COPING STRATEGY OF THE ELDERLY IN MEETING NEEDS AT CIBURIAL VILLAGE CIMENYAN SUB-DISTRICT BANDUNG DISTRICT

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Abstract

Coping strategy is the efforts performed by elderly to overcome their problem. The research purpose was to describe coping strategy of elderly in meeting needs at Ciburial Village, Cimenyan Sub-District Bandung District. This study used qualitative approach and descriptive method. Data resources were primary and secondary. The informants were determined by purposive sampling. Data collection used was in-depth interviews, observations, and documents. The research results showed that all informants (UM, IR, AM) had performed coping strategy based on emotional-focused coping and problem-focused coping aspects. On the basis of description of research results, the problems and needs analysis, and also the obstacles and expectations in doing coping strategy, there were two kinds of needs requiring solutions, namely the provision of medical service assistance for informant UM and the provision of business capital assistance for informant AM. The possible resource system, such as The Polytechnic of Social Welfare Bandung (POLTEKESOS), The District Social Service, and the Head of Ciburial Village, Social Workers are expected to be able to give intervention through social welfare service programs to overcome their problems, in order that they could perform coping strategy better.

Keywords: coping strategy, elderly, needs, resource system

Coping Strategy of the Elderly in Meeting Need at Ciburial Village Cimenyan Sub-District Bandung District

All people have the right to live properly. The elderly are as well. To live properly could be seen from how people could meet their needs. The elderly as those who have the right to live properly are expected to be able to meet their needs. However, not all people, including the elderly, could overcome their problems, for example, meet the basic needs of food, drink, health, and for living.

Elderly are people who have been more than 60 years old. This is in accordance with the Act of Republic of Indonesia Number 13 Year of 1998 concerning the Welfare of Elderly, Article 1, Paragraph (2) "An elderly is a person who has reached the age of more than 60 years old". This age refers to condition that is no longer young and strong. People with this age generally experience capacity decreases physically, psychologically, and socially, such as the elderly do their activities slowly, they feel lonely, cannot interact with other people in their social environment actively. They also have begun to develop high blood pressure, rheumatism, and so forth. This condition may cause dependency of the elderly on the others especially on their family, and becomes problems of the elderly. According to Sri Salmah (2010), there are problems of elderly related to biology: skin, hair, teeth, vision, easily tired and slow; health: vulnerable to various diseases; and the physic and social: lonely, feeling of no useful, less confident, self esteem.

With the existence of these problems, the elderly has the needs to solve them. According to Tody Lalenoh (1993), the elderly needs are related to primary and secondary needs. Primary needs are like biological/psychological needs containing need of nutritional food, sexual, clothes, and housing

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(shelter); economical need that is the adequate income; health needs, such as physical health, mental health, care, and safety; psychological needs covering affection, response from the other people, peaceful, feeling useful, having a clear identity and status; social needs which are the roles in relations with other people, the interpersonal relationship in the family, with peers, and the relationship with social organizations. Furthermore, the secondary needs of elderly are related to the need in performing activities; the need in using leisure and recreation; cultural needs, such as information and knowledge, aesthetic, and so forth; political needs, consisting of status, law protection, participation and involvement in the societal and state or government activities; the religious/spiritual needs, such as understanding the meaning of their presence in the world and unknown things or things beyond life including the death.

The number of elderly is increasing fast. This can be seen from the significant increase year by year. Based on the data from the Centre of Data and Information (BPS) of the Social Ministry, 2011 that the number of Indonesian people categorized as elderly amounted to 18.043.717 people, consisting of not neglectful elderly amounted to 10.533.831 people or about 58, 38%, vulnerable to neglectful elderly amounted to 4.658.280 people or about 25, 82% and neglectful elderly amounted to 2.851.606 people or about 15, 80%. Data taken from BPS year of 2010 indicated dependency ratio of Indonesia amounted to 50, 5. In the meantime, in 2015 dependency ratio was 48, 6. This rate of dependency ratio will decrease in 2020 until 2030 which will create demography bonus for Indonesia. This causes the increasing number of elderly in Indonesia.

This occurred at Ciburial Village, Cimenyan Sub-district the District of Bandung. This village is one of the Field Practice Locations of STKS (now POLTEKESOS) students in 2017 and also one of the locations of Community Service implementation of STKS Lecturers. Its activity was intended for the elderly. On the basis of data from the results of Students Field Practice and also information obtained from Kader Lansia, there were many elderly people at this village. The number of the elderly amounted to 13.043 people, male amounted to 6813 people and female amounted to 6230 people. Based on the reassessment, there were 80 neglectful elderly.

Problems related to elderly at Ciburial village, namely the elderly lacked attention from their family and also the village government, in this case, the village government did not pay attention to the elderly identity and their population data. This caused the elderly were constrained to access the government program. The program from the centre government had not yet been accessed by all elderly who were really as the needy. Besides, there were some neglectful elderly whom their family gave lack attention to the elderly. There were several elderly who could struggle for their life. They still had strategy for coping with their problems, namely their coping strategy in meeting their needs.

Relevant to the coping strategy, Safaria and Nofrans (2012) stated that coping strategy is "the effort performed by individual to seek the way out of the problem in order for the elderly to be able to adjust with the change occurred". Folkman and Lazarus (Triyanto Safaria, 2012), suggested that there are two general type of coping strategy, which are emotional-focused coping and problem focused coping.

The aspects of emotional-focused coping are (1) seeking social emotional support, (2) distancing, (3) escape avoidance, (4) self control, (5) accepting responsibility, and positive reappraisal. The aspects of problem-focused coping are (1) seeking informational support, (2) confrontation coping, and (3) planned problem solving.

Further, Folkman and Lazarus quoted by Triantoro Safaria and Nofrans (2012) explained that seeking social emotional support is to try to obtain support emotionally and socially from other people; distancing is to put forward the cognitive effort to release self from the problems or make a positive expectation; escape avoidance is to fantasize about a situation or do action or avoid from an uninteresting situation. The individual fantasizes if the problem goes away and tries not to think about the problems by sleeping or using alcohol over; self control is to try to organize oneself feeling or action in relation to solve the problem; accepting responsibility is accepting to run the problems faced while trying to think of a solution; and positive reappraisal is trying to create a thing of a situation in the period of personality development, sometimes with something religious.

Based on the information from Kader Lansia, Coping strategy performed by the elderly at Ciburial Village, for example, the elderly found and collected the used aqua, opened the kiosk,

worked as a sweeper at Taman Hutan Raya Juanda, and worked to receive some orders of catering and the wedding cake. Based on the description the researcher was interested in investigating coping strategy of the elderly entitled "Coping Strategy of the elderly in Meeting the Needs at Ciburial Village Cimenyan Sub-district Bandung District".

Purposes

The purpose of the research was to obtain a description about coping strategy of elderly in meeting needs. Specific purposes of this research were: (a) Describing characteristics of informants, (b) Describing emotional focused-coping of informants in meeting the needs at Ciburial Village, Cimenyan Sub-district Bandung District, (c) Describing problem focused-coping of informants in meeting the needs at Ciburial Village, Cimenyan Sub-district Bandung District, (d) Describing informants' constraints in performing coping strategy in meeting the needs at Ciburial Village, Cimenyan Sub-district Bandung District, (e) Describing the expectation of informants in performing coping strategy in meeting the needs at Ciburial Village, Cimenyan Sub-district Bandung District.

Method

The type of research used by researcher was qualitative research method. According to Sugiyono (2009:9): "Qualitative research method is research method used to investigate on the natural object condition (as opposed to experimentation) in which the researcher as the key instrument, the data collection technique is done by triangulation (combined), the data analysis is inductive/qualitative, and the research results of qualitative is more stressing to the meaning than generalization."

The qualitative research method is used to find data, and describe the data descriptively and factually, and the data are interpreted appropriately. The purpose of this method is to give description completely and in detail about persons and behaviors which are observed and they become the target of research. In this case, this method was used to describe the coping strategy of the elderly in meeting the needs at Ciburial Village Cimenyan Sub-district Bandung District.

Research Result

Category	Research Theme

Emotional-focused coping	1. *Seeking social-emotional support*
	    a. Expecting sympathy and attention from others: going outside while picking up traces of aqua bottles and chatting with people
	    b. Looking for security, comfort, and affection: living close to their children
	2. *Distancing*
	    a. Go through the problem and think as if nothing happened: think relaxed, free
	    b. Creating positive views: being grateful for what is there.
	3. *Escape avoidance*
	    a. Fantasy or daydreaming: wanting to have a home and come true
	    b. Turning to other activities: dhikr of Allah
	4. *Self-control*
	    a. Control and refrain: not hurt / not angry
	    b. Regulate feelings by storing problems so that others do not know: silent / buried alone
	5. *Accepting responsibility*
	    a. Surrender to the situation because nothing can be done to resolve the problem: grateful / receive state
	    b. Think of a way out a problem: silence / surrendered to Allah
	6. *Positive reappraisal*

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Indonesia

	a. Trying to take a positive view of a problem: not become a burden on the mind b. Involving religious matters: not saying much and praying
Problem-focused coping	*1.* *Seeking informational support* a. Seek advice and advice from others: I have participated in recitation, but there are people who do not like it, so they just stay at home and ask Allah only b. Looking for information and knowledge to solve the problem: go to the doctor to treat a sore leg 2. *Confronting coping* a. Try hard to solve the problem in any way even though it will be risky: picking up used items specifically aqua bottle even though the leg hurts b. Stick to what you want: will continue to work picking up traces of aqua bottles 3. *Planful problem-solving* a. Analyzing the problem and trying to find a solution: replace her husband to work picking up traces of aqua bottles b. Make a plan of things that will be done to overcome the problem: there is no plan, it's up to Allah
Obstacles	1. *Emotional-focused coping* a. *Seeking social-emotional support:* there are no obstacles b. *Distancing:* there are no obstacles c. *Escape avoidance:* there are no obstacles d. *Self-control:* there are no obstacles e. *Accepting responsibility:* there are no obstacles f. *Positive reappraisal:* there are no obstacles 2. *Problem-focused coping* a. *Seeking informational support:* there are people who don't like it b. *Confrontive coping:* leg hurts c. *Planful-focused coping:* there are no obstacles
Hope	1. *Emotional-focused coping* a. *Seeking social-emotional support:* the child can give enough money to eat b. *Distancing:* his legs don't hurt anymore c. *Escape avoidance:* can give to others d. *Self-control:* can surrender, endeavor and pray e. *Accepting responsibility:* give thanks and surrender to Allah f. *Positive reappraisal:* want to be healthy and can give to others 2. *Problem-focused coping* a. *Seeking informational support:* no hope b. *Confrontive coping:* healthy in order to endeavor c. *Planful-focused coping:* her husband is healthy again
Category	Research Theme
Emotional-focused coping	1. *Seeking social-emotional support* a. Expecting sympathy and attention from others: silent and daydreaming b. Looking for security, comfort, and affection: do not want to leave the house of the deceased husband 2. *Distancing* a. Go through the problem and think as if nothing happened: nothing to think about

      b.   Creating positive views: accepting conditions as destiny

3. *Escape avoidance*
   a. Imagine or daydream: daydream about the past
   b. Turning to another activity: worshiping God

4. *Self-control*
   a. Control and restraint: be patient and pray
   b. Regulate feelings by storing problems so others do not know: buried yourself

5. *Accepting responsibility*
   a. Surrender to the situation because nothing can be done to resolve the problem: accept everything both pleasant and unpleasant
   b. Thinking about a solution to the problem: silence and surrender to Allah

6. *Positive reappraisal*
   a. Trying to take a positive view of a problem: accepting the problem as Allah's destiny
   b. Involves religious matters: worship and prayer

Problem-focused coping	1. *Seeking informational support*
	   a. Seek advice and advice from others: only to God
	   b. Looking for information and knowledge to solve the problem: go nowhere just asking God
	 2. *Confrontive coping*
	   a. Try hard to solve the problem in any way even if it will be risky: do all the work at home
	   b. Stick to what you want: you don't want to eat even if you are persuaded by your child
	 3. *Planful problem-solving*
	   a. Analyze problems and try to find a solution: pray and pray
	   b. Make a plan for things to do to solve the problem: there is no plan until help arrives

Obstacles	1. *Emotional-focused coping*
	   a. *Seeking social-emotional support:* no obstacles
	   b. *Distancing:* no obstacles
	   c. *Escape avoidance:* no obstacles
	   d. *Self-control:* no obstacles
	   e. *Accepting responsibility:* no obstacles
	   f. *Positive reappraisal:* no obstacles
	 2. *Problem-focused coping*
	   a. *Seeking informational support:* lots of gossips
	   b. *Confrontive coping:* no obstacles
	   c. *Planful-focused coping:* no obstacles

Hope	1. *Emotional-focused coping*
	   a. *Seeking social-emotional support:* children who are already married want to see him
	   b. *Distancing:* can worship Allah more and be accepted by the afterlife
	   c. *Escape avoidance:* can give to others
	   d. *Self-control:* can surrender, endeavor and pray
	   e. *Accepting responsibility:* give thanks and surrender to Allah
	   f. *Positive reappraisal:* want to be healthy and live long
	 2. *Problem-focused coping*

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a. *Seeking informational support:* no hope
b. *Confrontive coping:* no complaints on his eyes and head
c. *Planful-focused coping:* healthy, long life, accepted by the afterlife

Category	Research Theme

Emotional-focused coping	1. *Seeking social-emotional support*
	   a. Expecting sympathy and attention from others: chatting with friends, with younger siblings
	   b. Looking for a sense of security, comfort, and affection: home close to relatives (younger siblings)
	2. *Distancing*
	   a. Go through the problem and think as if nothing happened: nothing to think about
	   b. Creating positive views: accepting conditions as destiny
	3. *Escape avoidance*
	   a. Fantasy or daydreaming: sometimes remembering the past
	   b. Switch to other activities: providing food for recitation at the mosque
	4. *Self-control*
	   a. Control and restraint: happy, not angry
	   b. Regulate feelings by storing problems so others do not know: buried yourself
	5. *Accepting responsibility*
	   a. Surrender to the situation because there is nothing you can do to overcome the problem: accept the condition as a destiny from Allah
	   b. Thinking out a problem: want to have the capital for business
	6. *Positive reappraisal*
	   a. Trying to take a positive view of a problem: accepting the problem as Allah's destiny
	   b. Involves religious matters: performing prayers and praying

Problem-focused coping	1. *Seeking informational support*
	   a. Seek advice and advice from others: ask for advice from the Koran teacher
	   b. Finding information and knowledge to overcome problems: discuss with siblings (younger siblings)
	2. *Confrontive coping*
	   a. Try hard to solve the problem in any way even though it will be risky: accept orders even if they do not have the capital
	   b. Stick to what you want: continue to receive orders
	3. *Planful problem-solving*
	   a. Analyzing the problem and trying to find a solution: borrow money from his sister for venture capital
	   b. Make a plan of things that will be done to overcome the problem: want to have the capital for business

Obstacles	1. *Emotional-focused coping*
	   a. *Seeking social-emotional support:* no obstacles
	   b. *Distancing:* no obstacles
	   c. *Escape avoidance:* no obstacles
	   d. *Self-control:* no obstacles
	   e. *Accepting responsibility:* no obstacles
	   f. *Positive reappraisal:* no obstacles
	2. *Problem-focused coping*

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a. *Seeking informational support:* no obstacles
b. *Confrontive coping:* no obstacles
c. *Planful-focused coping:* no obstacles

Hope

1. *Emotional-focused coping*

a. *Seeking social-emotional support:* friends and relatives want to share in joy and sorrow
b. *Distancing:* can more willingly accept the situation
c. *Escape avoidance:* can devote themselves to recitation activities
d. *Self-control:* sincere and grateful to accept Allah's destiny
e. *Accepting responsibility:* give thanks and surrender to Allah
f. *Positive reappraisal:* can do better worship

2. *Problem-focused coping*

a. *Seeking informational support:* can study religion more deeply
b. *Confrontive coping:* brother (sister) can lend money for capital
c. *Planful-focused coping:* have enough capital can accept more orders

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