CHAPTER I

INTRODUCTION

1.1 Background

The elderly are an age group that experiences a decline in abilities, both physically, psychologically, and socially, due to the natural aging process. Based on Law Number 13 of 1998 concerning the Welfare of the Elderly, individuals are categorized as elderly if they have reached the age of 60 years and over (Andriani, 2022; Girsang, Potak, et al., 2022). As age increases, the elderly face various health challenges. This condition often hinders the achievement of complete self-integrity and triggers the emergence of various psychosocial problems, such as anxiety issues. Anxiety is one of the most common psychosocial disorders found in the elderly and impacts the reduced ability of the elderly to live independently and affects overall quality of life (Rohmatul Azizah, 2016). A study by (Nabilla, 2023) shows that the elderly with low anxiety levels tend to have better-maintained psychological well-being. Conversely, anxiety that is not managed properly can increase the risk of depression, worsen physical function, and trigger social isolation (Hartanti et al., 2022).

According to the World Health Organization (WHO) in 2023, there is a global population of 1.1 billion people aged 60 years and over, which is projected to reach 2.1 billion in 2050. Data from the *Badan Puat Statistik* (BPS) estimates that the elderly population in Indonesia will reach approximately 48.2 million by 2035 (Tanjung et al., 2023). The Indonesian Ministry of Social Affairs in 2022 also recorded around 800 nursing homes in Indonesia with a total of 25,000 residents. Based on data from BPS East Java in 2017, the number

of elderly residents in Social Care Homes for the Elderly (*Panti Sosial Tresna Werdha*) was recorded at 897 individuals.

The prevalence of anxiety according to the World Health Organization (WHO) in 2017 was 3.6%, with an annual increase of 2.5%, occurring in 2.43% of females and 0.07% of males. In Indonesia, the Ministry of Health (2018) also recorded anxiety prevalence rates of 6.9% in the 55–65 age group, 9.7% in the 65–75 age group, and an increase to 13.4% in the elderly over 75 years old.

Etiologically, anxiety in the elderly can be caused by biological factors such as aging, gender (where women are more vulnerable due to higher emotional tendencies), and declines in cognitive and physical function (Wati et al., 2017). Additionally, according to Stuart and Sundeen, anxiety can also be triggered by psychological and social factors, including the loss of a spouse, health conditions, and education level (Rahmayanti, 2016). According to Pamungkas (2018), forms of anxiety disorders such as panic, excessive fear, and generalized anxiety can have negative impacts on the body. These disorders not only weaken the body's immune system but can also reduce the elderly's motivation to participate in social activities and maintain physical fitness. A study by Nabilla (2023) indicates that elderly individuals with low anxiety levels tend to have better-maintained psychological well-being. Conversely, unmanaged anxiety can increase the risk of depression, worsen physical function, and trigger social isolation (Hartanti et al., 2022).

Furthermore, based on Amar's (2023) statement, social factors also influence the intensity of anxiety, such as social support for the elderly, which can be observed from several dimensions that significantly contribute to

supporting the psychological well-being of the elderly, including peer social support such as informational, emotional, instrumental, and judgment support, which affect anxiety intensity.

Based on the results of a preliminary study conducted by the researcher in August 2025 on 16 elderly individuals residing at the *Panti Sosial Tresna Werdha Blitar*, it was found that 11 elderly individuals showed signs of anxiety ranging from mild to moderate as measured using the HARS (Hamilton Anxiety Rating Scale) instrument.

These initial findings indicate the need to explore the factor of peer social support, which is suspected to play a role in anxiety conditions. However, results from a focused search on the relationship between peer support and anxiety levels in the elderly remain relatively limited. Based on data from the Google Scholar and ScienceDirect databases, only ten journals were found in the last ten years. Two studies identified a relationship between peer social support and anxiety issues in the elderly related to facing death and anxiety in retired elderly experiencing retirement syndrome. Meanwhile, other research studies identified a relationship between peer social support and other mental health issues, such as depression, loneliness, and social isolation. Therefore, given these findings, further research is necessary to determine the relationship between peer social support and anxiety, particularly among the elderly residing at Trresna Werdha Social Care Home (*Panti Sosial Tresna Werdha).*

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1.2 Problem Formulation

Based on the background stated above, the problem formulation in this research is as follows:

1. What is the level of social support from elderly peers at PSTW Blitar?
2. What is the level of anxiety in the elderly at PSTW Blitar?
3. Is there a relationship between peer social support and anxiety in the elderly at PSTW Blitar?

1.3 Research Objectives

1. General purpose

   To determine the relationship between peer social support and anxiety in the elderly at PSTW Blitar

2. Special purpose
   1. Identifying the level of social support of elderly peers at PSTW Blitar
   2. Identifying anxiety levels in the elderly at PSTW Blitar
   3. Analyzing the relationship between peer social support and anxiety in the elderly at PSTW Blitar

1.4 Benefits of Research

1. For the community

   To be a place to provide new knowledge regarding the importance of geriatric nursing quality values, especially regarding peer social support with anxiety in the elderly living in Werdha Care Home.

2. For PSTW Blitar

a. To be used as input for the orphanage to increase social support for elderly peers who experience anxiety in order to achieve maximum service quality.
b. To be input for the nursing field as a review material to follow up on anxiety problems in the elderly from the social support factor of peers.

3. For Institutions

   To be used as input for nursing institutions to improve learning regarding peer social support for elderly with anxiety at PSTW Blitar to support the success of patient survival.

4. For further researchers

   The results of the research will help form the basis for developing research using different method approaches.