
The Relationship Between the Anxiety Level of the Elderly with Attitudes Towards Death in Penanggungan Village Maesan District, Bondowoso Regency

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ABSTRACT

Background: Most people feel worried when they are about to enter old age. This is due to the negative stigma against the elderly where most consider the elderly to be someone who is no longer productive, has no zest for life, has many illnesses, often forgets, and tends to experience social decline. Coupled with the occurrence of physical changes where all begin to experience a decline which will eventually face death. The elderly's perception of death, especially when facing physical and mental illness that arises, causes anxiety for the elderly.

Methodology: The research design used is correlational with a cross sectional approach. The instrument used to measure anxiety is by using the hars scale and for measuring attitudes by using a questionnaire in the form of a Likert scale. The sampling technique in this study was a total sampling of 40 elderly people in the village of Penanggungan Maesan District, Bondowoso Regency.

Results: The results of the research based on the Chi Square correlation test were obtained p values = 0.000 which means less than $\alpha = 0.05$ then that H_0 is rejected and H_1 is accepted which means that there is a significant relationship between the level of anxiety of the elderly and attitudes towards death.

Conclusion: There is a relationship between the level of anxiety and the attitude of the elderly in dealing with death, so it is necessary to hold several interventions to change the perception of the elderly in dealing with death so that they no longer experience anxiety.

Keywords: *Anxiety; Elderly; Death*

Introduction

The aging process that occurs in each person is different, depending on a person's attitude and willingness to control or accept the aging process (Azizah, 2011). The aging process is accompanied by several changes, both physically and mentally. Besides that, usually the elderly also often experience pain both physically and mentally, so that the elderly usually become more concerned with death than themselves (Fitriyanti, 2011).

The World Health Organization (WHO) (2022) states that the number of elderly people is estimated to be around 500 million with an average age of 60 years and it is estimated that by 2023 it will reach 1.2 billion. Based on data from the Indonesian Central Bureau of Statistics in 2022, the number of elderly people in Indonesia has reached 11.34% or 28.8 million people. The Bondowoso District Health Office in 2022 recorded that there were 97,762 elderly people and the largest number of elderly people were in the working area of the Maesan Health Center.

A person's perception has a very large influence on an individual's perspective on death and how to deal with death, especially in the elderly, so that it affects the way the elderly express their wishes regarding approaching death and other expectations. One of the expressions that often appear in the elderly approaching death is anxiety about facing death. The impact of anxiety can lead to the emergence of withdrawal behavior, feelings of low self-esteem and the threat of independence in the elderly (Fitriyanti, 2011).

When the elderly experience anxiety about death, the important role of the family and society is the most important support. This support can be in the form of frequent counseling at health services related to the condition of the elderly (Azizah, 2011). Seeing the background that has been described in the previous paragraph, the researcher is interested in conducting a study entitled "The relationship between the anxiety level of the elderly and the attitude towards death in Penanggungan Village, Maesan District, Bondowoso Regency".

Method

The research design used is *correlational* with a cross sectional approach. The instrument used to measure anxiety is by using the hars scale and for measuring attitudes by using a questionnaire in the form of a Likert scale. The sampling technique in this study was a total sampling of 40 elderly people in the village of Penanggungan, Maesan District, Bondowoso Regency.

Results

Table 1. Characteristics of the elderly by sex in Penanggungan Village, Maesan District, Bondowoso Regency.

Gender	Amount	Percentage
Man	22	55%
Woman	18	45%
Total	40	100%

Based on table 1, it shows that there are 22 male respondents (55%) and 18 female respondents (45%).

Table 2. Characteristics of the elderly based on education level in Penanggungan Village, Maesan District, Bondowoso Regency.

Level of education	Amount	Percentage
SD	15	37%
Junior high school	13	33%
senior high school	6	15%
No school	6	15%
Total	40	100%

Based on table 2, it shows that there are 15 elderly people with elementary education (37%), 13 elderly people with junior high school education (33%), and 6 elderly people with high school education (15%), as well as elderly who have never school number of 6 people (15%).

Table 3. Characteristics of the elderly based on work in Penanggungan Village, Maesan District, Bondowoso Regency.

Work	Amount	Percentage
Farmer	18	45%
civil servant	0	0%
Self-employed	12	30%
Etc	10	25%
Total	40	100%

Based on table 3, it shows that the elderly who have jobs as farmers are 18 people (45%), the elderly who have jobs as entrepreneurs are as many as 12 people (30%), and the elderly who have other jobs are as many as 10 people (25%). and there are no elderly who do not work.

Table 4. Characteristics of the elderly based on their level of anxiety in Penanggungan Village, Maesan District, Bondowoso Regency.

Anxiety Level	Amount	Percentage
Light	6	15%
Currently	30	75%
Heavy	4	10%

So heavy	0	0%
Total	40	100%

Based on table 4, it shows that there are 6 elderly people (15%) who experience mild anxiety, 30 elderly people who experience moderate anxiety (75%), and 4 elderly people who experience severe anxiety (10%), and no elderly who experiencing great anxiety.

Table 5. Characteristics of the elderly based on attitudes in Penanggungan Village, RT 11 RW 04, Maesan District, Bondowoso Regency.

Attitude	Amount	Percentage
Positive	25	62%
Negative	15	38%
Total	40	100%

Based on table 5 it shows that the elderly who have a positive attitude are 25 people (62%) and the elderly who have a negative attitude are 15 people (38%).

Table 6. Tabulation of the relationship between the anxiety level of the elderly and their attitude towards death in Penanggungan Village, RT 11 RW 04, Maesan District, Bondowoso Regency.

Regency:						
Elderly Anxiety	Elderly attitude				Amount	
	Negative		Positive			
	Amount	%	Amount	%	Amount	%
Light	0	0	7	17.5	7	17.5
Currently	11	27.5	18	45	29	72.5
Heavy	4	10	0	0	4	10
Total	15	37.5	25	62.5	40	100
N : 40 ; p : 0.00						

Table 6 shows the results of the cross-tabulation between the anxiety level of the elderly facing death and their attitude towards death with the results of 18 respondents (45%), most of whom experienced moderate anxiety and had a positive attitude, while 4 respondents (10%) experienced severe levels of anxiety and had a negative attitude). The results of the Chi Square correlation test using the SPSS 19 computerization on the anxiety variable and the attitude variable obtained a correlation of $p = 0.000$, which means that there is a relationship between the level of anxiety in the elderly and attitudes towards death, so H1 is accepted.

Discussion.

1. The anxiety level of the elderly facing death in Penanggungan Village, Maesan District, Bondowoso Regency.

Based on table 4, it shows that there are 6 elderly people (15%) who experience mild anxiety, 30 elderly people who experience moderate anxiety (75%), and 4 elderly people who experience severe anxiety (10%), and no elderly who experiencing great anxiety. Looking at table 4 shows that most of the elderly have a moderate level of anxiety. This condition can occur due to several factors including: education, gender and occupation. Anxiety is an unpleasant feeling or fear that is unclear and intense. This happens as a reaction to something someone is experiencing. Every elderly must think about the anxiety of facing death. Anxiety about death can be related to the arrival of death itself, and can also be related to the manner of death and the pain or torment that may accompany the arrival of death, therefore a deep understanding of the anxiety of the elderly is important, especially for the elderly who experience chronic illness. The form of anxiety that occurs is usually characterized by a feeling of worry, a feeling of unrest, and feelings that are not good or bad that a person cannot avoid (Wahjudi, 2008).

The elderly who have mild anxiety about death are caused by the elderly being resigned and ready to face death, and the elderly who have moderate anxiety are the elderly who are more concerned with death themselves. The tendency of the elderly who have severe anxiety is the elderly who are still not ready to face death because the elderly think that the services of the elderly are still not enough to be a provision.

2. Attitudes of Elderly Facing Death in Penanggungan Village, Maesan District, Bondowoso Regency.

Based on table 5 it shows that the elderly who have a positive attitude are 25 people (62%) and the elderly who have a negative attitude are 15 people (38%). Attitude is a person's closed response to a certain stimulus or object that already involves the opinion and emotion factors concerned (happy or unhappy, agree or disagree, good or bad, and so on). Attitude is a syndrome or a collection of symptoms in response to a stimulus or object, so that attitude involves thoughts, feelings, attention, and other psychological symptoms (Notoatmodjo, 2003). Heri (1998) explains that attitudes are divided into two, namely positive attitudes and negative attitudes. A positive attitude tends to approach, like, and expect certain objects, while a negative

attitude has a tendency to stay away, avoid, hate, and dislike certain objects. The elderly who have a positive attitude because the elderly accept death more calmly and more openly, so that the elderly are better prepared to face death and live their lives more calmly and avoid anxiety. While the elderly who have a negative attitude because the elderly feel afraid and depressed in facing death so that it is easier to experience anxiety, such as anxiety and worry, as well as declining health conditions.

3. Correlation Between Elderly Anxiety Level and Attitude in Facing Death in Penanggungan Village, Maesan District, Bondowoso Regency.

Table 6 shows the results of the cross-tabulation between the anxiety level of the elderly facing death and their attitude towards death with the results of 18 respondents (45%), most of whom experienced moderate anxiety and had a positive attitude, while 4 respondents (10%) experienced severe levels of anxiety and had a negative attitude). The results of the Chi Square correlation test using the SPSS 19 computerization on the anxiety variable and the attitude variable obtained a correlation of $\rho = 0.000$, which means that there is a relationship between the level of anxiety in the elderly and attitudes towards death, so H1 is accepted. These results are in accordance with Attkinson's theory which divides that there are 4 functions of attitude, one of which is the function of ego defense. This attitude is taken from individuals in order to protect themselves from anxiety or threats to their self-esteem. The attitude contained in the individual will give the color or style of behavior or actions of the individual concerned. By understanding or knowing an individual's attitude, it can be estimated that the response or behavior that will be taken by the individual concerned (Sunaryo, 2004). According to Fitriyanti (2011) the anxiety experienced by the elderly is subjective and communicated interpersonally. This emotional state has no specific object. Anxiety is different from fear which is an intellectual judgment of danger. There is a relationship between the anxiety of the elderly and the attitude towards death because most of the elderly have resignation and acceptance of death. This can happen because the elderly are satisfied with what they are achieving at this time, such as children who are already big, successful and well-established. In addition, most of the elderly feel that there is nothing to worry about anymore, because the elderly realize that old age is a time to prepare themselves for a new life after death. Therefore the involvement of the family to provide support is very important so that the elderly still have a positive attitude in dealing with death.

Conclusion

The anxiety level of the elderly facing death in Penanggungan Village, RT 11 RW 04, Maesan District, Bondowoso Regency, mostly experienced moderate anxiety. Elderly Most have a positive attitude. The results of the correlation test using the SPSS 19.0 computerization on the anxiety level variable and the attitude variable obtained a correlation of $p = 0.000$, which means below 0.05, which means H_0 is rejected and H_1 is accepted. These results indicate that there is a relationship between the level of anxiety of the elderly and attitudes towards death in Penanggungan Maesan District, Bondowoso Regency.

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