

The Relationship Between Self-Perceived Health and Quality of Life Among Older Adults in the Eyang School Community, Jember Regency

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ABSTRACT

Introduction: The aging process is a natural phase characterized by a decline in physical, psychological, and social functioning, which can affect older adults' perception of their health and quality of life. Self-Perceived Health (SPH) is a subjective indicator that reflects older adults' assessment of their health status; therefore, this study aims to analyze the relationship between SPH and quality of life among older adults in the Sekolah Eyang community, Sumberlesung Village, Ledokombo Subdistrict, Jember Regency.

Method: This study employed a quantitative research design with a cross-sectional approach. The study population consisted of 50 respondents, and total sampling was used, resulting in a sample size of 50 respondents. The instruments used were the SPH-12 questionnaire for Self-Perceived Health and the OPQOL-21 for quality of life among the elderly. Data analysis utilized the Spearman's rho test.

Result: The results of the study indicate that the majority of respondents reported high self-perceived health (82.0%) and high quality of life (80%). Spearman's correlation test yielded a p-value of 0.000 ($p < 0.05$) with a correlation coefficient of $r = 0.937$, indicating a very strong and positive relationship between self-perceived health and quality of life among the elderly.

Conclusion: The results of this study indicate that health perceptions play a significant role in improving the quality of life of older adults. These findings underscore the importance of promotive and supportive efforts to help older adults develop positive health perceptions as part of enhancing their physical, psychological, and social well-being in later life.

Keywords: *Self-Perceived Health; Quality of Life; Older Adults*

Introduction

The aging process is a natural stage of life characterized by a decline in physical, psychological, and social functioning that can affect the health and quality of life of older adults (Wulansari et al., 2025). Older adults are vulnerable to various changes, such as decreased muscle strength, vision and hearing impairments, chronic diseases, anxiety, stress, and reduced social interaction, all of which can affect an individual's ability to perform daily activities (Shalahuddin et al., 2022; Tampubolon et al., 2021). These conditions not only have an impact on objective health but also influence older adults' assessment of their own health, or Self-Perceived Health (SPH) (Tinajero-Chávez et al., 2023).

Health issues among the elderly have become a global concern as the elderly population continues to grow. The World Health Organization estimates that the global elderly population will rise from 1 billion in 2020 to 1.4 billion in 2030 and reach 2.1 billion by 2050 (WHO, 2024). In Indonesia, the elderly population is projected to reach 65.82 million people, or 20.31% of the total population, by 2045 (Badan Pusat Statistik, 2024). East Java is among the provinces with a high number of older adults, totaling 6,236,411 people (14.92%), while Jember Regency has 415,437 older adults, or 15.88% of the total population, meaning it has entered the aging population phase (Badan Pusat Statistik, 2024).

Self-Perceived Health is an individual's subjective assessment of their health status as it relates to well-being and quality of life (Olsson et al., 2022). Older adults with a positive perception of their health tend to have a higher quality of life because they are able to adapt to physical, psychological, and social changes during the aging process (Maniscalco et al., 2020). However, research on the relationship between SPH and quality of life among older adults who are active in social-educational communities remains limited. Preliminary study results at Sekolah Eyang indicate that although older adults actively participate in community activities, some still experience complaints such as joint pain, muscle aches, and cholesterol issues that affect their perception of their health status.

Therefore, research is needed on the relationship between self-perceived health and quality of life among older adults to provide a clearer picture of their perceptions of

health and well-being. This study is expected to serve as a foundation for the development of promotive and supportive initiatives for older adults, particularly through social and educational activities as well as health support, in order to improve the quality of life of older adults in the Sekolah Eyang community, Sumberlesung Village, Ledokombo Subdistrict, Jember Regency.

Method

This study employed a quantitative design with a cross-sectional approach to analyze the relationship between Self-Perceived Health and quality of life among older adults at Sekolah Eyang, Sumberlesung Village, Ledokombo Subdistrict, Jember Regency. The study population consisted of 50 older adults, and total sampling was used, meaning the entire population served as the study respondents. Data collection was conducted using the SPH-12 questionnaire to measure Self-Perceived Health and the OPQOL-21 to measure the quality of life of the elderly. The results of the SPH-12 questionnaire validity test showed that all items had a calculated r value greater than the table r value of 0.361 with a Cronbach's Alpha value of 0.930, thus being declared valid and reliable. Meanwhile, the OPQOL-21 questionnaire also showed that all items were valid with calculated r values > 0.361 and a Cronbach's Alpha value of 0.956, indicating very high reliability. Data analysis was performed using the Spearman's rho test to determine the relationship between variables. This study received ethical approval from the Health Research Ethics Committee (KEPK) on January 7, 2026.

Results

The research data is presented in two sections: general data and specific data. General data includes respondent characteristics such as age, gender, educational level, and medical history, while specific data presents the results of Self-Perceived Health measurements, quality of life among the elderly, and an analysis of the relationship between Self-Perceived Health and quality of life among the elderly in the Eyang School Community, Sumberlesung Village, Ledokombo Subdistrict, Jember Regency

1. General Data

a. Respondent Characteristics

Table 1. 1 Frequency Distribution of Characteristics of Elderly Participants in the Eyang School in Sumberlesung Village, Ledokombo Subdistrict, Jember Regency, April 2026 (n=50)

Characteristics	Indicator	Frequency	Percentage (%)
Age	60-74 years	44	88
	75-90 years	6	12
	>90 years	0	0
Gender	Male	0	0
	Female	50	100
Education	Elementary School	11	22
	Junior Hight School	5	10
	Senior Hight School	12	24
	Diploma	1	2
	Bachelor's Degree	20	40
	Master's Degree	1	2
Medical History	No medical history	19	38
	Hypertension	15	10
	Daibetes	2	4
	Gout	14	28
Total		50	100

Source: Primary Data, 2026

Based on the respondents' characteristics, the majority of the elderly were in the 60–74 age group, comprising 44 respondents (88%), and all respondents were female (100%). The respondents' educational levels were dominated by those with a bachelor's degree, totaling 20 respondents (40%). Additionally, the majority of respondents had no history of illness, totaling 19 respondents (38%), while the most common medical conditions were hypertension, affecting 15 respondents, and gout, affecting 14 respondents (28%).

2. Specific Data

a. Self-Perceived Health (SPH)

Table 1. 2 Frequency Distribution of Respondents Based on Self-Perceived Health (SPH) Scores Among the Elderly at Sekolah Eyang in Sumberlesung Village, Ledokombo Subdistrict, Jember Regency, April 2026 (n=50)

SPH level	Frequency	Percentage (%)
Low	0	0
Moderate	9	18,0
High	41	82,0
Total	50	100,0

Source: Primary Data, 2026

Table 1.2 shows that the majority of respondents had a high level of Self-Perceived Health (SPH), namely 41 people (82.0%).

b. Quality of Life

Table 1. 3 Frequency Distribution of Respondents Based on Quality of Life Scores for the Elderly at the Eyang School in Sumberlesung Village, Ledokombo Subdistrict, Jember Regency, April 2026 (n=50)

Quality of Life Level	Frequency	Percentage (%)
Low	0	0
Moderate	10	20,0
High	40	80,0
Total	50	100,0

Source: Primary Data, 2026

Table 1.3 shows that the majority of respondents—40 respondents (80%)—enjoy a high quality of life.

c. The Relationship Between Self-Perceived Health and Quality of Life Among Older Adults in the Eyang School Community

Table 1. 4 The Relationship Between Self-Perceived Health (SPH) and Quality of Life Among the Elderly at the Eyang School in Sumberlesung Village, Ledokombo Subdistrict, Jember Regency, April 2026 (n=50)

Quality of Life										
SPH	Low		Moderate		High		Total		<i>P value</i>	<i>r</i>
	n	%	n	%	n	%	n	%		
Low	0	0	0	0	0	0	0	0	0,000	0,937
Moderate	0	0	9	100%	0	0	9	100,0		
High	0	0	1	2,4%	40	97,6%	41	100,0		
Total	0	0	10	20,0	40	80,0	50	100,0		

Source: Primary Data, 2026

Based on Table 1.4, respondents with moderate levels of Self-Perceived Health (SPH) all had moderate quality of life, while the majority of respondents with high SPH had high quality of life. The results of the Spearman test showed a p-value of 0.000 ($p < 0.05$) with a correlation coefficient (r) of 0.937, indicating a very strong positive relationship between Self-Perceived Health and the quality of life of older adults in the Sekolah Eyang community.

Discussion

The results of the study indicate that the majority of older adults in the Sekolah Eyang community have a high level of Self-Perceived Health (SPH), a small proportion fall into the moderate category, and no older adults with low SPH were identified. These findings reflect that older adults in the Sekolah Eyang community generally have a positive perception of their health. Self-Perceived Health is influenced not only by physical condition but also by mental, cognitive, and social aspects that play a role in shaping how older adults view and evaluate their health status as they face changes during the aging process (Caramenti & Castiglioni, 2022).

This study indicates that, based on the questionnaire results, the majority of older adults are in good physical and mental health, suggesting that these two aspects may contribute to improved self-perceived health. Meanwhile, cognitive and social aspects were not examined in depth in this study, although previous research has noted that these two factors also influence self-perceived health among older adults (Caramenti & Castiglioni, 2022; Farriol-Baroni et al., 2021).

In addition to indicating high levels of self-perceived health, this study found that the quality of life among older adults in the Sekolah Eyang community is relatively good, encompassing physical, psychological, social, and environmental aspects. The quality of life of older adults is influenced by various interrelated factors, such as demographic factors (gender, educational background, and medical history), family support, peer support, physical and psychological health, living environment, marital status, economic status, and spirituality (Destriande et al., 2021).

This study found that all of the older adults in the Sekolah Eyang community were women; according to Ridwan & Kafabih, (2021) older women typically have a

better quality of life and life expectancy than older men (Ridwan & Kafabih, 2021). However, in this study, educational level as a demographic factor did not show a consistent pattern of association with the quality of life of older adults in the Sekolah Eyang community, as a high quality of life was found across various educational levels, including among older adults with only a primary education. This finding suggests that the quality of life of older adults is multidimensional and is influenced not only by formal education but also by health factors, physical activity, social support, the environment, and ease of access to information and education in the digital age (Aisyiah et al., 2022). Health history is one factor that can influence the quality of life of older adults, with all respondents without a history of illness demonstrating high quality of life. Although the majority of older adults with hypertension also have a high quality of life, this condition is likely influenced by environmental support as well as regular engagement in physical, social, and spiritual activities within the Sekolah Eyang community.

Other factors such as family support, peer support, physical and psychological health, living environment, and spirituality were also found to be in good condition in this study. These findings suggest that these factors can positively contribute to improving the quality of life for older adults in the Sekolah Eyang community. However, socioeconomic status and marital status were not examined in this study, although previous research has indicated that these two factors also influence the well-being and quality of life of older adults (Bete et al., 2024;Bete et al., 2024)

The results of the study indicate a significant association between Self-Perceived Health (SPH) and quality of life among older adults, with those who have a better perception of their health tending to have a higher quality of life. The Spearman's correlation test yielded a p-value of 0.000 ($p < 0.05$), indicating a very strong positive relationship, which means that an improvement in Self-Perceived Health is associated with an improvement in the quality of life of older adults. These findings suggest that a positive perception of one's health plays a crucial role in supporting the physical, psychological, and social well-being of older adults, as well as their ability to adapt to the aging process. This study aligns with research conducted by Guimarães et al. (2025), which states that positive self-perceived health correlates positively with all

dimensions of quality of life, including physical, psychological, social, and environmental aspects. In the study, the majority of older adults reported fairly good health, which contributed to a more optimal quality of life. Additionally, emotional factors such as gratitude and an optimistic attitude, as well as socioeconomic factors such as income, also influence the relationship between Self-Perceived Health and quality of life (Guimarães et al. 2025).

The findings of this study can be explained through Sister Callista Roy's Adaptation Theory, which views individuals as adaptive systems that continuously adjust to both internal and external changes. In this theory, Self-Perceived Health is understood as part of the self-concept, whereby older adults subjectively assess their health status based on their physical, psychological, and social experiences. A positive perception of health indicates a good ability to adapt to the aging process and chronic diseases, resulting in a positive adaptive response, which in this study is reflected in a high quality of life. Conversely, older adults with moderate Self-Perceived Health tend to have a moderate quality of life, indicating that the adaptation process has not yet proceeded optimally. Additionally, social support, physical activity, and community education at the Eyang School serve as stimuli that help older adults develop effective coping mechanisms to address changes during later life. A supportive environment can also foster effective coping mechanisms, thereby helping to maintain a positive perception of health and ultimately improving quality of life. Thus, based on Roy's Adaptation Theory, it can be concluded that Self-Perceived Health serves as an indicator of the success of the elderly's adaptation process, which directly contributes to the quality of life they experience.

Conclusion

This study shows that the majority of older adults in the Sekolah Eyang community, Sumberlesung Village, Ledokombo Subdistrict, Jember Regency, have high levels of self-perceived health and quality of life. In addition, this study also found a correlation between self-perceived health and quality of life among older adults, indicating that the better older adults perceive their health to be, the higher their quality of life.

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