

ELDERLY DIARY AS A PRODUCTIVE ACTIVITY TOWARDS SUCCESSFUL AGING IN THE ELDERLY AT SOCIAL INSTITUTIONAL

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ABSTRACT

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This study aims to determine successful aging in the elderly through their own stories and photos and then they can re-read the stories they told themselves previously through diary activities. This research with a qualitative approach involves two informants who are elderly and live in a nursing home. Both informants were obtained by purposive sampling technique. This study uses data collection methods by means of interviews, observations, and documentation and data analysis using thematic analysis. The results showed that successful aging can be seen from 3 factors, namely selection, optimization and compensation. Giving an elderly diary is one method that helps in opening up the elderly, becoming a forum for the elderly to refer to the extent to which the cognitive function, productive activities and physical activities of the elderly by inviting the elderly to tell their lives and attaching photos of their activities in the diary. This research only focuses on qualitative aspects and is limited to two informants. Future researchers may consider doing other methods and more informants to be involved in the research. This research contributes to the development of knowledge related to the role of productivity and cognition in the elderly. By understanding the factors of successful aging in the elderly, it helps in activating some of the roles that the elderly can still play in old age.

INTRODUCTION

Old age is the end of an individual's developmental span, a phase in which the individual has moved away from a more pleasant or beneficial period. When a person has moved on from a prior stage of his life, he typically looks back on it with regret and prefers to live in the present, avoiding the future as much as possible ([Sukmawati, 2019](#)).

The development of old age in relation to the concept of successful aging runs counter to popular belief in society since it indicates the proper and best way to age, yet aging is a decline defined by memory loss, physical decline, and cognitive decline. According to [Papalia et al., \(2008\)](#), progress while aging allows some older individuals who are healthy, competent, and in charge of their lives to view their latter years as a pleasant experience.

The author's choice of research on the development of the old is intriguing because most research on the elderly focuses solely on the physical aspect of the elderly. Another important aspect to research is the cognitive aspect, which includes the elderly's ability to remember events and events from various life experiences, as well as psychosocial aspects of how the elderly maintain their activities and activities in the old age range that are related to successful aging. Rowe and Kahn (in [Longo et al., 2022](#)) highlighted three key components of healthy aging: (1) avoiding disease or disease-related limits, (2) keeping good physical and cognitive performance, and (3) sustaining social involvement. activities that are both active and productive (activities, paid or unpaid, which has social value). People who age successfully

have social support, both emotional and material, which aids mental health, and they don't consider themselves old as long as they can keep active and productive.

In their later years, not all elderly people live with their relatives ([Wenger, 2021](#)). Panti Werdha, often known as a nursing home, is one of the places where the old end up spending their lives. According to [Santrock et al. \(2002\)](#), care institutions or nursing homes are for the elderly. Elderly persons have a variety of demands, and health care facilities are also provided ([Steinman et al., 2020](#)). The elderly in nursing facilities frequently have challenges that make them feel uneasy about being there ([Alftberg et al., 2018](#)). Loneliness, alienation from the surroundings, helplessness, reliance, lack of confidence, neglect, particularly among the poor elderly, and a lack of assistance from family members are some of these issues ([Sunaryo, 2022](#)).

Nursing homes are locations where we may observe firsthand the everyday lives of the elderly who congregate, the activities and repercussions of those activities in the orphanage, the state of the elderly who no longer live with their families, and the relationship between successful aging and personality. The author employed a journal or what is widely known as a diary as one of the approaches to determine the successful aging of the elderly in nursing homes ([Taneva & Arnold, 2018](#)).

Diary is a record of events that occur on a daily basis or serves as a recollection of past events. It can also be a moment or a chapter in our lives' history. With the passage of time, the diary's function has shifted from only collecting memories to serving as a medium for retaining vital information, such as experiences, thoughts, and feelings. It can be used to record useful and fascinating experiences. A diary can also be used to keep track of crucial and valuable thoughts that arise. Similarly, sentiments about or towards something can be a diary as well.

It can also be used to keep track of key events or events involving feelings, thoughts, or experiences ([Zulkarnaini, 2021](#)). The elderly can use this journal to record their experiences, which are subsequently written in the diary, as well as to preserve pictures or daily portraits from their numerous photos. There is a period in the development of the old, and the elderly have had many life experiences, including how their travel adventures are documented in their memories, as well as significant and relevant things or lessons that they discover in their lives.

Tresna Werdha Social Institution (TWSI) Minaula Kendari is one of the social institutions held by the Southeast Sulawesi regional government in the city of Kendari, with administrators working as civil officials and a population of roughly 90 senior people. This orphanage provides a variety of services to assist the elderly in living in the orphanage. In addition, the activities carried out in the orphanage on a regular basis urge the elderly to participate actively in these activities. The author can directly connect and build activities with the elderly through activities in the orphanage without specific constraints because the orphanages themselves are glad when outsiders come and interact with them because they feel they have a new family. The author uses the diary, which is one of the media tools for channeling one's feelings and thoughts, because it allows him to develop a quick rapport with the elderly and get more personal information about them. Writers can use this diary to learn about the elderly's aging success through their own stories and images, and then re-read the stories they told themselves previously. The authors conduct related research based on the backdrop description. "Writers can learn about the aging success of the elderly through their own stories and images, and then re-read the stories they told themselves previously. The authors conduct related research based on the background description. "Writers can learn from the elderly's aging success by looking

at their own stories and images, and then re-reading the stories they previously told themselves. The authors conduct related research based on the backdrop description "At Tresna Werdha Social Institution (TWSI) Minaula Kendari, Elderly as a Productive Activity Towards Successful Aging in Elderly.

Research related to successful aging has been carried out by [Hörder et al. \(2013\)](#) conducted research on successful aging from the perspective of community-dwelling older people, specifically related to self-respect through the ability to keep fear of infirmity at bay. [Foster & Walker \(2015\)](#) conducted research on successful aging through European policy perspective. While [Van Wagenen et al. \(2013\)](#) conducted research regarding successful aging on elder people who are from LGBTQ community.

RESEARCH METHOD

In this implementation, the author carried out activities for 1 (one) month starting from July 02, 2012 to August 03, 2012. The routine schedule of activities every day from Monday to Friday starting at 08.00 to 13.00 which is adjusted to the policy of the institution, civil servants working the nursing home. The data collection process carried out by the authors include observation, interview and documentation. The observation method is carried out by witnessing the everyday activities and activities of the Tresna Werdha Social Institution (TWSI) Minaula Kendari and two old persons who are the subjects of the author's research, namely a grandfather with the letters SO and a grandmother with the initials KI. The researcher employs participant observation in this study, in which he acts as an observer while also working as a staff member at the Tresna Werdha Minaula Social Institution, where he is closely involved in daily life with the orphanage's elderly residents.

The interview conducted through collecting data by asking and answering questions about the data and information needed as supporting data for the report, which in this case is an unstructured interview because the questions asked contain the subject's opinions, attitudes, and beliefs, as well as other information that can be submitted freely. to both the institution and the individual, who are allowed complete freedom to describe their responses and share their opinions. The author uses three instruments as tools to collect the required data, namely recorder, camera, and stationery. All discussions are recorded with this recorder. The usage of a recording device in this case is a recording device from the author's mobile phone, which can be used in interviews if the researcher obtains the subject's permission. The tools used to take various pictures to support the observation process during the research. Stationery is used to write on the observation sheet. The use of stationery in the interview can be used during the interview.

Thematic Analysis is a type of qualitative analysis. Used to analyze classifications and present themes (patterns) related to the data. Thematic analysis is considered the most appropriate for any study that seeks to find using interpretation ([Alhojailan, 2012](#)). It provides a systematic element for data analysis. This allows the researcher to associate the theme frequency analysis with any one of the overall content. This will provide accuracy and complexity and enhance the overall meaning of the study. Qualitative research requires understanding and collecting various aspects and data ([Alhojailan, 2012](#)).

RESULT AND DISCUSSION

1. Activity Description

The topic first revealed the account of his life journey in a book brought by the author before beginning to give the aged journal ([Starbuck, 2018](#)). The writer then instructed the subject to write down any intriguing anecdotes from the past or that had occurred for some time and wished to save the souvenirs in a diary, which the subject would take the next day. The subject then narrates his narrative, and the writer keeps track of what the subject says.

Since subjects I and II do not remember the exact date of their occurrence and the diaries of the elderly are given in the following days according to the schedule at the orphanage, which is frequently visited by guests, the first component of the diary, which usually consists of day, date, and year, is not placed in the diary, the author numbered each story. Second, the particular category includes the components of the diary content defined by the subject. Subject I in this diary category employs colloquial language to narrate the story in Kendari dialect, while subject II in this diary category uses Javanese dialect. The author had carried from his previous residence the same book in which the two languages were written. Furthermore, the author brought his diary to the orphanage, and the stories of subjects I and II, which had been told and written in their language in the author's book, were then translated into Indonesian by the author so that the diary's readers would not be confused while reading and the story neatly typed by the author. After that, each participant recorded the outcome of the story in their respective geriatric notebooks, which the previous author had provided. Paper glue, scissors to produce attractive paper patterns to paste in the diary, colorful knickknacks, ribbons, and some dried plants brought from home were among the items utilized. Photographs of the subjects' activities were also included in the diary. The author then translated the story into Indonesian so that the diary's readers would not be confused while reading it, and the text was typed neatly by the author. After that, each participant recorded the outcome of the story in their respective geriatric notebooks, which the previous author had provided. Paper glue, scissors, colorful knickknacks, ribbons, and some dried plants brought from home were among the items utilized. The diary was further embellished with photographs of the individuals' activities. The author then translated the story into Indonesian so that the diary's readers wouldn't be confused while reading it, and the story was transcribed nicely. Following that, each participant recorded the outcome of the story in their own old notebooks, which the previous author had provided. Paper glue, scissors to produce attractive paper patterns to paste in the diary, colorful knickknacks, ribbons, and some dried plants brought from home were among the items utilized. Photographs of the subjects' activities were also included in the diary. Paper glue, scissors to produce attractive paper patterns to paste in the diary, colorful knickknacks, ribbons, and some dried plants brought from home were among the items utilized. Photographs of the subjects' activities were also included in the diary.

When he pasted the papers holding his life narrative, the subject laughed, and since I couldn't read, he requested the writer to read the account, and his friends from the guest home

from subject I came to listen. Hearing the account of subject I in the diary, all the elderly in the luxurious guesthouse where subject I lived laughed, and several of the elderly who spotted the writer holding the camera asked the writer to take their picture. They also stated that when it was time for them to paste, they and I wanted to stick together, and their photos wanted to be pasted as well.

The writer and several residents of the prosperous guesthouse, where subject I lived, had previously been asked to do things like the elderly diary of subject I, so the author invited them to do an elderly internship program, which contained photos of each elderly taken, based on the wishes of several grandmothers at Wisma Makmur. I scribbled each of their names a few days ago, then pasted, cut out the photo, and adorned the wall magazine. While pasting the photo, grandmothers pointed to their friend's expression and then chuckled. This pastime, they claim, is interesting for them because previously, most students who came directly submitted images without including their grandmothers in the pasting process. Although not all of the grandmothers at the homestead were involved. The author also held an elderly making program at Wisma Abadi, where the subject II lived. It was seen that the elderly, both grandparents and grandmothers enjoyed the elderly making activities. They didn't want to miss pasting their photos and pasting the knick-knacks the writer had brought from home. They take turns sticking to the place that is still empty. Even after that 2 grandfathers immediately looked for hammers and attached the elderly making with nails. Let's not let go, he said. Even though the author himself had brought a large piece of tape from home. Unlike the previous guesthouse, this guesthouse is where all the residents are involved in working on the elderly posters, both grandparents and grandmothers. It was seen that the elderly, both grandparents and grandmothers enjoyed the elderly making activities. They didn't want to miss pasting their photos and pasting the knick-knacks the writer had brought from home. They take turns sticking to the place that is still empty. Even after that 2 grandfathers immediately looked for hammers and attached the elderly making with nails. Let's not let go, he said. Even though the author himself had brought a large piece of tape from home. In contrast to the previous guesthouse, in this guesthouse all residents are involved in working on the elderly wall magazine, both grandparents and grandmothers. It was seen that the elderly, both grandparents and grandmothers enjoyed the elderly making activities. They didn't want to miss pasting their photos and pasting the knick-knacks the writer had brought from home. They take turns sticking to the place that is still empty. Even after that 2 grandfathers immediately looked for hammers and attached the elderly making with nails. Let's not let go, he said. Even though the author himself had brought a large piece of tape from home. In contrast to the previous guesthouse, in this guesthouse all residents are involved in working on the elderly wall magazine, both grandparents and grandmothers. Even after that 2 grandfathers immediately looked for hammers and attached the elderly making with nails. Let's not let go, he said. Even though the author himself had brought a large piece of tape from home. In contrast to the previous guesthouse, in this guesthouse all residents are involved in working on the elderly wall magazine, both grandparents and grandmothers. Even after that 2 grandfathers immediately looked for hammers and attached the elderly making with nails. Let's not let go, he said. Even though the author himself had brought a large

piece of tape from home. In contrast to the previous guesthouse, in this guesthouse all residents are involved in working on the elderly wall magazine, both grandparents and grandparents.

2. DISCUSSION

Based on Rowe and Kahn's concept of successful aging and several other embodiments of the definition, which are based on successful aging studies by MacArthur (in Schupmann, Jamal, & Berkman, 2020) using his eyesight because KI is affected by cataract which has been running for almost a year. But this only bothered him at night. In the morning and afternoon he still carried out his activities as usual.

For KI's physical ability, he has no physical limitations, has no difficulty walking around the house, wearing his own clothes, bathing, eating, sleeping and getting up in his own room and using the toilet. He is even in charge of cleaning the guesthouse so that he sweeps, mops with 2 of his friends, and does the laundry every day (Toson, n.d.). Sometimes traveling out of town by car, such as going to Wawatobi to pick up rice which is quite far from Kendari city.

Cognitive function is based on questions about life posed by the author, asking about the years, the names of important people in his life, KI no longer remembers his own birth year even his real name because according to him, old people did not remember his birth year. and he got his name from the habit of people calling him that. Although KI did not go to school, his memory is still strong, including when he told how his trip to Wawatobi he explained clearly to the writer about his journey, and every year to collect his rice he traveled alone but he still memorized the instructions of the roads he had to go through and what kind of car is used.

Based on the physical function of the elderly, KI still maintains its physical functions such as being able to climb the walls of the nursing home, even doing this every day because the house of the grandmother of Kui's family turns out to be right behind the nursing home and every day they finish eating breakfast and before evening if there is no activity in the nursing home. The orphanage, KI went and returned to his family's house.

Active social involvement is maintained by KI as the head of the guesthouse appointed by the caretaker of the orphanage so that KI is familiar with all the members of the guesthouse and also invites other elderly people who want to enter the nursing home as he did when one of the grandmothers entered the PSTW. For productive activities, whether paid, unpaid or socially valuable, the productive activities he does are actively cleaning both inside and outside the guesthouse as the chairman of the prosperous homestead, because if anything happens the head of the homestead moves and the head of the homestead who later became the target. For that, he and two other friends, namely grandmother wa bua and grandmother katinem who routinely and always clean. He also washed the clothes of his friend who was unable to wash and brought food to his homestead friend who couldn't take food in the kitchen because he was sick (Goulah-Pabst, 2021).

KI used to do out-of-home activities, but now it is no longer because of the change of people in the position of head of the orphanage (Wilson & Barnett, 2020). The head of the orphanage who used to serve often invited the elderly to be involved in competitions such as reading salawa and won 1st place. In addition, KI himself had a *Ma' Lulo* (traditional dance typical of Southeast Sulawesi) competition because he used to like *Ma' Lulo and Ma' dero* (one of the traditional dances also where women fight men in dancing), playing gambus and singing. But now there is nothing from his hobbies that he used to do because his eyes and legs are now limited, besides that he is ashamed to sing and because he will be laughed at even though he is lured by money, KI doesn't want to, he is old, he said.

On SO himself, he never experienced pain while in the orphanage (Ntuli et al., 2020). According to the employee's narrative, this is related to SO's past, who was retired from the TNI so that his health is still strong and he has never been sick. Physically what can be seen from SO is that his teeth are toothless but according to his narrative he still eats rice instead of porridge. He also still likes and can eat peye but can't use fried peanuts, corn, etc. SO has varicose veins in her legs but according to her story she has never had any problems with them. His own father died in 1957 due to Hosa's disease or known as cough, but SO did not experience that. However, the things that are commonly experienced by people such as getting thrush even though they have drunk lasegar and oranges are also experienced by SO.

SO also avoids physical limitations that are usually experienced by the elderly in general where he does not experience any difficulty in walking around the house, wearing his own clothes, bathing, eating, sleeping and getting up in his own room and using the toilet. In fact, he admitted that his 4-year marriage with grandmother named Suaya was based on helping the grandmother from her daily activities which were hampered by her wife's blindness. So that every day he accompanying his wife is either escorted to the bathroom, and then his wife bathes herself. Likewise, when he wants to pray, he takes him to the mosque but his wife can wear her own clothes. In addition, food is picked up and provided by SO.

In cognitive function, SO still maintains his cognitive function based on the questions asked by the author about his life, starting from his childhood, school, what year SO started leaving his home and wandering as well as the marriages he experienced, his work and what experiences were most interesting to him in his life. past and his views on the present versus his life in the past.

SO also maintains his physical function by being able to lift gallons of drinking water for his homestead. SO is also more likely to travel to the market when selling his mat-weaving skills which is a few kilometers from the orphanage on foot rather than accepting offers from people around him who are willing to help him take him to the market by motorbike or car.

Talking about active social involvement and productive activities, whether paid, unpaid or socially valuable, SO still has social involvement, such as helping in the kitchen, lifting pots, voluntarily singing Javanese songs to entertain kindergarten children with other people. their elderly who came to visit the nursing home. In his activities, he always participates in community service activities such as pulling grass, cleaning in the guesthouse. He also does sports, as he used to do at the village every Friday and now in a nursing home every Monday, Wednesday, and Friday. If there is no exercise schedule, SO does his own laundry. For productive activities, he and his wife work together in weaving mats which are then sold so that they can still earn in old age. Together with his friend, Mr. Gino and several other friends every morning sunbathing. SO himself likes the heat so every morning he prefers to sunbathe rather than sleep.

Based on the explanation above, it can be seen how the influence of aging experienced by the two subjects based on Paul Baltes et al., (in Santrock, 2002) said that successful aging involves 3 main factors, namely:

a. Selection

It is based on the concept that old age is a decrease in capacity and loss of certain functions, which leads to a decrease in the ability of most of its functions both physically and mentally. Thus, the elderly here collect their remaining abilities by choosing fewer and meaningful activities where they can focus their abilities.

KI prefers not to continue his hobby and his ability to be good at dancing and just carry out his daily activities, his responsibility as the head of the guesthouse.

SO prefers to produce something more meaningful in his activities with his wife, namely by weaving mats together and selling them in the market to make money in addition to carrying out his duties as chairman of the guesthouse.

b. Optimization

Stating that here the elderly tend to optimize or maximize their ability to remain superior.

KI in the results of interviews with the author, does not seem to optimize an activity because he himself does not seem to focus his activities on something more meaningful. Just living his daily life with the elderly in a nursing home and living back and forth in his family environment.

SO in the interview with the author focused on weaving mats continuously and did not stop when the mats had been sold, so that when guests came to the orphanage, one of the mating skills performed by him and his wife was one of the attractions of the elderly's abilities at the orphanage decrepit.

c. Compensation

When the daily tasks of the elderly exceed the ability of the elderly themselves, elderly people in particular need to compensate in situations that require high physical and mental abilities, such as when thinking about and remembering something new quickly, reacting quickly.

KI, even though he is illiterate, outsmarts his inability to pay attention to what someone's speech means so that he knows. School people become the place to wonder, how to speak properly. By familiarizing yourself with them, such as asking, for example, what is the purpose of this conversation, how? He learns from hearing everything and likes to ask questions, because according to him, together with smart people, we must be smart too.

SO in tackling the daily tasks of the elderly that exceed the ability of the elderly themselves, the subject compensates by not doing activities that he likes first because it is physically impossible to do it again such as playing ball instead of taking a morning walk while sunbathing, dancing and singing. used to be a package of things he did, but now he only sings in public when guests come and no longer dances, besides weaving the mat.

From the factors proposed by Paul Baltes et al. ([in Santrock, 2002](#)) it can be seen that between 2 subjects namely KI and SO, the authors conclude that those who experience successful aging in old age are SO. Due to both selection, optimization and compensation factors, SO selects activities according to his abilities in his old age appropriately, optimizing the activities he chooses. She also compensates her activities in tackling the daily tasks of the elderly that are beyond her ability by not doing activities she likes because it is physically impossible for her to do it. So choosing to weave mats as a productive activity in his old age with his wife is the right activity because apart from channeling his abilities he can produce something in his old age.

As for KI himself, he does not focus on productive activities and prefers to live his old age as it is for the elderly in general in nursing homes. Even within her limitations, she only participates in activities carried out in the orphanage, such as eating, drinking, sleeping, telling stories with other grandmothers without wanting to create a new activity for herself. Thus, from the authors' successful aging, the authors define SO as the elderly who experience successful aging in their old age.

CONCLUSION

Tresna Werdha Minaula Kendari Social Home which is a government-owned orphanage that provides services and other facilities for the welfare of the elderly living in the orphanage, focuses on providing regular guidance and direction, but has not focused on productive activities that involve the elderly directly to be active in activities. Successful aging is influenced by 3 factors, namely selection, optimization and compensation. How individuals select activities that suit their current condition, optimize or focus on these activities and compensate for activities according to their abilities, makes the elderly to be successful in their old age without being afraid of the limitations of their condition. Giving an elderly diary is one method that helps in opening up the elderly, becoming a forum for writers to refer to the extent to which the cognitive function, productive activities and physical activities of the elderly by inviting the elderly to tell their lives and attaching photos of their activities in the diary. KI in his daily life does not focus on productive activities and prefers to live his old age as it is for the elderly in general in nursing homes. Even within its limitations, KI only participates in

activities carried out in the orphanage, such as eating, drinking, sleeping, telling stories with other grandmothers without wanting to create a new activity for himself. SO in living his old age, still carries out various activities by selecting activities according to his abilities in his old age appropriately, optimizing and compensating for his daily activities. However, the activities that SO does are adjusted to his physical abilities so that daily tasks that exceed his abilities are not carried out and he chooses productive activities, namely weaving mats with his wife in his old age. So that successful aging in the elderly based on 2 subjects in the Minaula nursing home is SO.

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