

An Examination of Elderly Caregivers' Perceptions of their Care Workload and Family Stress Levels in Rejomulyo Village, Kediri City District

Atti Sulastris Kharie

Puskesmas Siko, Kota Ternate, Maluku Utara, Indonesia

*Email: attisulastris@gmail.com

ABSTRACT

Significant life events, like having older family members live in the same home, can put the family that looks after them under stress, making it necessary for them to be flexible with how much time they can devote to caring for the elderly. The purpose of this study is to ascertain how families of senior caregivers in Rejomulyo Village, Kediri City District, perceive their care workload and how stressed out they are. This study employs cross-sectional methodology and quantitative techniques with an observational research design. Sixty senior households from Mangga Posyandu and Rambutan Posyandu in Rejomulyo Village, Kediri City District, made up the study's population.

Keywords: elderly, family, stress, workload

BACKGROUND

The World Health Organization (WHO) defines elderly individuals as those who are 60 years of age or older. The Law No. 13 of 1998 addresses the well-being of senior citizens, specifically those who have become sixty years of age or older. Generally speaking, a person is considered elderly if they are beyond 60, although this definition can vary significantly based on physiological, chronological, and sociocultural factors (Fatimah, 2010). The world population is presently experiencing an aging population, with more than 7% of persons over 60 (Ministry of Health, 2017).

Population aging has become a global phenomenon. Indonesia experienced an increase in the number of elderly people from 18 million people (7.56%) in 2010, to 25.9 million people (9.7%) in 2019, and is predicted to continue to increase, to 48.2 million people in 2035. (15.77%). Based on 2018 Riskesdas data, the most common diseases in the elderly are non-communicable diseases, including; hypertension, dental problems, joint diseases, oral problems, diabetes mellitus, heart disease and stroke, and infectious diseases such as ARI, diarrhea and pneumonia, among others. The number of people with dementia tends to increase along with increasing cases of non-communicable diseases. This condition will have an impact on the elderly's dependence on help from other people, or Long Term Care. On the other hand, there are also 74.3% of independent elderly people and 22% of lightly dependent elderly people. "We have the potential to empower this large group to improve the health status and welfare of families and communities, through activities in the community, including at the Posyandu for the Elderly."

Indonesia, as a developing country, has a population life expectancy that is increasing along with improving quality of life and improving health services. However, on the other hand, the increase in life expectancy brings a burden on society, because with the increase in the number of elderly people, the elderly dependency ratio also increases. This shows that every productive

age population will support an increasing number of elderly people. The increase in the number and proportion of elderly people in the population structure will certainly give rise to social problems for the elderly, both those that will be felt by the elderly themselves and in the form of burdens that will be borne by families, communities and the government. The problem in question is the needs felt by the elderly which are detrimental and interfere with the elderly's ability to fulfill real needs and carry out their social roles.

Economically, the elderly population is seen more as a burden than as a resource. Many people think that old life no longer provides many benefits, some even think that old life is often perceived negatively as a burden on the family and society. The increase in the number of elderly people will have an impact on the socio-economic aspects of both families, society and the government. An important economic implication of increasing population is an increase in the old age dependency ratio. Elderly dependency is caused by the condition of many elderly people experiencing physical and psychological setbacks, meaning that they experience development in the form of changes that lead to negative changes. In general, the physical condition of someone who has entered old age declines so that it becomes a burden on the family so that family time is taken up.

Problems that occur in the elderly include decreased function of various organs, making them vulnerable to acute or chronic diseases. This phenomenon clearly has a number of consequences, including the emergence of physical and social problems, as well as the need for health and care services, especially degenerative disorders or diabetes mellitus, anxiety, depression, hearing loss, disorders of the legs or walking posture, disorders of the coxa or hip joint, anemia (Nugroho, 2008).

The population of Kediri City in September 2020 according to SP2020 results was 286,796 people. Kediri City is still in the demographic bonus period because 71.58% of its population is still of productive age (15-64 years). The percentage of Kediri City's elderly population has increased to 11.75% from 8.67% from the SP2020 results. The male population is 143,616, higher than the female population, 143,180.

Meanwhile, based on a preliminary study conducted by researchers on elderly caregiver families in August 2022 in Rejomulyo Village, Kediri City District with a total of 10 respondents, 8 (80%) of them experienced the perception that the burden of care was quite heavy with stress levels. Of the 10 respondents, 2 (20%) of them did not experience the perception of the burden of caring for elderly caregivers.

In the elderly there will be a deterioration in the body's organs, therefore the elderly must maintain their health by consuming foods that are nutritious and balanced. The nutritional needs of the elderly (elderly) are met adequately, drink 1.5-2 liters of water a day because water is very important. It has a big meaning for the body to carry out bodily functions, preventing the emergence of various diseases in the urinary tract such as urinary stones, kidney stones and others, regular exercise and appropriate muscle training for elderly people (elderly) can inhibit the rate of degenerative changes, adequate rest, maintain cleanliness, drink the necessary nutritional supplements, have regular health check-ups, be mentally and mentally calm.

The family is the main support system for the elderly in maintaining their health. The role of the family in elderly care includes looking after or caring for the elderly, maintaining and improving mental status, anticipating socio-economic changes, and providing motivation and facilitating the spiritual needs of the elderly (Maryam, et al 2018).

In caring for the elderly, the role of the family in improving lifestyle and health status is very important and can be seen in various ways. Such as by creating a safe environment for the elderly both physically and socially, by providing comfortable and clean rooms, bathrooms that are well lit and not slippery, providing activities according to the elderly's physical abilities to maintain their body fitness. Ask for opinions or invite discussions to solve problems in the family, assess abilities and maintain the health condition of the elderly, both physically and

mentally, by maintaining body hygiene every day. Organize and provide nutritionally balanced types of food in daily meals, with factors that influence the health status of the elderly, namely: physical condition, mental status, negative self-perception, environment, family (Priyoto, 2015). If the primary caregiver cannot be controlled, it will have a negative impact on caring for the elderly, as well as various other problems that will arise in the family. So the family's care function will decrease, and in conditions like this there is a risk of boredom, frustration, burden and stress experienced by the primary caregiver (Rosyidu'ibad, 2015).

With the existence of elderly service programs such as posyandu for the elderly, counseling, development of elderly-friendly areas, fostering elderly families, this will help reduce the stress level of elderly caregivers and improve the quality of care services for elderly caregivers.

METHODS

This study employs cross-sectional methodology and quantitative techniques with an observational research design. Sixty senior households from Mangga Posyandu and Rambutan Posyandu in Rejomulyo Village, Kediri City District, made up the study's population. Purposive Sampling technique is used in the sample determination process. Both the stress level and the impression of workload are dependent variables in this study. Questionnaires were utilized to gather data, and editing, coding, scoring, and tabulating were used throughout data processing. The Spearman rank test was utilized in bivariate analysis.

RESULTS

Table 1 Research Results

Category	Frequency	Percentage
A. Respondent Characteristics		
1. Age		
20-40 Years	19	36,5%
41-60 Years	33	63,5%
2. Gender		
Male	14	26,9%
Female	38	73,1%
3. Education		
Elementary School	19	36,5%
Junior High School	7	13,5%
Senior High School	25	48,1%
College	1	1,9%
4. Marriage Status		
Single	6	11,5%
Marriage	46	88,5%
5. Long Time Maintenance		
1-5 Years	7	13,5%
6-10 Years	9	17,3%
>10 Years	36	69,2%
B. Variable Characteristics		
1. Perception of Workload		
Light	9	17,3%
Currently	27	51,9%
Heavy	16	30,8%
2. Stress Level		
Mild Stress	21	40,4%
Moderate Stress	28	53,8%
Moderate Stress	3	5,8%

Based on the research results, it is known that the majority of respondents aged 40-60 years were 33 people (63.5%), respondents were female as many as 38 people (73.1%), the highest education was high school, namely 25 people (48.1%), most of the respondents were married, namely 46 people (88.5%) and 36 people (69.2%) had been caring for > 10 years.

The research results showed that respondents had a moderate workload perception, namely 27 people (51.9%) and some respondents had a moderate stress level, 28 people (53.8%).

Table 2 Statistical Test Results

		Perception of Workload	Stress Level
Spearman's rho	Perception of Workload	Correlation Coefficient	1,000
		Sig. (2-tailed)	,415**
		N	52
	Stress Level	Correlation Coefficient	,415**
		Sig. (2-tailed)	,002.
		N	52

Based on the output above, it is known that the significance value is 0.002, because the sig. (2-tailed) $0.002 < 0.05$, meaning there is a significant relationship (between the Workload Perception variable and Stress Level).

From the SPSS output, a correlation coefficient figure of 0.415** is obtained. This means that the level of strength of the relationship (correlation) between Perception of Workload and Stress Level is 0.415 or moderate.

The correlation coefficient figure in the results above is positive, namely 0.415, so the relationship between the two variables is unidirectional (a type of unidirectional relationship), thus it can be interpreted that the lower the Perception of Workload, the lower the Stress Level they experience.

DISCUSSION

Perceptions of Family Care Workload of Elderly Caregivers

The majority of respondents—27 people, or 51.9 percent—perceived a moderate workload, followed by 19 people, or 36.5%, who perceived a heavy workload, and 6 people, or 11.5%, who perceived a light workload. These findings are based on research done in Rejomulyo Village, Kediri City District, with 52 respondents.

Perception of workload is an individual's research regarding the number of demands of tasks or activities in accordance with their work, where these tasks must be completed within a certain period. Positive or negative workload depends on individual perception (Robbins in Ramadhan et al, 2017). According to Haris and Hartaman (in Dewi, 2013) state that perception occurs in a fairly consistent sequence. Individuals encounter environmental factors, namely other people, events, situations and conditions.

This research is in line with research conducted by R. Siti Maryami, et al (2012) in her research showing that the majority of respondents had a high burden of caring for the elderly, namely 105 respondents (52.2%). Hariyanto's research (2014) states that the more additional tasks a person has to do in caring, the higher the workload and vice versa.

Factors that influence workload in theory are internal and external factors. Internal factors (gender, age, health status, motivation, satisfaction and desires), namely factors originating from within the body as a result of reactions to external workload while external factors namely factors originating from outside the worker's body such as the work environment, physical tasks, work organization (Koesomowidjojo, 2017). In this research, what influences the perception of workload in caring for the elderly is age, gender, education and length of care.

The first factor is age, from the cross tabulation results it was found that respondents aged 20-40 years tended to have the perception of a heavy workload, namely 12 people (63.2%). This

shows that at the age of 20-40 years, it is possible that the family has not yet experienced emotional maturity so that the family is unable to understand the wishes of the elderly and conflicts often occur with the elderly.

The next factor is gender, gender will influence the perception of workload. Men tend to be less talented in taking care of the elderly because they are busy working elsewhere. This is in accordance with research results which show that male respondents are more likely to have a heavy workload in caring for the elderly, namely 8 people (57.1%).

Next is education, education is closely related to knowledge according to Maryam R. Siti (2012). Families who have less knowledge about how to care for the elderly are likely to experience a high burden in caring for the elderly. Cognitive abilities are mental traits and individual characteristics that are associated with the abilities needed for thinking and perception, including intelligence, knowledge, understanding, adaptability and the ability to control oneself. Knowledge, awareness, understanding, specific information about something obtained through education and experience are typical cognitive resources. This is in line with the opinion of Notoatmodjo (2003), stating that knowledge creates awareness which ultimately causes people to behave according to the knowledge they have. The research results show that respondents with a tertiary education level have a moderate workload, namely 1 person (100%). Other factors that can influence workload in this study are marital status and length of time caring for the elderly. Respondents who have been married and have cared for the elderly for a long period of time are more accustomed to it and the perception of the burden of caring for them is also decreasing. This is evident from the research results which show that married respondents have a perception of a moderate workload, namely 23 people (63.9%) and respondents who care for elderly people aged 1-5 years have a perception of a heavy workload, namely 5 people (71.4%).

According to the researchers' assumptions, this heavy workload occurs because some respondents felt that while carrying out family care they asked for more help than they needed, felt they could not handle all the responsibilities of caring for the elderly due to the workload which they felt was too heavy, felt that while carrying out care they felt that a decline in their level of health as a result of providing care to the elderly and some felt that the family expected them to take care of the elderly as if they were the only ones the respondent depended on. These results are in accordance with the research questionnaire and are based on observations in the field.

Family Stress Levels of Elderly Caregivers

Stress is a situation that a person has experienced or will experience in their life. Based on the results of research conducted in Rejomulyo Village, Kediri City District with 52 respondents, it is known that the majority of respondents had moderate stress, namely 28 people (53.8%), 21 people had mild stress (21 people). 40.4%) and the rest were seriously stressed, namely 3 people (5.8%) and no one can escape from it. Stress is an unavoidable reality of everyday life, caused by changes that require adjustment. Sosiady, M., & Ermansyah, E. (2020).

Kasimo, T. A. (2022) said that stress is a condition of a person feeling tense, anxious, afraid and worried which is caused by an imbalance between human demands and abilities accompanied by emotional tension and has an influence on a person's physical and psychological (mental) condition.

This is in line with research conducted by Mohammad Fatkhul Mubin (2018) with the results of this research showing that the number of stress levels experienced by elderly families, most of whom experienced moderate stress levels, was 37 people (67.27%), and the number of severe stress levels was 8 people (14.55%). while the number of mild stress levels was 10 people (18.18%).

The results of this research are in accordance with Hawari's (2008) theory in Mubin (2018) which states that stress is the body's non-specific response to any load demands. The way

individuals react to stress depends on how they view and evaluate the impact of stressors, support when experiencing stress and their coping mechanisms. When stress disrupts a person's coping mechanisms, a person's behavior will become maladaptive. The majority of research results show that the problems that often occur are that respondents feel nervous and stressed, angry because of something that happened suddenly, and unable to organize themselves in their daily activities.

Women experience more stress levels than men because women become stressed and change their moods more quickly than men. This is confirmed by a recent study which found that women's psychology is really controlled by hormones. Women do have higher levels of depression, stress disorders and anxiety problems than men. But so far no one has been able to explain this difference biologically. A recent study conducted in the United States may help explain the differences between the way men and women control their emotions. This study focused on a stress hormone called corticotropin releasing factor (CRF) (Mubin, 2018).

This is in accordance with the results of research that has been conducted which shows that female respondents are more likely to have moderate levels of stress, namely 21 people (55.3%). In this study, which has been reported in the journal *Molecular Psychiatry*, it was discovered that women's brain cells were very happy with doses of CRF that were too low for men. The CRF hormone is more tightly bound to the stress proteins of women's brain cells, making them more sensitive to the effects of these hormonal changes. Meanwhile, in men, the brain can reduce protein levels, stopping the hormone from binding and reducing its impact on the brain.

According to the researchers' assumptions, most families experience moderate levels of stress, because most respondents almost often feel confident in their ability to handle personal problems, often feel that everything will happen according to the respondent's expectations, often feel that everything is going smoothly, often feel able to control a sense of irritability in the respondent's life and often feel that the respondent is very capable of overcoming the problems they experience. These results are in accordance with the research questionnaire and the results of field observations.

The Relationship Between Perceptions of Care Workload and Family Stress Levels of Elderly Caregivers in Rejomulyo Village, Kediri City District

Based on the output above, it is known that the significance value is 0.002, because the sig. (2-tailed) $0.002 < 0.05$, meaning there is a significant relationship (between the Workload Perception variable and Stress Level). From the SPSS output, a correlation coefficient figure of 0.415** is obtained. This means that the level of strength of the relationship (correlation) between Perception of Workload and Stress Level is 0.418 or moderate. The correlation coefficient figure in the results above is positive, namely 0.415, so the relationship between the two variables is unidirectional (type of unidirectional relationship), thus it can be This means that the lower the perceived workload, the lower the level of stress they experience.

These results are in line with research conducted by Nafi'ah (2018) which showed the results of data analysis using the Kendall's tau correlation test with a significance level of 0.05. The research results show that there is a significant relationship between perceived workload and work stress.

The results of the cross tabulation showed that the respondents who had the perception of a heavy burden had a moderate level of stress, namely 12 people (75%). This happens because respondents with the perception of a heavy workload tend to think that the family is dependent on the respondent, feel that my time is spent only on the elderly, and feel that I don't have enough time for myself, all this time I feel bored because I do the same thing every day, feel tired when goes to bed at night and sometimes feels like the family is asking for more help than he needs. So the stress level of respondents increased, they felt worried about the situation of the elderly.

The family is the smallest unit in society, husband, wife and children, who interact with each other and have a close relationship to achieve a certain goal. Good interaction between children and parents is important in a child's development period. Good interaction is determined by the quality of understanding from children and parents to achieve family needs (Soetjningsih, 2017).

Hartono (2016) said that stress is a form of the body's response when facing situations that can cause pressure, change, emotional tension. This definition is in line with what Sukma (2017) stated that stress is an adaptive response to circumstances that a person accepts as a challenge or threat. Thus, it can be said that stress is a normal thing that a person experiences, but if it accumulates and is not dealt with immediately, it will have a negative impact.

Perception of workload is an individual's research regarding the number of demands of tasks or activities in accordance with their work, where these tasks must be completed within a certain period. Positive or negative workload depends on individual perception (Robbins in Ramadhan et al, 2017).

Based on the research results, researchers assume that one of the factors that causes work stress is workload, work factors that can cause stress are tasks, tasks are included in workload. With the perception that the workload in caring for the elderly is heavy, this influences the stress level of the caregiver's family. Respondents became increasingly worried about the situation of the elderly who continued to depend on them and felt that all the workload was given to the respondents.

CONCLUSION

Based on the results of research conducted in Rejomulyo Village, Kediri City District with 52 respondents, it was found that 27 people (51.9%) had a perception of moderate workload, 19 people (36.5%) had a perception of heavy workload and the rest had a perception of heavy workload. light work as many as 6 people (11.5%).

Based on the results of research conducted in Rejomulyo Village, Kediri City District, with 52 respondents, it was found that 28 people (53.8%) had moderate stress, 21 people (40.4%) had mild stress and the remaining 3 people had severe stress (3 people). 5.8%.

Based on the results of data analysis using SPSS, it is known that the significance value is $0.005 < 0.05$, meaning there is a relationship between the perception of care workload and the stress level of the family of elderly caregivers in Rejomulyo Village, Kediri City District. The level of strength of the relationship (correlation) between Perception of Workload and Stress Level is 0.415 or moderate.

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