Analysis of Adaptation Readiness of The Elderly in The Pandemic Transition

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ABSTRACT

The transitional period of the pandemic continues to force vulnerable people, one of them the elderly, to make adjustments so that the impact of the Covid-19 incident does not occur. This study aims to analyze the readiness of the elderly during the pandemic. This study aims to analyze the readiness of the elderly during the pandemic. This study used a descriptive analytic design with a cross sectional approach. The sample of this study was the elderly in the village of Sukorambi, Jember Regency with many as 96 respondents. The research sample was obtained by using a multistage sampling method. The results showed that the adaptation-forming factors in the elderly in Sukorambi village had good economic stability, sufficient problem solving, good realistic attitude, sufficient learning ability, and good ability to compare experiences. Based on the demographics of age, gender and COVID-19 infection, there was no significant effect, while the demographics of living together had an effect on the adaptation readiness of the elderly during the pandemic transition. The adaptation readiness of the elderly is most influenced by the factor of living with family so that families need to pay more attention to the elderly to prevent the occurrence of covid-19.

Keyword: adaptation, elderly, transitional period of the pandemic

ABSTRAK

Masa transisi pandemi memaksa masyarakat rentan salah satunya lansia untuk mampu melakukan adaptasi sehingga dampak Covid-19 tidak terjadi. Penelitian ini bertujuan untuk menganalisis kesiapan lansia dalam menghadapi transisi pandemi. Penelitian ini menggunakan desain deskriptif analitik dengan pendekatan cross sectional. Sampel penelitian ini adalah lansia di Desa Sukorambi Kabupaten Jember sebanyak 96 responden. Sampel penelitian diperoleh dengan menggunakan metode multistage sampling. Hasil penelitian menunjukkan bahwa faktor pembentuk adaptasi pada lansia di Desa Sukorambi memiliki stabilitas ekonomi yang baik, pemecahan masalah yang cukup, sikap realistis yang baik, kemampuan belajar yang cukup, dan kemampuan membandingkan pengalaman yang baik. Berdasarkan demografi usia, jenis kelamin dan infeksi COVID-19 tidak ada pengaruh yang signifikan, sedangkan tinggal bersama memiliki pengaruh pada kesiapan adaptasi lansia pada masa transisi pandemi. Lansia yang tinggal bersama keluarga akan mendapat dukungan fisik, psikis dan spiritual sehingga lebih siap menghadapi masa transisi pandemi. Kesiapan adaptasi lansia paling banyak dipengaruhi oleh faktor tinggal bersama keluarga, sehingga keluarga perlu lebih memperhatikan lansia untuk mencegah terjadinya covid-19.

Kata Kunci: *adaptasi, lansia, masa transisi pandemi*

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Introduction:

The strong human-to-human transmission due to Coronavirus 2019 (Covid-19) is still a concern for many sectors around the world (Chen *et al.*, 2020). Deaths from Covid-19 have decreased, but it is possible that this number will continue to grow. Breaking the chain of transmission in vulnerable groups must still be carried out even during the pandemic transition (Chen *et al.*, 2020).

The number of Covid-19 cases in the world until November 18, 2021 recorded 19,466,174 cases of Covid-19, consisting of 19,387,437 (99.6%) patients with mild conditions and the remaining 78,737 (0.4%) with critical conditions (Koesno, 2021). This data has decreased from the previous year until December 1, 2020, reaching 62,363,527 confirmed people (World Health Organization, 2020). The three largest countries that have the highest cases are the United States, India and Brazil.

Indonesia ranks 14th with the most Covid-19 sufferers worldwide. Total cases in Indonesia reached a total of 4,253,412 confirmed cases (+314), 4,101,547 cured cases (96.4%), and 8,126 (0.2%) active cases (Koesno, 2021). East Java has 399181 (+44) confirmed cases of Covid-19, 369323 (+51) recovered, and 169 (-8) active cases (Covid Task Force, 2021). Jember Regency also experienced a decrease in the number of Covid-19 cases, namely 16201 (+2) confirmed cases, 14740 (+3) recovered cases and 8 (+1) active cases. Jember was also declared to have low risk, from the previous medium risk, with a Recovery Rate of 90.98% and a Fatality Rate of 8.97% (SatgasCovid, 2021).

The decrease in the number of cases has resulted in Indonesia, including Jember Regency, experiencing a transition period from Pandemic to Endemic. The World Health Organization (WHO) decided COVID-19 as a global pandemic on March 11, 2020. However, the latest statement from WHO that COVID-19 is an endemic disease. Therefore, this disease will continue to exist and not completely disappear. Endemic occurs when a disease has spread rapidly to a particular region or country and begins to affect the population of that region or country. Examples of the disease are the Ebola virus in the Democratic Republic of the Congo (DRC) in 2019, bird flu (H5N1) in Indonesia in 2012, SARS (Severe Acute Respiratory Syndrome) in 2003, Ebola disease in African countries.

The Pandemic to Endemic Transition does not merely provide leeway for the population not to prevent the transmission of Covid-19. Individuals must continue to apply wearing a 2-layer mask, maintaining distance, washing hands with running water or hand sanitizer, avoiding crowds, limiting mobility and direct interaction, and supporting the Covid-19 vaccination. Prevention of transmission is very necessary in vulnerable groups, especially the elderly. Elderly requires adaptation that is not easy, when compared to other age groups who are not vulnerable. These adaptations are in the form of intrapersonal adaptation, structural adaptation, and functional adaptation (Haryadi et al., 2020). The inability of the elderly to adapt will result in stress, depression, and hopelessness in the elderly (Masa et al., 2021).

The factors that influence the adaptation readiness of the elderly are physical conditions, personality, learning process, environment, religion and culture. Other influencing factors include gender, attitude, infrastructure and frequency of seeking information (Hanifah and Oktaviani, 2021). The results of a preliminary study on 15 elderly people in Sukorambi District, Jember Regency, found that 4 (27%) elderly were able to adapt to the pandemic to endemic transition, and 11 (73%) elderly had not been able to adapt. The elderly complained of moderate anxiety by 57%, 29% had mild anxiety, and the remaining 14% did not think at all.

Methods:

This study used a descriptive analytic research design with a cross-sectional approach. This research was conducted on the elderly in Sukorambi District as many as 96 respondents. This research was conducted for 2 months by collecting data using a questionnaire. Sampling was carried out by selecting according to the

inclusion criteria, namely the elderly affected by Covid-19 and willing to be respondents. Samples were taken by multistage sampling method. This method begins with choosing a village first and getting 3 villages according to the calculations. The next step was to select hamlets randomly and 12 were obtained. The last step is to choose the elderly where 8 respondents are taken from each hamlet so that the total number of respondents was 96 people.

The research procedure begins with conducting a preliminary study then proceeds with asking permission from Bakesbangpol Jember and then for permission in Sukorambi Sub-District. The research instrument used a modified individual adaptability questionnaire. The number of questions on questionnaire was 30 questions consisting of points on the emotional stability of the elderly, problem-solving skills, realistic attitudes, learning abilities of the elderly, and the ability to compare experiences. The scoring given to the questionnaire was favorable and unfavorable on a likert scale. Data analysis was carried out after the results of the questionnaire were obtained. The author uses the code on each respondent. The test in this study used logistic regression with an alpha value < 0.05.

Results:

The characteristics of the respondents in this study were individuals 50 to 100 years old (pre-elderly to late elderly), living in the Sukorambil Sub-district, exposed to Covid-19, and willing to be respondents. Based on the research results, the results were obtained.

Table 1. Distribution of Respondent

Distribution of Respondent	n	%
Age		
a. 55 – 65 years	53	55,2
b. 66 -74 years	31	32,3
c. 75 – 90 years	11	11,5
d. > 90 years	1	1,0
Total	**96**	**100**
Gender		
a. Female	65	67,7
b. Male	31	32,2
Total	**96**	**100**
Leaving with		
a. Family	68	70,8

Distribution of Respondent	n	%
b. Alone/only with partner	28	29,3
Total	**96**	**100**
Covid -19 infected		
a. Ever	15	15,6
b. Never	81	84,4
Total	**96**	**100**

The results of the distribution of the characteristics of the respondents found that the majority of respondents aged 55-65 years (young elderly), female, living with family, and never been infected with covid-19. While the distribution of variables based on the results of the questionnaire was obtained.

Table 2. Distribution Variables Based on Result

Respondent Category	n	%
Emotional stabilization		
e. Good	41	42,7
f. Enough	37	38,5
g. Low	18	18,8
Total	**96**	**100**
Problem-solving skills		
c. Good	26	27,1
d. Enough	46	47,9
e. Low	24	25,0
Total	**96**	**100**
Realistic attitudes		
c. Good	51	53,1
d. Enough	45	46,9
e. Low	0	0
Total	**96**	**100**
Learning abilities		
c. Good	24	25,0
d. Enough	42	43,8
e. Low	30	31,3
Total	**96**	**100**
Ability to Compare experiences	53	55,2
a. Good	0	0
b. Enough	43	44,8
c. Low		
Total	**96**	**100**

The results of the distribution of variables based on the results of the questionnaire show that the elderly have good emotional stability, good realistic attitudes, and are able to compare experiences. This can be because the elderly have lived a long enough life so that the elderly have good emotional

resilience. When emotional resilience is good, these emotions will be stable so that the elderly are able to think realistically based on the experiences that have been passed. This can make the elderly easily adapt to even difficult conditions.

Table 3. Logistic Regression Test Results

Demographics	Adaptation Skills
Age	0,890
Gender	0,403
Living with	0,007
Covid-19 infection	0,961

These results show that the adaptability of the elderly can be influenced by gender and living together. Gender can affect adaptability. Women will adapt more easily than men, because women easily share their feelings with other people and the environment. Living together is also one of the factors that influence an individual's ability to adapt. Good family support will form a strong mentality so that individuals are able to face even bad situations.

Discussion :
1. Adaptation of the elderly

Adaptation in this study is an ability to adjust to changes due to the Covid-19 pandemic in the elderly. Adaptation in the elderly is built by emotional stability in dealing with problems, solving problems based on rational considerations, being realistic and objective in solving problems, learning something that is being faced, the ability to compare the experiences of oneself and others. Adaptability aims to deal with the demands of environmental change, to face the demands of the situation objectively and rationally. Gerungan (2006). In this study, the expected final result is to find out how big the level of adaptation readiness of the elderly is in the pandemic transition period.

The results of previous studies showed that good adaptation can increase individual immunity in the face of Covid-19 (Haryadi et al., 2020). The elderly are expected to be able to adapt to environmental changes, especially during the pandemic transition. Good adaptation can suppress pro-inflammatory cytokines as agents that respond to inflammation, so that the incidence of Covid-19 can be prevented. Individuals who are able to adapt will tend to have low stress levels, so that cytokine production decreases.

Adaptation in the elderly is built by emotional stability in dealing with problems, solving problems based on rational considerations, being realistic and objective in solving problems, learning something that is being faced, the ability to compare the experiences of oneself and others.

Emotional stability is an individual's emotional state when emotional stimulation from the outside does not cause depression or anxiety. Morgan (1986) says that individuals who can control their emotions are reflected in their daily behavior which can be seen in the process of social interaction between individuals, the results of individual work are satisfactory, and their creativity is always there. In this study, emotional stability is defined as the individual's ability to process emotions to remain stable during the pandemic transition.

The results showed that the emotional stabilization ability of the elderly was good. This means that the elderly do not feel afraid in facing the pandemic transition period, the elderly assume that all the elderly will feel the same way so there is no need to worry, the elderly do not feel hopeless, and the elderly do not feel panicked. Good emotional stability can prevent individuals from feeling fear, anxiety and depression. This is in line with the results of research which says that there is a significant relationship between emotional stability and self-adjustment ability. Emotional stability is influenced by physical, social, moral and emotional conditions, individual psychology, environmental conditions, and cultural determinants. The greater the emotional

stability of the individual, the greater the ability to adapt in dealing with stressors.

Problem solving is one form of adaptation readiness in the elderly. According to Sternberg (2006) problem solving is an attempt to overcome obstacles that hinder a solution. Problem solving is a complex activity to seek explanations and answers to a problem. In this study, problem solving is defined as the ability of the elderly to find solutions to problems based on rational considerations during the pandemic transition. The results of this study found that solving the problem of the elderly during the pandemic transition is sufficient. This means that the elderly are grateful for the blessings that God has given, some consider that they no longer need to comply with health protocols such as vaccines, the use of masks, and distance restrictions.

The results of this study are in line with the results of research that there is a significant relationship between problem-solving abilities which are influenced by self-efficacy and self-adaptation abilities. Different levels of adaptation can be influenced by factors of physical condition, personality, learning process, environment, religion, and culture. Problem solving in the elderly has decreased, this is influenced by declining physical conditions. Good problem solving can prevent individuals from experiencing stress and improve adaptability in the elderly.

Realistic attitude is one of the forms of adaptation readiness of the elderly during the pandemic transition. Realistic attitude is a way of thinking with full calculation and according to ability and not daydreaming. In this study, realistic attitude is defined as the ability of the elderly to solve problems with a realistic and objective attitude, especially during the pandemic transition. The results showed that the realistic and objective attitude of the elderly was good. This means that the elderly can think realistically and objectively regarding the management of covid-19, such as the

elderly believing that COVID-19 still exists, healthy living attitudes such as eating nutritious food and sunbathing can prevent the spread of Covid-19.

The results of this study are in accordance with the results of research by Rachma and Handoyo, (2016) which says that personality is significantly related to adaptability. The personality in question is awareness and realistic thinking, emotional stability, and an attitude of openness (Rachma and Handoyo, 2016). The ability to think realistically and rationally in the elderly is good, this is because the elderly have gone through many life experiences and a long learning process so that many things make the elderly think realistically.

Learning ability is one of the determinants of adaptation readiness in the elderly during the pandemic transition. Learning ability is an individual's capacity to perform various tasks and jobs. Ability is an assessment of what an individual does. The results of this study showed that the ability to learn in the elderly related to the pandemic transition period was sufficient. This is interpreted as some of the elderly do not want to study or read books or see news information to find out the development of covid 19, some of the elderly are still washing their hands, and some who believe that the health protocol is the only thing that can prevent covid-19.

This is in accordance with the results of research by Sunarsih, Putro and Rahmawati, (2019) which states that self-esteem affects adaptation. One of the results of this self-esteem is built by a high desire to learn. Learning ability in the elderly has decreased, this is influenced by the decline in organ function, one of which is brain function. One of the functions of the brain is as a thinking center, while when brain function decreases, the elderly will experience a decrease in the ability to think and digest information.

The ability to compare experiences is one of the determinants of adaptation readiness during the pandemic transition.

The ability to compare experiences in this study is intended as a measure of the ability of the elderly to assess, analyze, and compare their own experiences with others, especially those related to COVID-19. The results showed that the ability to compare experiences in the elderly was good. This can be assessed from the ability of the elderly to observe the occurrence of covid-19 in other people, the elderly consider that they are luckier because until now they are still given health, and the elderly are still willing to live a healthy life to avoid covid-19.

The results of this study are in line with Sunarsih, Putro and Rahmawati, (2019) who said that self-esteem affects adaptation. One of the components of self-esteem in the results of this study is the ability to assess and compare experiences. The ability to compare in the elderly is good, although there is a cognitive decline. This can be influenced by the experience of the elderly, especially during the COVID-19 transition period.

2. The adaptation readiness of the elderly during the pandemic transition

Readiness for adaptation in this study is defined as the ability of the elderly to adapt to the surrounding environment during the pandemic transition. The results of the study using a logistic regression test showed that the demographic factors of age, gender, and being infected with Covid did not have a significant relationship, meaning that the increasing age of a person, both female and male, had or was not infected with Covid-19, had no effect on readiness. adaptation of the elderly during the pandemic transition.

The results showed that the demographics of living together had a significant relationship with the adaptation readiness of the elderly during the pandemic transition. This means that the elderly who live with their families will increase their readiness for adaptation during the pandemic transition. In this study, living with family can be interpreted as living with the nuclear family, which consists of a spouse and children. The results of research conducted by Sari and Satria (2018) say that there is a significant relationship between family support and the quality of life of the elderly. Permata Sari and Ok Satria (2018) explained that the elderly who receive support from their family and live with their family have a good level of adaptability and affect the quality of life of the elderly, both physically, psychologically and spiritually.

Conclusions:

Emotional stability in the elderly during the pandemic transition period was good, problem-solving skills was enough, realistic attitudes was good, learning ability was enough, and the ability to compare experiences was good. The results of the regression logistic test showed that the demographic factors of age, gender, and infected Covid-19 had no significant effect on the readiness of the elderly during the pandemic transition period. Living together was a demographic factor that has a significant relationship during the pandemic transition period. The adaptation readiness of the elderly was most influenced by the factor of living with family, so that families need to pay more attention to the elderly to prevent the occurrence of covid-19.

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