

Self Acceptance and Successful Aging Moderated by Anxiety in the Elderly

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ABSTRACT

The purpose of this study is to examine the role of anxiety (moderation) on the relationship between self-acceptance and successful aging in the elderly. The study participants were 54 people who were elderly men and women and had a range of ages between 60-85 years. The instruments used include successful aging scale, check anxiety inventory and the scale of self acceptance. The results obtained were analyzed using regression tests with the results obtained, namely there was a significant relationship between self acceptance and successful aging ($\beta = 0.422$; $p = 0.001$), but the anxiety test as a moderator was not significant ($\beta = 0.718$; $p = 0.518$).

Keywords: *Self Acceptance, Successful Aging, Anxiety*

Psychological hazards in the elderly are considered to have a greater impact than young age, because personal and social adjustment in the elderly is much more difficult. This is consistent with the study of Rohmah, Purwaningsih, & Bariyah (2012) which states that physical factors, psychological factors, social factors, and environmental factors influence the quality of life and psychological factors become the most dominant factors. So that good living conditions are needed in order to support the elderly in undergoing a good and satisfying old age, and so that the elderly are not depressed because they enter that period (Agus & Andromeda, 2014).

The aspect of social life is one aspect that experienced significant changes in the elderly. This social change is certainly not separated from the physical-cognitive changes as well. Social changes experienced by older individuals can be a source of stress alone if not addressed positively. Many elderly people are able to stay optimal in social fields and achieve a condition that is said to be prosperous (Agus & Andromeda, 2014).

The research results of Rahmawati & Saidiyah (2011) show that the meaning of success in elderly couples is when they can enjoy the results of their business and can share with children and grandchildren. But on the other hand, success is also interpreted by the happiness of the family where the elderly have a harmonious family. Even though now they only live together with a partner, but they support each other and when there is a problem try

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Self Acceptance and Successful Aging Moderated by Anxiety in the Elderly

to solve it together. Factors that influence future success are physical health factors, activity factors, psychological factors, social factors, and religiosity factors.

It is important to find understanding in the elderly to be able to accept their increasingly aging condition so that the elderly are able to achieve personality integrity in accepting physical and psychological conditions that begin to decline so as to achieve optimal health. If the elderly are able to achieve long life, life satisfaction, biological health, social ability; Psychological health, personal control, and perceptual efficiency it is said that these individuals are able to achieve successful aging (successful aging) (Kafaei & Motamedy, 2016). Where there are several factors that influence success in the future are physical health factors, activity factors, psychological factors, social factors, and religiosity factors (Rahmawati & Saidiyah, 2011).

The phenomenon that occurs in Indonesia, people who have aging who tend to be successful tend to have social support both from family and relatives. The social support can be either material or emotional which can help the elderly to remain productive during their old age. This is in line with previous research which shows that there is a positive correlation between perceptions of social support and Successful angling among Javanese people (Karmiyati, 2005).

The meaning of successful aging from each individual has a difference. Gender differences apparently contribute significantly to the quality of life of the elderly. The results showed that in general there were differences in achievement of successful aging between elderly men and elderly women, this was caused by differences in changes such as changes in physical, mental, social, economic and quality of life of the elderly is one of the predictors in assessing achievement of successful aging (Agus & Andromeda, 2014). In addition, two things can influence the achievement of successful aging in the elderly, namely on resilience and a more optimistic attitude towards the elderly in facing challenges during their lifetime (Adrianisah & Septiningsih, 2013).

One of the main factors that influence successful aging is acceptance of self. This acceptance self presupposes the existence of self-ability in the psychological person who shows self quality. This means that all self-abilities that support the full realization of self (Uraningsari & Djalali, 2016). According to Reichstandt, et al. (Reichstadt, Sengupta, Depp, Palinkas, & Jeste, 2010), older adults see successful aging as a balance between self-acceptance and self-satisfaction on the one hand and involvement in life and self-growth later in life. the other side. This is in line with the research of Agus & Andromeda (2014) which states that the relationship of successful aging is closely related to happiness in the elderly and is influenced by self-acceptance both at a young age and now age. Individuals with self-acceptance show a good appetite, can sleep well, and enjoy sex life. Basic biological processes; such as pregnancy, menstruation, and aging processes; is part of a development that can be accepted with a feeling of happiness (Sari & Nuryoto, 2002).

Based on Revananda's research (2015), there is a significant relationship between self-concept and self-acceptance of the elderly at PSTW Budi Luhur Kasongan Bantul, Yogyakarta. In this study, it is known that 41.2% of elderly have high self-acceptance, 50% moderate self-acceptance, and only 8.8% of elderly respondents who have low acceptance. The high self-acceptance percentage which reached 41.2% was supported by a number of institutional conditions which were able to increase the elderly's self-acceptance, namely the arrival of students and length of stay in the orphanage. Elderly people who are able to accept

Self Acceptance and Successful Aging Moderated by Anxiety in the Elderly

physical changes in themselves will have high self-esteem and self-esteem. Self-confidence (self efficacy) and high self-esteem form a positive self-concept in the elderly. Elderly people who live in the middle of the family generally have a more positive self-concept compared to the elderly who live in institutions because in the Self acceptance process the elderly who live in the family get more social support.

The relationship between acceptance self and successful aging is also influenced by anxiety. This means that when individuals who have received themselves both positively and negatively, it will affect the process towards successful aging. The relationship is based on the anxiety he feels when the aging process takes place. According to a recent study that middle-aged women who have positive physical acceptance for psychological stability can be influenced by the anxiety of aging middle-aged women in achieving successful aging, then emotional support is also needed (Jung & Hae, 2017).

Anxiety that occurs in the elderly is a condition of decline which is also influenced by physical health with mental problems such as patterns and attitudes of life, feeling lonely, feelings of worthlessness, emotions that increase in the elderly, as well as inability to adjust the tasks of advanced development. (Ifdil, 2016). If feelings of anxiety continue to be experienced by the elderly, then these conditions can affect the health status of the elderly both physically and mentally, so that it will have an impact on the activities of the daily activities of the Elderly (Lestari, Wihastuti, & Rahayu, 2013).

Hypothesis

H₁: there is an influence between self acceptance and successful aging

H₂: there is an influence between self acceptance and successful aging when anxiety is present

METHODOLOGY

This research uses quantitative research, which is a type of research that focuses on testing theories through measuring research variables with numbers and requiring data analysis with statistical procedures. In this study consisted of three variables, namely Self-acceptance (independent variable), anxiety (moderation) and Successful aging (dependent variable).

Sample

The sample of this study was male and female elderly. Age range from 60-85 years. As many as 54 elderly who feel at the AR recitation association. Malang Judge. The sampling technique used is purposive sampling technique.

Instruments

Three measures were used in this study,

1. **Successful aging Scale (SAS)** developed by Gary T. Reker (2009) which consists of 14 items with a reliability of 0.827. questions related to functional well, primary and secondary control, selection optimization compensation and psychological well-being. Each answer is accompanied by four answer choices namely, Strongly agree (SS) = 4, Agree (S) = 3, Disagree = 2, and Strongly disagree (STS) = 1.
2. **The Beck Anxiety Inventory (BAI)** developed by Sree, R.A & Beck, A.T (1997) which consists of 21 items with reliability of 0.776. Each answer is accompanied by four answer choices namely, Strongly agree (SS) = 4, Agree (S) = 3, Disagree = 2, and Strongly disagree (STS) = 1.

Self Acceptance and Successful Aging Moderated by Anxiety in the Elderly

3. **The self-acceptance scale developed** by Hernandez, P.A (2014) consisting of 14 items with a reliability of 0.766. Each answer is accompanied by four answer choices namely, Strongly agree (SS) = 4, Agree (S) = 3, Disagree = 2, and Strongly disagree (STS) = 1.

Procedure

In this study has several procedures, namely: a). The first stage is preparation, at this stage the researcher conducts a deepening of the material and looks for instruments for research and tests the validity and reliability of research instruments. b). The second stage, researchers spread all three scales to subjects based on predetermined criteria. c). The third stage is data analysis. The data that has been obtained is then inputted and analyzed. This study uses an analytical approach that maintains sample integrity and provides a basis for controlling the influence of moderator variables, the researcher uses the Moderated Regression Analysis technique (Sadijah, 2017). Testing data using SPSS version 21.

RESULTS

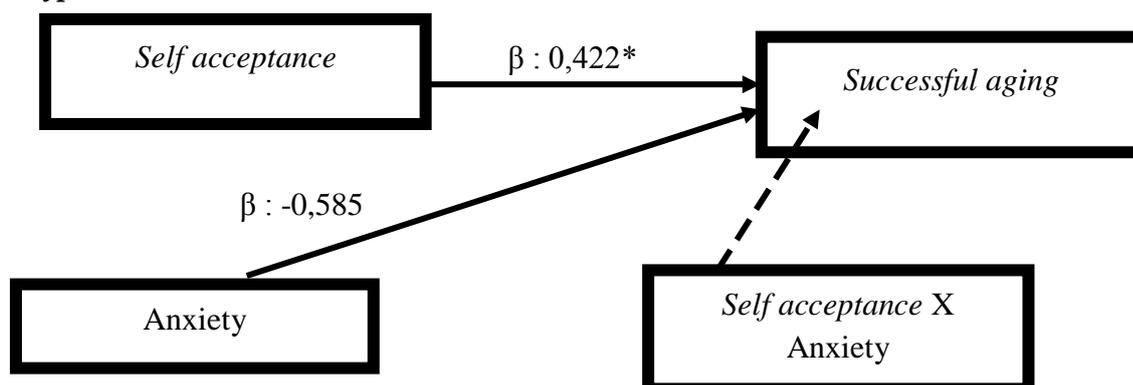
Based on the results of the study obtained statistical descriptions for the three self-acceptance variables have a value of $M = 32.72$, with $SD = 3.79$. In the successful aging variable, the value $M = 32.00$ with $SD = 5.11$ was obtained and the anxiety variable obtained an M value = 36.02 with $SD = 6.80$.

The correlation between self acceptance and successful aging shows the value of $r = 0.513$, meaning that there is a significant relationship between self acceptance and successful aging. The correlation between self-acceptance and anxiety shows the value of $r = -0,100$, meaning that the better the self-acceptance, the anxiety will decrease. And, the correlation between successful aging and anxiety shows the value of $r = -0,170$, meaning that the higher the anxiety of the elderly, the lower successful aging.

Based on regression tests obtained from self-acceptance with successful aging shows a significant positive effect ($\beta = 0.422$; $p = 0.001$), meaning that the more positive self-acceptance the higher successful aging of the elderly, the more negative self-acceptance the lower successful aging in the elderly.

Acceptance self has a significant positive effect on successful aging, while anxiety has a negative but not significant effect on successful aging. The MRA test results show the interaction of the three variables gives a coefficient of 0.718, with a significance level of 0.518 ($\beta = 0.718$; $p = 0.518$).

Hypothesis Test



DISCUSSION

The results of hypothesis testing analysis found that self-acceptance has a positive effect and shows a significant effect on successful aging. This means that by having positive self-acceptance towards him, the elderly can achieve successful aging well with all the obstacles. This is in line with the opinion expressed by Ryff regarding welfare (Nimrod & Ben-shem, 2015), where the basis of aging is reflected in six dimensions of well-being: Self acceptance, positive relationships, autonomy, environmental control, life goals and personal growth. This means that aging is successfully defined not only as a lack of distress but also as an increase in one's well-being so that indirect self-acceptance is one aspect that becomes a supporter in the aging process of a successful aging (successful aging).

In line with the results of the study of Haris & Dollinger (Harris & Dollinger, 2010) which stated the fact that younger age groups in entering old age are expected to create challenges for the community to approach the aging process with a positive outlook and help individuals pursue the success of successful aging. This means that it is important that we cultivate a positive attitude about personal aging and reduce personal anxiety about aging at a young age so that they will be more likely to make positive lifestyle choices now that will put them on the road to successful aging.

Elderly people who are older and are more likely to be physically and functionally disabled, and serious health conditions are at greater risk of experiencing at least some anxiety symptoms than they will at a young age. Older adults may be very sensitive to special stress because negative life events make a clear gap between what the elderly really want and ideal. The results of the hypothetical test analysis showed that anxiety had a negative effect but was not significant with successful aging meaning that there was an influence on the level of anxiety regarding successful aging thereby reducing or suppressing self acceptance. The results of the study on the elderly recitation AR. Malang Judge shows that anxiety is not significant as a moderating variable of acceptance and successful aging. This can be caused by anxiety not being able to be a predictor (moderator) of the successful aging process. In this study the influence of anxiety is not able to influence self-acceptance towards successful aging.

This is because the elderly study the Malang Judges have a weekly study every week, the possibility of which can be said that the religiosity of the participants is quite high and has a fairly good productivity so as to minimize stresses that give rise to anxiety that is felt when entering the aging process. This is in line with research (York, 2008) which states that it is estimated that when an individual experiences multiple stressors, both stressors that are normative or traumatic, he or she will experience some degree of anxiety and / or depression as a result. So that the report on subjective well-being is likely to deteriorate. Individuals who are not burdened with anxiety, fear, and anxiety that determine the nature of anxiety can relate their symptoms of anxiety to various life experiences where life experiences contain a variety of positive and negative experiences. Older adults, in particular, are faced with a number of events that cause different anxiety, and not only limited to, decreased health, functional limitations, economic insecurity, loss, and many other normative stresses from aging. However, with a strong sense of spirituality and the meaning of life that usually accompanies it, the individual is assumed to be able to support the effects of stress more successfully so as to reduce the anxiety he feels.

In addition, the positive meaning of the elderly towards life is one of the factors in achieving successful aging. Research shows that the meaning of success in elderly couples is when they

Self Acceptance and Successful Aging Moderated by Anxiety in the Elderly

can enjoy the results of their business and can share with children and grandchildren. But on the other hand, success is also interpreted by the happiness of the family where the subject has a harmonious family. Even though now they only live together with a partner, but they support each other and when there are problems try to solve them together (Rahmawati & Saidiyah, 2011).

Things that need to be understood are based on research by Crowther, Parker, Achenbaum, Larimore, & Koenig (2002) that aging is multidimensional and consists of biological, psychological, social, and spiritual processes. Furthermore, researchers assume that life is lived in a social and historical context, and the relationship between individuals and society is multidimensional and interactive. For example, positive spirituality fosters active involvement in life, through religion and / or community activities, prayer, meditation, and other practices. Thus, with the regular recitation followed by the participants of the study able to foster involvement in social activities in the surrounding environment so that the elderly can increase their productivity when they are old. This makes the elderly able to reduce the stress-felt stress that causes anxiety in their old age by getting closer to God and increasing the spirituality they have.

CONCLUSION

Based on the results of the study it can be concluded that there is a significant relationship between self acceptance and successful aging. In addition, the absence of a significant relationship between anxiety and successful aging in research and anxiety does not provide a significant moderating effect on the effect of self-acceptance and successful aging.

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Self Acceptance and Successful Aging Moderated by Anxiety in the Elderly

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Conflict of Interest

The authors carefully declare this paper to bear not conflict of interests

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