using zoom media with the aim to increasing public knowledge about the role of social capital in the health of older adults. The community empowerment was attended by 545 participants and discussed 10 main topics. The results of the activity showed significant positive benefits in changing one's cognitive status. This shows that the provision of health information to the public can bring positive benefits related to understanding the role of social capital on the health status of the elderly.

Keywords: *Community empowerment; Health education; Elderly; Social capital*

Peningkatan pengetahuan masyarakat tentang peran modal sosial terhadap kesejahteraan lansia

Abstrak

Tingkat ketergantungan lansia meningkat seiring dengan meningkatnya usia harapan hidup lansia di masyarakat. Peran masyarakat sebagai modal sosial dapat membantu lansia mengurangi tingkat ketergantungan terhadap pengasuh dan meningkatkan kemandirian lansia dalam menjalani aktivitas sehari-hari. Rendahnya pemahaman masyarakat mengenai perannya dalam meningkatkan tingkat kemandirian lansia menjadi alasan perlunya pemberian informasi oleh tenaga profesional. Pemberdayaan masyarakat dilakukan secara *online* menggunakan aplikasi Zoom dengan tujuan untuk meningkatkan pengetahuan masyarakat tentang peran modal sosial dalam kesehatan lansia. Pemberdayaan masyarakat ini diikuti oleh 545 peserta dan membahas 10 topik utama yang perlu diketahui masyarakat. Hasil kegiatan menunjukkan manfaat positif yang signifikan dalam mengubah status kognitif seseorang. Hasil analisis menunjukkan bahwa pemberian informasi kesehatan kepada masyarakat dapat membawa manfaat positif terkait pemahaman peran modal sosial terhadap status kesehatan lansia.

Kata Kunci: Pemberdayaan masyarakat; Pendidikan kesehatan; Lanjut usia; Modal sosial

1. Introduction

Increasing life expectancy and reducing premature mortality is one of the positive achievements that have been achieved by mankind. When it comes to healthy aging, this

circumstance may be a challenge with the emergence of the risk of various illnesses, conditions of disability and dependence in addition to a decrease in cognitive abilities for the older adults as they age. Several studies show that the perception of health and well-being that is owned by older adults often does not depend on health status, they actually assume that sufficient physical and cognitive functions to perform activities of each day life independently are more than enough, the effect is when older adults lose this potential, they may tend to experience low self-esteem (Sander et al., 2015). As society moves toward an aging population, we need to find new approaches for people to be able to make the best of the demanding situations they face, as various forms of adversity growth with age. Factors that could enhance the resilience of older adults in dealing with the aging process they experience include the assets they have, the social surroundings, as well as government policy interventions that support healthy aging situations (Cosco et al., 2017).

Healthy aging is the capability of older adults to stay healthy and free from chronic sicknesses, be capable of independently live their daily lives, have a great high-quality of lifestyles, have the ability to take part in an lively social surroundings, no longer experience cognitive impairment and incapacity (Fuchs et al., 2013). In achieving a healthy aging condition that is expected to be optimal for older adults, there are at least 2 domains that need to be considered by health workers: (1) a life-style index which includes sufficient physical activity, consumption of vegetables and fruits, regular food consumption and sufficient fluid consumption and (2) psychosocial index which includes work (formal and informal), inner circle involvement, social participation in society, activities in the family, life satisfaction and financial condition (Sowa et al., 2016). Further, several different elements that positively have an effect on wholesome growing older conditions consist of robust spiritual beliefs and higher education (Cahyaningtyas et al., 2019).

The power of social capital includes 5 traits inclusive of (a) public networks, (b) civic engagement, (c) neighborhood civic identity, (d) reciprocity and norms of cooperation, and (e) Believe within the community that permits individuals to gain get right of entry to sources including thoughts, information, money, services, help and have accurate expectations regarding the conduct of others primarily based on their participation in social interactions. This takes place whilst people pick out to interact in diverse sports in society with the intention of spending entertainment time or different broader pastimes (Szreter & Woolcock, 2004). A higher stage of social capital inside the community is closely related to the lower stage of discrimination experienced by older adults. The vital thing to observe from the effect of social capital in existence in society is from the effective causality/reciprocity impact it produces, on the one hand social capital can lessen situations of discrimination and vice versa, in which this effect has superb advantages for groups who are susceptible to experiencing psychosocial issues (Zopei et al., 2014).

The social surroundings of the community is thought to be one of the elements that has a main effect on the achievement of healthy aging in older adults, in developing a community surroundings that is orientated closer to the healthy aging process, there are at the least 3 principal goals that need attention, such as: (1) permitting or inspiring older adults to physically active, within the experience of actively participating in sports outside the house in their respective environments, (2) permitting older adults to remain independent and residing at home if they want, and (3) minimizing signs of cognitive

impairment symptoms including dementia which incorporates agitation, confusion and sleep disturbances. further, there are also some of other health goals that may be affected by the improvement of the network environment with the aid of medical examiners, along with: preserving older adults secure in their houses, minimizing breathing diseases and hypersensitive reactions, decreasing the probability of accidents both at home and out of doors, and promoting social interplay as a way to save you isolation and loneliness (Burton, 2012).

Older adults who've higher health situations are more likely to be extra concerned in formal and casual work, social and circle of relatives' activities, and stay independently, safely and prosperously. The involvement of older adults in social activities is one of the vital matters considering this could additionally support social cohesion and harmony between generations. The 2002 world health organization (WHO) policy framework in detail implies policy moves related to active older adults in 3 regions: (1) 'health', which is defined as physical and mental health and social well-being, follows the definition recommended by WHO; (2) 'participation', which in turn refers to a sequence of activities by means of older adults in social, financial, cultural, religious and civil affairs, further to their participation in formal work; (3) 'security' relates to older adults access to a safe and secure physical and social surroundings, useful income safety and employment protection (Zaidi et al., 2016).

Authorities' officials, spiritual leaders, community leaders, community members and medical experts turn out to be four important pillars in the implementation and survival of social capital owned in an area through numerous recurring programs carried out for older adults. The existence of mutual assist, mutual trust, and norms which can be adhered to are resources of capital in overcoming health issues (Maulidia & Hidayati, 2019). The outcomes of the research show that the variety of the population does not prevent the fulfillment of better health status, due to the fact the community is capable of clear up the common health issues faced through the community by way of using social capital. With the community's ability to build networks, cooperation based on mutual trust, mutual care, mutual help, adherence to triumphing and collectively agreed values, norms, and pro-active movements embodied in joint action to meet common needs in solving numerous health issues that occurred. Numerous social groups that have been formed to overcome health issues are a tangible manifestation of social capital and a shape of community participation as one of the major pillars in the realization of appropriate governance (Arianto & Fitriana, 2013).

Effective development of the potential of social capital in the community requires a large amount of money and the effects of massive changes in life in society can be a major challenge faced by policy makers. However, the positive effect created is the emergence of new and more effective social networks that can promote a more meaningful social life, especially in older adults. Social capital is one of the most important factors in strengthening biological and psychological perspectives in relation to the complexities of older adults health (Pradana, 2021). The importance of the role of social capital in improving the health status of older adults can be an entry point for health implementation by professional health workers. The low level of public understanding of their role as agents of social capital can be an obstacle in maximizing the use of social capital to help older adults maintain their level of welfare. Based on the opinion, STIKes Mitra Keluarga held community empowerment to increase public understanding of the importance of social capital for the health of older adults.

2. Method

The community empowerment carried out to 545 people on Saturday, August 14, 2021 through zoom media (Figure 1). The total participants were spread from 21 provinces in Indonesia such as Papua, DKI Jakarta, Yogyakarta Special Region, North Sumatra, East Kalimantan, West Java, Central Java, South Sumatra, Bali, East Java, Maluku, South Kalimantan, Lampung, Gorontalo, East Nusa Tenggara, Bangka-Belitung, Banten, South Sulawesi, West Sumatra, Riau, and Nangroe Aceh Darussalam. The selection of participant criteria is adjusted to the goals of community empowerment planned by the team. The focus of providing information for the general public includes (a) the challenges of an aging society, (b) the concept of healthy aging, (c) the determinants of healthy aging, (d) the strength of social capital, (e) the importance of social capital for the health of older adults, (f) the causal effect of social capital and the health of older adults, (g) causes of the decline in social capital in the community, (h) older adults' withdrawal from society, (i) benefits of social capital for the community, and (j) characteristics of community with low social capital.

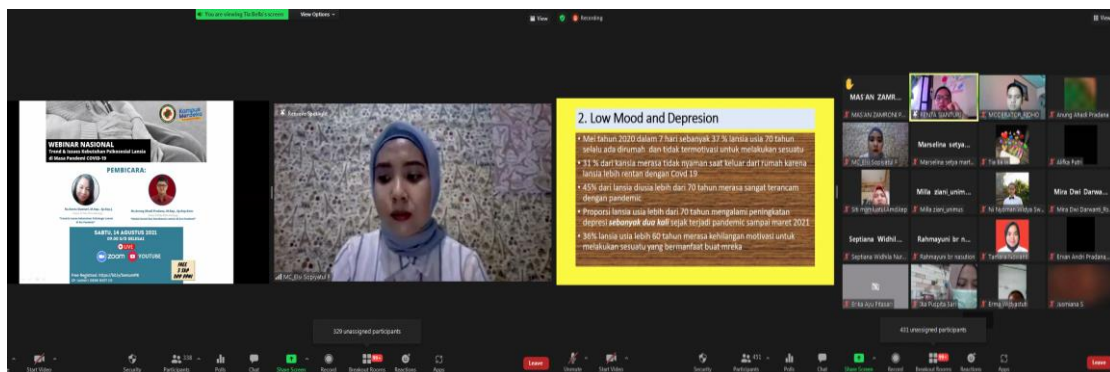


Figure 1. Implementation activities

3. Result and Discussion

Community empowerment activities are carried out by focusing on several important points that need to be understood by the community in relation to social capital and the health of older adults during pandemic conditions (Table 1). The results of this activity revealed that the participants' understanding of the 10 materials that had been delivered, all of them increased. It is described as follows.

- a. 86.2% of participants were able to answer correctly about the challenges of aging society when the post-test was carried out.
- b. 92.7% of participants were able to understand the concept of healthy aging.
- c. 73.8% were able to understand the determinants of healthy aging.
- d. An increase of 55.5% in the pre-post results on the topic of the strength of social capital.
- e. An increase of 28.5% from the pre-post results regarding the importance of social capital for the health of older adults.
- f. An increase of 40.6% in knowledge about the causal effect of social capital and the health of older adults.
- g. An increase in knowledge of participants by 51.9% regarding the topic of the causes of the decline in social capital in the community.

- h. 87% of participants able to answer correctly regarding older adults' withdrawal from the community after the activity took place.
- i. 75.8% of participants were able to understand the benefits of social capital for the community.
- j. 93.2% of participants able to correctly answer the characteristics of community who have low social capital.

Table 1. Result of participants knowledge

No	Information points	Pre-Test		Post-Test	
		Correct Answer	%	Correct Answer	%
1	The challenges of an aging society	51	9.4	470	86.2
2	The concept of healthy aging	391	71.7	505	92.7
3	The determinants of healthy aging	60	11	402	73.8
4	The strength of social capital	167	30.6	469	86.1
5	The importance of social capital for the health of older adults	361	66.2	516	94.7
6	The causal effect of social capital and the health of older adults	205	37.6	426	78.2
7	Causes of the decline in social capital in the community	96	17.6	395	72.5
8	Older adults' withdrawal from society	167	30.6	474	87.0
9	Benefits of social capital for the community	159	29.2	413	75.8
10	Characteristics of community with low social capital.	397	72.8	508	93.2

Based on Table 1, the author concludes that there is a change in the average value of participants' knowledge related to the topics discussed in community empowerment. One topic related to the challenges of an aging society experienced a significant average change of 0.75 points (from a scale of 1). In addition, there was an increase of 0.63 points (scale 1) of participants' knowledge regarding the determinants of healthy aging. The comparison of the total average value of community empowerment participants shows a change from the pre-test score of 3.77 to the post-test score of 8.40 from a scale of 10 (Figure 2).

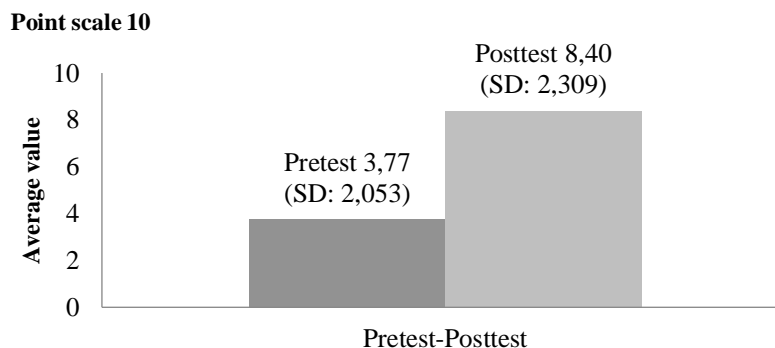


Figure 2. Comparison of the average value of participants' knowledge (n=545)

Furthermore, the result of normality test shows that the data distribution abnormality (sig. 0.000). So that, to determine whether or not there are benefits of community empowerment activities, the Wilcoxon test is carried out. The result of the Wilcoxon test analysis of the pre-test and post-test data of community empowerment activities (Table

2) shows that from 545 people, 18 people (3.30%) showed a decrease in scores between pre- and post-, while 475 people (87.16%) showed an increase in value, and the other 52 people (9.54%) did not show a change in value. While the results of the value of Sig. = 0.000 (< 0.05), it means that there are benefits to be gained from community empowerment activities to increase community understanding of the role of social capital for the health of older adults during the pandemic.

Table 2. Result of Wilcoxon test (n=545)

		N	%	Asymp. Sig. (2-tailed)
TotalPo - TotalPre	Negative Ranks	18	3.30	.000
	Positive Ranks	475	87.16	
	Ties	52	9.54	
	Total	545	100	

4. Conclusion

Health education activities to the public regarding the importance of social capital for the health of the elderly have positive benefits for improving the cognitive status of the community. Increased knowledge possessed by the community is expected to be a positive foundation in increasing social capital that can support the elderly in achieving healthy conditions. Therefore, continuous education activities carried out by the government, health workers, and other parties can be an important factor that needs to be developed in the future.

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