

The Relationship Between Perceptions of Aging With Attitudes of Airlangga University Students Towards Elderly

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ABSTRACT

Backgrounds: Elderly is the final stage of the human life cycle. Perception shapes how individuals understand their surroundings and the various choices they make. Wrong perceptions of individuals will affect individual attitudes towards the elderly. The attitude of the younger generation is closely related to the elderly, because some of them will eventually provide care for the growing elderly population. This study aims to analyze the relationship between perceptions of aging and students' attitudes towards the elderly. **Objectives:** This study aims to analyze the relationship between perceptions of aging and the attitude of Airlangga University students towards the elderly. **Methods:** This study is an observational analytic study with a cross-sectional design. The sample consists of 85 students in 2022. The research was conducted at Airlangga University using primary data from the Kogan's Attitude toward elderly questionnaire and a questionnaire created by researchers via the Google form. Correlation analysis is used to answer the research hypothesis. **Results:** This study shows that the majority of respondents are female (71.8%) with an age range of 20-21 years (56.5%), are at the economic level at the economic level of IDR 750,000 $\geq$ X > IDR 1,000,000 (77.6%), come from the faculties of medicine (50.6%), have lived with the elderly (71.8%) and are currently not living with the elderly (72.9%). The majority of respondents have positive perceptions and attitudes with an average perception value of 43.7 and an average attitude value of 102.1. The results of Spearman's correlation test analysis show that the coefficient value between perceptions of aging and student attitudes is 0.528 which includes a strong positive correlation. The results of the p value show a value of 0.000 ($p < 0.05$), which means that there is a relationship between perceptions of aging and students' attitudes towards the elderly. **Conclusion:** There is a relationship between perceptions of aging and student attitudes toward the elderly.

Keywords: perception, attitude, aging, elderly

INTRODUCTION

Elderly or elderly is the final stage of the human life cycle. According to Law No. 13 of 1998 concerning elderly welfare which states that a person can be said to be elderly if he is 60 years and over (Ministry of Health, Republic of Indonesia, 2014). Aging is a process that cannot be avoided by all individuals. This process where when individuals experience changes that affect the functions and abilities of the whole body is called the aging or anti-aging process.

The elderly in the minds of many individuals are individuals with relatively weak physical conditions, vulnerable and psychological conditions who are lonely and often feel neglected. Where many various changes both physical, mental and social. In the elderly physiologically there will be a

physical decline, for example hearing and vision are reduced, the skin begins to wrinkle dry and sickly. Afrizal (2018) said that when entering the elderly stage, the thought sometimes arises that they have the rest of their life just to wait for death.

Perception shapes how individuals understand their surroundings and the various choices they make. Individuals see the same objects but with different mindsets. Factors that can influence perception are knowledge, experience and point of view (Arifin et al., 2017). With the existence of various factors perception can be positive or negative. Wrong individual views and judgments about the elderly also result in the elderly themselves feeling useless and feeling neglected, so that the wrong perceptions of individuals will affect individual attitudes towards the elderly. Negative perceptions about aging can be prevented if young people are taught that aging can be minimized with a preventive attitude and accepting existing conditions (Patrick, Ariesilia and Rukmini, 2014).

It is hoped that when students understand about the elderly, there will be no more negative perceptions and attitudes towards the elderly. Nugroho (2019) said that the younger generation has more potential to be able to accompany the elderly through elderly. Ortiz-Rubio, Lobato and Valenza (2020) said that the attitude of the younger generation is closely related to the elderly, because some of them will eventually provide care for the growing elderly population.

Therefore, with the existence of perceptions and attitudes towards the elderly, the research focus that will be discussed in this study is whether there is a relationship between perceptions of aging and attitudes of Airlangga University students towards the elderly. With this research, it is hoped that it can help students have a better understanding of the elderly.

MATERIALS & METHODS

Type and Design of Research

This type of research is observational analytic research with a cross sectional approach. The design of this study is with data that will be obtained from a questionnaire conducted in September 2021 – January 2022.

Population and Research Sample

Research Population

The population in this study is Airlangga University Students in 2021.

Research Techniques

The sample in this study was part of Airlangga University students. Samples were taken non-randomly (non-probability sampling) using the Quota Sampling technique. The questionnaire was distributed through groups that were indeed Airlangga University students to avoid mistakes and possibly be filled in by respondents who were not Airlangga University students. This questionnaire can also only be filled out once in one device by the respondent with the aim of avoiding the respondent from filling out the questionnaire more than once.

Sample Size

To get the number of responses in this study, the Lemeshow formula for unknown populations was used.

$$n \geq \left[\frac{Z_{1-\alpha/2} + Z_{1-\beta}}{\frac{1}{2} \log_e 1 + \frac{1+r}{1-r}} \right]^2 + 3$$

Information :

- n = The number of samples per group
- $Z_{1-\alpha}$ = Value on the same standard normal distribution with a significance level of α (for $\alpha=1.96$)
- $Z_{1-\beta}$ = Value on the same standard normal distribution with the desired power (for $\beta=0.84$)
- r = Estimation of the correlation coefficient (for $r=0.3$)

Calculation of the formula above, obtained a minimum sample size in this study is 85 respondents.

RESULTS

Characteristics of Respondents Respondent Demographics

Table 1 Respondent Demographics

Characteristics		N	%
Gender	Woman	61	71.8
	Man	24	28,2
Religion	Islam	75	88.2
	Christian	6	7,1
	Protestant	3	3,5
	Hindu	1	1,2
Age	18-19 years	11	12,9
	20-21 years	48	56.5
	22-23 years	26	30,6
Marital status	Not married yet	85	100
Economic Status	IDR 500,000≤X < IDR 250,000	14	16.5
	IDR 500,000 – IDR 750,000	5	5,9
	IDR 750,000≥X > IDR 1,000,000	66	77,6
Faculty of Origin	medical School	43	50,6
	faculty of Law	42	49,4
Ever Lived With Elderly	Yes	61	71.8
	No	24	28,2
Living with Elderly	Yes	23	27,1
	No	62	72,9

Respondent characteristics include demographic data that includes gender, religion, age, marital status, economic status, Faculty of origin, respondents who have lived with the elderly and who are currently living with the elderly which are presented in table 1. The results show that 61 respondents (71.8%) are female. As many as 75 respondents (88.2%) are Muslim and respondents with an age range of 20-21 years, namely 48 respondents (56.5%). In addition, 85 respondents (100%) were not married. Respondents are at the economic level of $\text{IDR } 750,000 \leq X < \text{IDR } 1,000,000$ as many as 66 respondents (77.6%). There are more respondents from the Faculty of Medicine (50.6%). Most of the respondents had lived with the elderly as many as 61 respondents (71.8%) and most of the respondents who were not currently living with the elderly were 62 respondents (72.9%). As many as 27 respondents (57.4%) got the elderly at home doing light activities, 19 respondents (40.4%) found the elderly were retired, 17 respondents (26.2%) had a very good social environment for the elderly, 40 respondents (83.1%) have friends who accompany the elderly at home, and respondents do not often accompany the elderly at home (34%).

Distribution of Research Subjects Based on the Characteristics of Research Variables

Based on the data in Table 2, information can be obtained that the average respondent's perception is 43.7 which indicates that the respondent's perception is more positive as seen from the minimum perceived value of 14 and the maximum perceived value of 70. The average attitude also shows that the attitude of the respondents leads to a positive with an average value of 102.1 which can be seen from the attitude's minimum value of 34 and the maximum attitude value of 170.

Table 2 Characteristics of research variable

Characteristics		Perception score	attitude score
		Means±SD	Means±SD
Gender	Woman	44,51±5.69	102.08±8.08
	Man	44,44±6,57	102.25±7.90
Age	18-19 years	47,18±3.09	102.63±6.05
	20-21 years	42.91±6,26	101.72±7.65
	22-23 years	43.96±5.86	102.81±9,21
Economic Status	IDR 500,000≤X < IDR 250,000	42,33±5.70	102,2±9.95
	IDR 500,000 – IDR 750,000	38,25±4,34	95±6.97
	IDR 750,000≥X > IDR 1,000,000	44,45±5.89	102.61±7,44
Faculty of Origin	medical School	44,11±4.48	101.90±7,16
	faculty of Law	43.45±7,16	102.47±8,82
Ever Lived With Elderly	Yes	43,83±6,39	102.37±7,76
	No	43, 50±5.79	102,11±8,13
Living with Elderly	Yes	43,26±4.52	100±5,81
	No	43.98±6,40	103±8.55

Table 3 Characteristics of variables on the demographics of the respondents

Characteristics	Means±SD
Perception score	43,7±5.93
attitude score	102,1±1.98

Table 3 shows that each of the female and male respondents has a positive perception with an average female perception value of 44.51 which is slightly higher than male respondents. As for the average attitude that leads to a slightly higher positive male respondents with an average value of 102.25. Respondents aged 18-23 years have a positive perception with an average perceived value of 18-19 years of 47.18 which is slightly higher than respondents aged 20-23 years. On average, attitudes that lead to positive are slightly higher for respondents aged 22-23 years with an average value of 102.81. Respondents with economic status $IDR\ 500,000 \leq X < IDR\ 250,000$ has positive perceptions and attitudes with an average perception value of 44.45 and an average attitude value of 102.61. Respondents from the Faculty of Medicine had positive perceptions compared to respondents from the Faculty of Law with an average score of 43.45. However, the attitude of respondents from the Faculty of Law had a positive attitude with an average score of 102.47. . Respondents who had lived with the elderly had positive perceptions and attitudes that led to the positive with an average perception value of 43.83 and an average attitude value of 102.37. And respondents who are not living with the elderly also have positive perceptions and attitudes with an average perceived value of 43.98 and an average attitude value of 102.37.

The Relationship between Perceptions of Aging and Attitudes Toward Elderly

Figure 1. Graph of the relationship between perceptions of aging and attitudes toward elderly

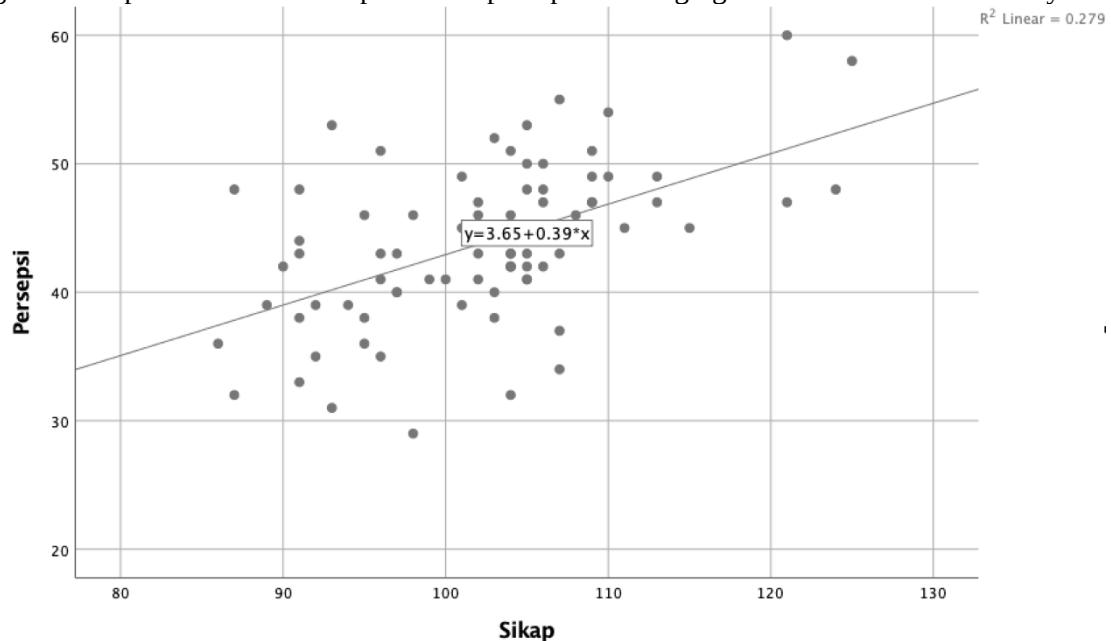


Figure 1 shows a graph of the relationship between perceptions of aging and attitudes towards elderly. Before testing the relationship between perceptions of aging and attitudes, the Komolgorov-Smirnov normality test was carried out for each variable. The Komolgorov-Smirnov normality test shows that the normal distribution of data on perception is 0.200 ($p > 0.05$) and the abnormal distribution on attitude is 0.008 ($p < 0.05$). Afterwards, a correlation test was performed using Spearman's nonparametric correlation test to determine the relationship between perceptions of aging and attitudes. The results of Spearman's correlation test analysis show that the coefficient value between perceptions of aging and student attitudes is 0.528 which includes a strong positive correlation. The results of the p value show a value of 0.000 ($p < 0, 05$) which means that there is a relationship between perceptions of aging and students' attitudes toward elderly. The coefficient of the results of this study shows that if the perception is positive then the attitude will be positive and vice versa if the perception is negative then the attitude will be negative.

Demographics of Research Respondents

Results research on the relationship between perceptions of aging and students' attitudes toward elderly shows that the majority of research respondents 56.5% of respondents are in the age range of 20-21 years, 71.8% are female, 77.6% are at above average economic levels, and 50.6% from the Faculty of Medicine. From the demographic data of this study, it was revealed that respondents had positive perceptions and positive attitudes towards the elderly. The results of this study are similar to the research Yáñez-Yáñez *et al* (2022) which showed that most of the respondents were in the 18-21 year age group, namely 166 (32.2%) people, 330 (64.3%) of the respondents were female and 466 (90.5%) of them were students of the Faculty of Health. The study by Lambrinou *et al* (2009) also showed that the majority of women have a positive perception of elderly than men. Research by Coffey *et al* (2015) shows that the age of students has an impact on their attitudes towards elderly, that is, older students have a more positive attitude. Experience of living or interacting with elderly also has a relationship with individual attitudes. Research by Sinan *et al* (2021) shows that gender and year of graduation of students ($p < 0.05$) affect their perception of elderly. Perception of female students is better (positive) than male students. The higher the level of the curriculum, the more positive the perception of elderly is; for example, fourth year students' perceptions are more positive (favorable) than second year students. Several demographic factors have been found to influence attitudes, men are generally rated

more negatively, while women are more positive. Being older facilitates more positive attitudes in a number of non-English studies and educational qualifications impact attitudes toward parents with traditional school education achievement associated with more positive attitudes. Several demographic factors have been found to influence attitudes, men are generally rated more negatively, while women are more positive. Being older facilitates more positive attitudes in a number of non-English studies and educational qualifications impact attitudes toward parents with traditional school education achievement associated with more positive attitudes. Several demographic factors have been found to influence attitudes, men are generally rated more negatively, while women are more positive. Being older facilitates more positive attitudes in a number of non-English studies and educational qualifications impact attitudes toward parents with traditional school education achievement associated with more positive attitudes (Ridgway et al., 2018).

Respondents Living with Elderly

This study showed that most of the respondents had lived with the elderly (71.8%) and 72.9% of the respondents were not living with the elderly. The results of this study are in accordance with the research of Sinan et al (2021) which shows that 277 (51%) of all respondents live with their grandmothers or grandfathers. Research by Heckemann et al (2022) also showed that 114 (83.8%) respondents lived with older family members/acquaintances. The aging process causes a gradual loss of function of cells and tissues, making elderly more susceptible to chronic diseases such as cardiovascular disease and musculoskeletal or neurodegenerative diseases, which cause multimorbidity. Older adults are more prone to falling, developing delirium, becoming malnourished or experiencing depression. Elderly are a group as diverse as the rest of the population. They are mainly individuals with various social backgrounds, family constellations, abilities, leisure pursuits, and work arrangements. Some elderly have the same physical and mental abilities as younger people, while others experience a decline in their abilities at a younger age. Living at home with the elderly can bring up a sense of initiative. This initiative is concerned with creating an environment and opportunities to develop the physical and mental abilities of the elderly, enabling them to feel good, be and do what they value and remain a resource for their family, community and economy. (Heckemann et al., 2022). Contact with grandparents and other parents impacts attitudes and facilitates more positive perceptions. Changes in perception can occur when individuals are more in touch with the elderly, for example at work and caring for sick elderly may have influenced the formation of positive attitudes (Ridgway et al., 2018).

Distribution of Research Subjects Based on the Characteristics of Research Variables

Distribution of Student Perceptions of Elderly

Table 2 shows that respondents have positive perceptions of the elderly. A study conducted at the Obafemi Awolowo University Teaching Hospital Complex (OAUTHC), Nigeria showed that 66.1% of respondents had a positive perception of elderly. Nelson's research (2021) shows something similar to this study with the majority of respondents giving a more positive perception of older adults and about aging. Research by Agustin et al (2022) also shows that respondents have a positive perception of the elderly, namely 212 people (82.5). The most common perceptions about aging from college students include aging is synonymous with disease, elderly people are weak, mental abilities decline with age and learning abilities are lost, depression is normal in parents because there is a loss in aging, elderly individuals are alone and cannot for them to pursue activities, and most of the elderly do not function well in the work environment (Sinan et al., 2021). It is said that Teenagers' perceptions can encourage the elderly to continue to fill their time with various activities, both productive and entertainment with fellow elderly so they can share stories and ideas (Nugroho, 2019). Factors that contribute to positive perceptions of aging include personal factors such as age, physical mobility, income to meet basic needs, level of life satisfaction, physical health when compared to others of the same age, and level of education. Social factors are represented by the activities participated in by the respondents. Some of these activities involve social contact or interaction with others such as

participating in volunteering or charity work, sports, or social activities and clubs, taking part in political or community organizations, traveling, and religious or spiritual activities.(Sinan et al., 2021).

Distribution of Student Attitudes towards Elderly

Table 5.2 shows that the majority of respondents have a positive attitude towards the elderly. The results of this study are in accordance with the research Yáñez- Yáñez-Yáñez *et al*(2022) shows that most of the respondents have a good attitude but at a low level, namely 315 (61.2%), a positive attitude and a medium level of 144 (28.0%) and a positive attitude and a high level of 10 (1.9%)). Research by Cybulska *et al* (2020) shows that respondents have a positive attitude towards the elderly. This attitude depends on many factors, such as the amount of flying hours an older person engages in during their university training or is in the final years of their program, which can be due to exposure to and continued contact with parents at university, family, and activities. school. Finally, positive attitudes toward elderly can be associated with an interest in topics related to older adults and to the power of the four humans, such as love, kindness, gratitude,(Yáñez-Yáñez *et al.*, 2022).

Attitudes are positive or negative feelings of social objects, which can be people or facts. It is generally influenced by various causes related to past experiences, beliefs, and relationships, which accumulate throughout each individual's life. According to social psychology, attitude is a predictor of behavior and in general negative attitude is what affects older adults the most. Cultivating a positive attitude in students in the health field is an area of opportunity for university education programs. May be considered for interventions that build positive attitudes toward caring for older adults,(Enriquez *et al.*, 2022). In the study, Krajewsja-Kulak *et al* (2021) also said that direct contact with the elderly can build a positive attitude.

The Relationship between Perceptions of Aging and Attitudes Toward Elderly

Research on the relationship between perceptions of aging and students' attitudes towards elderly shows that respondents have perceptions and attitudes that lead to a positive direction and there is a relationship between perceptions of aging and attitudes towards elderly. The results of this study are in accordance with the research of Ghimire *et al* (2019) showing that perceptions of working with older adults (β 0.22; 95% CI 0.05-0.38) have a significant positive relationship with their attitudes towards adults who older.

This increase in the aging population means an increase in the number of elderly who are unable to care for themselves. WHO (2012) predicts that many elderly people will lose the ability to live independently and 25% -30% of people aged over 85 years will experience cognitive impairment. Therefore, there will be an increasing need to provide care for the elderly which will include a wide range of services including hospitals, residential care, health and community services.(Coffey *et al.*, 2015). On the other hand, attitude has been defined as a positive or negative assessment of a person, place, thing or event. Attitudes can be formed based on a person's past and present experiences and can often be changed. Attitudes contain cognitive, behavioral and affective constituents and are based on individual beliefs and values. This can change over time and is influenced by social influences and emotional appeals. This attitude is reflected in society's privilege towards young people over the age with the general view that growing old is something to be feared(Coffey *et al.*, 2015). Attitudes towards the elderly include feelings, cognitions, and behaviors related to the aging process as a personal experience(Yáñez-Yáñez *et al.*, 2022).

Attitude is a psychological concept that is communicated through the evaluation of an entity (person, group of people or inanimate objects) that is liked or disliked. This evaluation is influenced by residual past experiences, feelings, knowledge (cognition) and affect which in turn influences behavior. Perception is how something is understood and interpreted and can be modified according to social situations. Therefore, both perceptions and attitudes are influenced by personal and professional social constructs, exposures and observed behavior towards the entity(Ridgway *et al.*, 2018).

Negative images of elderly can lead to ageism and poorer health care for the elderly. Any deterioration in the younger generation's perception of elderly can be seen as an indicator of social tensions and a possible loss of social cohesion(Nitschke *et al.*, 2022). Students' perceptions and

perspectives may have been affected by general misinformation in society, and this misinformation can pose a risk to parents. This practice is related to the perception of elderly, attitude, work experience, and problems in the work environment. Attitudes about elderly and older individuals, prejudices, and beliefs influence decision making and behavior toward older individuals. Attitudes toward older individuals can play a role in shaping and influencing health professional behavior and the quality of care provided to older individuals (Sinan et al., 2021).

Given that aging is frequently associated with multiple chronic diseases and reduced ability to carry out activities of daily living independently, collaboration between clinical health, public health, and social care systems will be necessary. Attitudes toward caring for older adults are especially significant among nursing students because they have a far-reaching impact on the quality of care for older adults. Positive attitudes toward and perceptions of working with older adults are also important for attracting students to the geriatric nursing workforce to care for our largest growing population. (Ghimire et al., 2019).

Research Limitations

This research has been carried out according to the procedure. However, in this study there were several limitations that could affect the results of the study, both in the process of data collection and analysis. In the data collection process, the validity of the measuring instrument in the form of a questionnaire greatly influences the validity of the research results because the source of this research is primary data. This research does not analyze or examine all demographic, individual and environmental factors that can influence students' perceptions and attitudes towards aging and elderly. Due to the cross-sectional study design, there is no conclusive causal relationship between perceptions of aging and attitudes toward elderly.

CONCLUSION

Based on the results of research and discussion, it can be concluded that:

1. The majority of Airlangga University students have a positive perception of aging towards the elderly.
2. The majority of Airlangga University students have a positive attitude towards the elderly.
3. There is a significant or significant relationship between perceptions of aging and attitudes toward elderly

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