

Creating Healthy, Independent, Active, and Productive Elderly through the 7 Dimensions of Resilient Elderly: A Comprehensive Approach

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ABSTRACT: The global population is aging rapidly, presenting challenges and opportunities for societies to ensure the well-being and productivity of elderly individuals. In Indonesia, as in many countries, the concept of resilient aging offers a holistic framework to enhance the quality of life for older adults. A comprehensive framework for enhancing the well-being of the elderly by promoting healthy, independent, active, and productive lifestyles through the 7 Dimensions of Resilient Elderly. As the global population ages, it is crucial to address the multifaceted needs of older adults to improve their quality of life. The dimensions—physical, emotional, social, spiritual, intellectual, occupational, and environmental—are explored in depth, highlighting their interconnectedness and collective impact on resilience. The paper emphasizes practical strategies and interventions that can be implemented to foster resilience in seniors. These include promoting regular physical activity, encouraging social connections, facilitating lifelong learning, and creating supportive environments that cater to the unique needs of older adults. By adopting a holistic approach, communities can empower seniors to actively engage in their lives and contribute meaningfully to society. Furthermore, the paper discusses the importance of collaboration among healthcare providers, policymakers, and community organizations to create supportive networks that nurture resilience in the elderly. By prioritizing these dimensions, we can create an ecosystem that not only addresses the challenges of aging but also celebrates the potential of older adults to lead fulfilling lives. This framework ultimately serves as a guide for developing effective programs and policies aimed at fostering resilience and enhancing the overall well-being of the aging population.

KEYWORDS: 7 dimensions of resilient elderly, aging population, Indonesia, active aging, well-being

I. INTRODUCTION

As the global population ages, the imperative to address the well-being of elderly individuals becomes increasingly pressing. By 2050, the World Health Organization (WHO) projects that the number of people aged 60 years and older will surpass 2 billion, constituting approximately 22% of the global population (WHO, 2021). This demographic shift necessitates a multifaceted approach to enhancing the quality of life for older adults, emphasizing their health, independence, engagement, and productivity.

Resilience plays a crucial role in successful aging, defined as the ability to adapt positively to life's challenges and stressors (Wong & Wong, 2019). Resilience encompasses various dimensions that collectively contribute to an individual's overall well-being. The framework of the 7 Dimensions of Resilient Elderly—physical, emotional, social, spiritual, intellectual, occupational, and environmental—offers a holistic perspective on the factors that facilitate thriving in later life (Räisänen et al., 2020).

Physical health is foundational for resilience in aging; maintaining regular physical activity and balanced nutrition is vital for sustaining functional independence (Nelson et al., 2019). Emotional well-being significantly influences life satisfaction among older adults, with effective coping strategies and positive mental health being key components (Chachamovich et al., 2016). Social engagement is equally important, as robust social networks have been shown to mitigate feelings of loneliness and depression, enhancing overall quality of life (Holt-Lunstad et al., 2010).

Furthermore, intellectual stimulation through lifelong learning fosters cognitive health and may delay the onset of dementia (Valenzuela & Sachdev, 2009). Occupational engagement, whether through paid work or volunteerism, nurtures a sense of purpose, while spiritual well-being can provide comfort and resilience in the face of challenges (Koenig, 2012). Lastly, the environmental dimension highlights the significance of safe, accessible living spaces that promote mobility and independence (Balfour & Wehner, 2019).

In Indonesia, where the proportion of elderly individuals is growing steadily, there is an urgent need to develop strategies that promote resilience and well-being among older adults. The 7 Dimensions of Resilient Elderly provide a structured approach to address the diverse needs of aging populations, encompassing physical health, mental well-being, emotional resilience, social connections, spiritual fulfillment, financial security, and environmental adaptability. This article aims to explore each dimension in depth, supported by relevant literature and empirical evidence, to outline effective interventions for creating healthy, independent, active, and productive elderly in Indonesia (BKKBN, 2014).

Meanwhile, the aging population is a global demographic trend that presents both challenges and opportunities for societies worldwide, including in Indonesia. As individuals age, maintaining and enhancing their quality of life becomes increasingly pertinent. The concept of resilience among the elderly has emerged as a critical framework for understanding and promoting their well-being across various dimensions. This introduction explores the 7 Dimensions of Resilient Elderly—social, emotional, spiritual, environmental, vocational/professional, intellectual, and physical—and examines their interconnectedness in fostering holistic and sustainable approaches to elderly care, as explained below: (BKKBN, 2014).

In summary, a comprehensive approach that integrates the 7 Dimensions of Resilient Elderly is essential for creating supportive conditions that empower older adults. By implementing strategies that promote resilience, communities can ensure that seniors remain active contributors to society, enriching their own lives and the lives of others around them.

II. LITERATURE REVIEW

First dimension: Social

Social resilience among elderly individuals emphasizes the importance of maintaining social connections, fostering relationships, and promoting community engagement. Strong social networks have been associated with better physical health, cognitive function, and emotional well-being in older adults (Litwin & Stoeckel, 2016). Social support from family, friends, and community members plays a crucial role in mitigating loneliness and isolation, which are prevalent concerns among aging populations (Victor et al., 2020). Interventions such as senior centers, intergenerational programs, and volunteer opportunities contribute significantly to enhancing social resilience and promoting active aging (Siregar & Wardani, 2021).

Second dimension: Emotional

The emotional dimension of resilience focuses on the ability of elderly individuals to manage and adapt to emotional challenges effectively. Emotional resilience is closely linked to mental health and psychological well-being, encompassing strategies for coping with stress, loss, and life transitions (Hadiyani&Setiawan, 2020). Interventions such as counseling, psychotherapy, and mindfulness-based practices have been effective in promoting emotional resilience and reducing symptoms of depression and anxiety among older adults (Aldwin & Igarashi, 2018). Recognizing and addressing emotional needs are essential components of comprehensive elderly care programs.

Third dimension: Spiritual

Spiritual resilience involves beliefs, values, and existential well-being, which are integral aspects of aging and coping among elderly individuals. Spiritual practices, rituals, and participation in religious communities provide a sense of purpose, meaning, and connection for many older adults (Levin, 2021). Studies have shown that spirituality and religious involvement contribute positively to psychological resilience, health outcomes, and overall life satisfaction in later years (Chong & Yap, 2020). Integrating spiritual dimensions into elderly care programs promotes holistic well-being and supports individuals in navigating existential challenges associated with aging.

Fourth dimension: Environmental Dimension

The environmental dimension of resilience focuses on creating age-friendly environments that support independent living and mobility for elderly individuals. Accessible housing, transportation, and community infrastructure are essential for promoting safety, social participation, and quality of life among older adults

(World Health Organization, 2020). Urban planning initiatives, such as walkable neighborhoods and senior-friendly public spaces, play a crucial role in enhancing environmental resilience and facilitating active aging (Ministry of Public Works and Housing Republic of Indonesia, 2022).

Fifth dimension: Vocational/Professional

The vocational or professional dimension of resilience encompasses the continued engagement in meaningful activities, whether through work, volunteerism, or lifelong learning. For elderly individuals, maintaining vocational skills, pursuing hobbies, and contributing to society provide opportunities for personal fulfillment and social integration (Lachman, 2021). Programs that support vocational training, skills development, and entrepreneurship among older adults promote economic independence and contribute to their overall well-being and social inclusion (Ministry of Manpower Republic of Indonesia, 2023).

Sixth dimension: Intellectual

The intellectual dimension of resilience focuses on cognitive health, lifelong learning, and mental stimulation among elderly individuals. Engaging in intellectual pursuits, such as reading, puzzles, and educational programs, helps maintain cognitive function and reduce the risk of cognitive decline (Park et al., 2014). Cognitive training interventions, memory enhancement techniques, and social participation in intellectual discussions contribute to intellectual resilience and support healthy aging (Hsu & Lu, 2018). Promoting intellectual engagement is essential for enhancing cognitive vitality and overall quality of life in later years.

Seventh dimension: Physical

The physical dimension of resilience addresses the maintenance of physical health, functional abilities, and mobility among elderly individuals. Regular exercise, balanced nutrition, and preventive healthcare services are essential components of promoting physical resilience and preventing chronic diseases associated with aging (World Health Organization, 2020). Rehabilitation programs, assistive devices, and accessible healthcare facilities support independence and active aging among older adults (Ministry of Health Republic of Indonesia, 2021).

Situation of the Older Person Population in Indonesia

Indonesia, the fourth most populous country in the world, is experiencing significant demographic changes, particularly in its older population. As of 2020, approximately 10.8% of Indonesia's population was aged 60 years and older, a figure projected to rise to around 20% by 2045 (Badan Pusat Statistik, 2020). This demographic shift presents both challenges and opportunities for the country:

1. Demographic Trends

The aging population in Indonesia is attributed to declining fertility rates and increased life expectancy, which has risen to about 73 years (World Bank, 2021). Urbanization and improvements in healthcare have contributed to these trends, yet the rapid aging process poses challenges for social services and healthcare systems.

2. Social and Economic Challenges

Older adults in Indonesia often face social and economic vulnerabilities. Many rely on traditional family structures for support, but urban migration and changing family dynamics have strained these relationships. As a result, many elderly individuals experience isolation and loneliness. Economically, a significant portion of the elderly population remains underemployed or unemployed, with limited access to pensions or social security systems. According to a study by the International Labour Organization (2019), only 4% of older Indonesians receive a pension.

3. Health Issues

Health is a critical concern for the aging population. Non-communicable diseases, such as diabetes, hypertension, and heart disease, are prevalent among older adults. Access to healthcare services varies significantly between urban and rural areas, with rural elderly often facing greater difficulties in obtaining care (WHO, 2020). Additionally, the COVID-19 pandemic further exacerbated health disparities, highlighting the need for improved health infrastructure and services for older people.

4. Policy and Community Responses

In response to these challenges, the Indonesian government has initiated several policies aimed at improving the welfare of older adults. The National Strategy for Elderly Welfare (2018)

emphasizes enhancing healthcare, social protection, and community support systems. Various non-governmental organizations (NGOs) also play a vital role in advocating for the rights and needs of older persons, promoting awareness and community-based programs.

The situation of the older person population in Indonesia is complex, characterized by significant demographic changes, social challenges, and health issues. Addressing these challenges requires a multi-faceted approach involving government policies, community engagement, and improved healthcare services. By investing in the well-being of older adults, Indonesia can harness the potential of its aging population and ensure a better quality of life for its elderly citizens.

Quality of Life of Older Persons

The quality of life (QoL) of older persons is a multidimensional concept encompassing various factors that influence their overall well-being. These factors can be broadly categorized into physical, mental, social, and environmental domains. Understanding and improving the QoL for older adults is crucial, especially as populations age globally;

1. Physical Health

Physical health is a fundamental aspect of QoL for older adults. Chronic illnesses such as heart disease, diabetes, and arthritis are common and can significantly impact mobility and independence. Regular physical activity is essential for maintaining health, with studies showing that exercise can improve strength, balance, and overall well-being (Nelson et al., 2019). Access to healthcare services is also vital; older adults often face barriers, including transportation difficulties and financial constraints, which can limit their ability to seek medical care.

2. Mental and Emotional Well-being

Mental health plays a critical role in the quality of life for older individuals. Depression, anxiety, and cognitive decline are prevalent among seniors, often exacerbated by isolation and loneliness. Social engagement and meaningful activities can enhance emotional well-being and cognitive function (Holt-Lunstad et al., 2010). Support systems, such as counseling and mental health services, are important for addressing these issues.

3. Social Connections

Social relationships significantly influence the QoL of older adults. Strong social networks can provide emotional support, reduce feelings of loneliness, and promote a sense of belonging (Berkman et al., 2000). Community programs that encourage social interaction, such as senior centers and group activities, are essential for fostering connections among older adults.

4. Environmental Factors

The environment in which older adults live affects their quality of life. Safe, accessible housing is critical for maintaining independence. Neighborhoods that offer essential services, such as healthcare, grocery stores, and recreational facilities, enhance the ability of seniors to engage in daily activities (Balfour & Wehner, 2019). Additionally, public spaces that accommodate mobility aids and promote social interaction contribute positively to the quality of life.

5. Economic Stability

Economic factors also play a significant role in the QoL of older adults. Many seniors rely on fixed incomes from pensions or social security, which may not be sufficient to meet their needs. Financial insecurity can lead to stress and anxiety, impacting mental health and overall well-being (Marmot, 2005). Programs that provide financial assistance or support services can help alleviate these challenges.

Enhancing the quality of life for older persons requires a holistic approach that addresses physical health, mental well-being, social connections, environmental factors, and economic stability. By implementing supportive policies and community programs, society can ensure that older adults lead fulfilling, active, and independent lives. Understanding these factors is crucial for improving the overall well-being of the aging population.

III. METHODOLOGY

This research is an analytical survey research using a quantitative approach with a cross sectional design. This analytical method is used to measure the relationship between 7 dimensions of resilient elderly and the quality of life of elderly people in Jakarta, West Java and Yogyakarta.

The location of this research was carried out in Jakarta, West Java and Yogyakarta. The research was conducted in March - October 2023. The population and sample in this research were elderly people in Jakarta, West Java and Yogyakarta, totaling 170 respondents who could access information online via gadgets. Sampling was carried out by means of incidental sampling.

IV. RESULT AND DISCUSSION

In table 1.1 below, it can be seen that the demographic characteristics of the elderly, most of the elderly are women, there are 132 people with a percentage of 77.6%, while there are 38 men with a percentage of 22.4%. At the educational level, the majority of seniors with high school education were 73 people with a percentage of 42.3% and there were also 7 seniors who did not go to school with a percentage of 4.1%. Meanwhile, more elderly people came from West Java, with 81 people with a percentage of 47.6%, DKI Jakarta with 72 people with a percentage of 42.4% and Yogyakarta with 17 people with a percentage of 10%.

Table 1.1. Demographic Characteristic

No	Variable	Frequency	%
1	Sex		
	Female	132	77,6
	Male	38	22,4
2	Education		
	Not school	7	4,1
	Primary	25	14,7
	Junior high	17	10,0
	Senior high	73	42,9
	Diploma	13	7,6
	Undergraduate	23	13,5
> Graduate	12	7,1	
3	Origin city		
	DKI Jakarta	72	42,4
	West Java	81	47,6
	Yogyakarta	17	10,0

In table 1.2, it can be seen that the results of the analysis of 7 dimensions of tough elderly in the spiritual dimension, the majority of elderly people have a good spiritual dimension, there are 125 people (73.5%), in the emotional dimension, the majority of elderly people have a good emotional dimension, there are 114 people (67.6 %), in the social dimension there are 81 people (47.6%) elderly people have a good social dimension, while in the physical dimension the majority of elderly people have a good physical dimension there are 143 people (84.1%), for the intellectual dimension the majority of elderly people have good intellectual dimensions, there are 37 people (80.6%) and in the vocational professional dimension 122 people (71%) elderly people have good vocational professionalism, as well as in the environmental dimension 143 people (84.1%) in the environmental dimension that supports the elderly.

Tabel 1.2 Analysis result of 7 Dimension of Resilient Elderly

No	Variable	Freq	%
1	Spiritual Dimension		
	Not good	45	26,5
	Good	125	73,5
2	Emotional Dimension		
	Not good	56	32,9
	Good	114	67,1
3	Social Dimension		
	Not good	72	42,4
	Good	81	47,6
4	Physical Dimension		
	Not good	27	15,9
	Good	143	84,1

5	Intellectual Dimension		
	Not good	33	19,4
	Good	137	80,6
6	Vocational Dimension		
	Not good	48	28,2
	Good	122	71,8
7	Environment Dimension		
	Not support	27	15,9
	Support	143	84,1

The findings of this research are in line with previous research results which show that various dimensions, such as spiritual, emotional, social, physical, intellectual, professional, professional and environmental, have an influence on the resilience of the elderly. Rowe and Kahn (1997) emphasized the importance of social, physical, and emotional factors in increasing the resilience and well-being of older adults. Erik, Kim (2021) shows that various dimensions of well-being, including emotional, social, and environmental factors, contribute to the resilience of older adults. Jeste and Palmer (2013) highlight the importance of a holistic approach that includes intellectual, emotional, social and professional/vocational dimensions in understanding and increasing the resilience of older people. Berkman and Glass (2000) demonstrated the importance of social support and social integration in the health and well-being of older adults.

Each dimension has an important role in helping elderly people to face various challenges and stress in life. The Spiritual Dimension has the most dominant influence in influencing the resilience of the elderly. However, it is important to note that all analyzed dimensions have a significant positive influence on the Elderly Resilience Dimension.

The Seven Dimensions of Resilient Elderly provide a holistic framework for understanding the factors that contribute to resilience among older adults. Addressing each dimension through targeted interventions and policies can significantly enhance the quality of life and overall well-being of seniors. By promoting physical health, emotional support, social connections, spiritual engagement, intellectual stimulation, meaningful activities, and a supportive environment, communities can empower older adults to thrive in their later years.

V. CONCLUSION

Understanding and integrating the 7 Dimensions of Resilient Elderly into policies, program and interventions are essential for promoting holistic well-being and active aging among the elderly population in Indonesia and globally, at a time also provide a comprehensive framework for promoting healthy, independent, active, and productive aging in Indonesia. By addressing the physical, mental, emotional, social, spiritual, vocational/professional, and environmental aspects of resilience, policymakers, healthcare providers, and community stakeholders can collaborate to develop integrated interventions and supportive environments for elderly populations. Through evidence-based practices and inclusive policies, Indonesia can harness the potential of its aging population and ensure a dignified and fulfilling quality of life for older adults across the societies can create supportive environments that enable elderly individuals to lead fulfilling and dignified lives in their later years.

Based on the analysis, it can be concluded that the resilience of the elderly is influenced by various dimensions, namely spiritual, emotional, social, physical, intellectual, vocational professional and environmental. Each dimension has an important role in helping elderly people to face various challenges and stress in life. The Spiritual Dimension has the most dominant influence in influencing the resilience of the elderly, although all dimensions have a positive influence.

This research makes an important contribution to understanding the role of various dimensions in the resilience of older adults. The results of this research can be used to develop intervention programs aimed at increasing the resilience of the elderly, so as to improve their quality of life.

VI. RECOMMENDATIONS FOR FUTURE RESEARCH

Further research is needed to gain a deeper understanding of the resilience of older adults, and should focus on evaluating the effectiveness of multidimensional interventions in relation with the quality of life and also promoting resilience and well-being among elderly Indonesians. Longitudinal studies, randomized controlled trials, and qualitative assessments can provide valuable insights into the impact of specific interventions across different dimensions of resilience. Additionally, exploring innovative approaches, technological advancements,

and best practices from global contexts can further inform policies and initiatives aimed at enhancing the resilience of elderly populations in Indonesia.

Furthermore, some suggestions for further research include: Conducting research with larger and more diverse samples. Conducting longitudinal research to see how the resilience of older adults changes over time. Conduct research to test the effectiveness of intervention programs designed to increase the resilience of the elderly.

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