

The Role of Nursing Homes in Improving the Welfare of the Elderly

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ABSTRACT

This study aims to explore the role of nursing homes in improving the welfare of the elderly in Jakarta, especially in North Jakarta. Due to social changes driven by modernization, many elderly people lack adequate emotional and physical support from their families. Nursing homes serve as an alternative solution by offering comprehensive services covering physical, psychological, social, and spiritual aspects. The research applies a descriptive qualitative method through a literature review, drawing data from books, journals, and relevant documents, analyzed using content analysis techniques. The method used in this research is a literature study, namely a series of activities related to the method of collecting library data, reading, recording, and working on facts from the research. The findings show that nursing homes play a crucial role in meeting the basic needs of the elderly, including healthcare, nutrition, daily assistance, as well as emotional and spiritual support. Moreover, they provide a supportive social environment and strengthen the elderly's connection with their families through the involvement of social workers. In conclusion, nursing homes function not only as places of residence, but also as social service institutions that promote holistic and sustainable elderly well-being.

INTRODUCTION

The well-being of the elderly in Indonesia is not solely the responsibility of the government as policy implementer; rather, it is the responsibility of the family as the primary institution. Families play a crucial role in caring for the elderly and helping them access resources to meet their needs. However, with the increasingly modern era and the increasing demands of life, the practice of children and families caring for elderly parents has declined. While caring for and living with elderly parents is a common practice within families, it's important to understand the importance of caring for and living with elderly parents.

Structural changes within the family have led families to view the presence of older adults in their environment as a burden. Families struggle to provide services to meet the needs of older adults, with children so preoccupied with their own problems that they indirectly become less aware of the elderly's presence, and communication between parents and children diminishes. In addition, there are changes in roles and functions within the family which cause families to start placing the elderly in nursing homes.

Aging is a natural and unavoidable phase of human life. As people enter old age, they tend to experience a decline in physical, mental, and social functions. These limitations often require more intensive attention and care from both family and social institutions. However, amidst the busyness of modern society and changing family structures, not all families are able to provide optimal support and care for their parents.

In this context, nursing homes are an important alternative in supporting the well-being of the elderly. Nursing homes not only provide housing and medical care, but also offer a social environment that allows seniors to stay active, socialize, and live their days more meaningfully. Through various programs, nursing homes strive to improve the quality of life of their elderly residents, both physically, psychologically, and socially.

Although there is still a negative stigma in society regarding placing elderly people in nursing homes, these institutions play a significant role in holistically meeting the needs of the elderly. Therefore, through this literature review, the author aims to delve deeper into the role of nursing homes in improving the well-being of the elderly from various perspectives, both theoretical and based on previous research.

LITERATURE REVIEW

Nursing homes are places where elderly people gather, either voluntarily or by family, to be cared for. These facilities are managed by both the government and the private sector. It is the state's obligation to protect and care for all its citizens, as stipulated in Law No. 12 of 1996 (Directorate General, Department of Law and Human Rights).

Definition of Nursing Home according to experts:

1. According to Hardywinoto (1991), a nursing home is a home that has professional nursing personnel, and only elderly people who are weak and unable to care for themselves and have dependent conditions can be accepted or cared for.

2. Definition of Nursing Home - Hurlock (1999) describes that a person lives in a nursing home if their health, economic status, or other conditions do not allow them to continue living in their respective homes, and if they do not have relatives who can or are able to care for them.

The definition of elderly or decrepit according to Law No. 4 of 1965, Chapter 1, Article 1 is as follows: Elderly/decrepit is any person related to the elderly who does not have or is unable to earn a living for the basic needs of his daily life. Furthermore, the decision of the Minister of Social Affairs of the Republic of Indonesia No. HUK, 3-1-50 / 107 of 1971. The following definition of a person is said to be decrepit if after the person concerned reaches the age of 55 years, does not have or does not believe in earning a living from others.

The classification of the elderly is as follows:

- a. Pre-elderly (presenile) is someone aged between 45-59 years.
- b. An elderly person is someone who is 60 years old or older.
- c. High risk elderly are people aged 70 years or older / people aged 60 years or older with health problems
- d. Potential Elderly are elderly who are still able to carry out work and/or activities that can produce goods/services.
- e. Non-potential elderly are elderly who are unable to earn a living, so their lives depend on the help of others.

Gerontology comes from the Latin words *geros*, meaning old age, and *logos*, meaning study. Gerontology is a branch of science that studies the aging process and the problems that occur in older adults. Gerontological nursing is a specialist nursing care for the elderly who carries out their roles and responsibilities in the health care system by using science, expertise, skills, technology and art in caring for the elderly to improve their optimal function comprehensively. Biologically, the elderly are people who have undergone the aging process in the sense of decreasing physical endurance which is characterized by increasing susceptibility to various diseases that can cause death. The age used as a benchmark for the elderly varies, generally ranging from 60-65 years.

Elderly people are placed in nursing homes for various reasons, such as those paid by family members, especially children. Some are abandoned on the streets and are cared for by the nursing home or the BSS Foundation community while performing their duties, before being taken to the nursing home. However, some admit that they prefer to live in nursing homes because they have no family. However, events in society, especially in cities, do not pay attention to the plight of the elderly, especially the elderly, due to lack of wealth and family busyness due to work.

An elderly person is an individual who has passed their golden age and entered their 60s. At this age, they face many setbacks, both physical, psychological, and social. The decline experienced by the elderly is a natural process called degenerative. At this stage, the elderly experience difficulties in coping with old age, because some people assume that they are incapable of doing anything or are useless. As age increases, which occurs through the natural process of aging, the elderly become more dependent. This is due to the decline

in physical, psychological, and social conditions, so the decline experienced by the elderly slows down the process of interaction that occurs within the environment.

This is in accordance with the developmental stages proposed by Erik Erikson in the Eight Stages of Human Development that if in the developmental stage the elderly have low integrity then the elderly will have difficulty accepting the end of their life and experience anxiety in living life. Then, this is clarified by the opinion put forward by Hurlock, that elderly is the final stage of the human development cycle, a time when everyone hopes to live a calm, peaceful life, and enjoy retirement with beloved children and grandchildren with full affection.

METHODOLOGY

The method used in this research is a literature study, which is a series of activities related to the method of collecting library data, reading, recording, and working on facts from the research. The data analysis method in this research is through the following steps: (1) selecting relevant literature, (2) analyzing data, (3) determining data, and (4) drawing conclusions. Researchers search for literature by reviewing books, journals, and information that supports this research. The data analysis technique is carried out through content analysis, namely reviewing the contents of books and articles. Next, researchers select data by sorting books and articles that are appropriate to this research. Finally, researchers draw conclusions according to the problems of this research.

RESEARCH RESULTS AND DISCUSSION

The Role of Nursing Homes in Providing Welfare for the Elderly

Old age is a natural phase in human life that brings many changes, both physical, psychological, and social. Many older adults experience a decline in physical abilities and cognitive abilities, as well as a reduced role in social life. The problems facing older adults are increasingly complex due to high life pressures, busy family life, and limited social interaction opportunities for older adults. In social reality, not all older adults receive adequate support from their immediate environment. Most face old age with limited financial resources, declining health, and loneliness due to the loss of a spouse or separation from children. This situation makes the need for social services for the elderly even more crucial.

In Indonesian culture, which is steeped in family values, direct care for parents by children is a primary form of filial piety. However, the realities of modern life have shifted this value. Many young families, forced to work full-time, live in cramped quarters, or face significant economic pressures, are unable to provide optimal care for their aging parents.

Nursing homes play a crucial role in maintaining the quality of life for seniors who are no longer able to care for themselves. Services provided include adequate housing, basic needs such as food and healthcare, and social and emotional support. Some nursing homes also offer daily activities such as senior exercise, art therapy, spiritual guidance, and social activities to help seniors stay active and avoid feeling isolated.

One crucial component in nursing home management is the social workers, or social workers, who are tasked with assisting the elderly. They are not only responsible for the physical needs of residents but also provide psychological support, help overcome loneliness, and act as liaisons between the elderly and healthcare services, family, or other social institutions. According to Zastrow's concept, social workers perform a variety of functions, ranging from companions, counselors, service liaisons (brokers), to advocates who champion the rights of the elderly.

The Indonesian government has also demonstrated its commitment to improving the welfare of the elderly through a number of policies, such as Law Number 13 of 1998 concerning the Welfare of the Elderly. The regulation emphasizes that seniors have the right to social protection, access to healthcare, and the opportunity to remain active in society within their capabilities. Nursing homes, as part of social service institutions, are one concrete example of this policy's implementation. Furthermore, the government encourages collaboration between social institutions, the community, and the private sector to support programs for the elderly.

Nursing homes play a crucial role in providing protection, comfort, and meaning to older adults who no longer receive full family support. Through comprehensive services and a humanistic approach, nursing homes provide a place that meets the physical, social, and psychological needs of the elderly. The success of these services is inextricably linked to the role of social workers, who assist and strengthen the social functioning of older adults. With the support of government regulations and increased public awareness, nursing homes can become second homes, providing hope and dignity for the elderly.

This study aims to examine the role of nursing homes in providing well-being for the elderly. Using a literature review approach, various sources have been obtained indicating that nursing homes play a strategic role in ensuring that the elderly enjoy a decent, healthy, and dignified life.

Role in Ensuring Physical Well-being

Nursing homes provide basic services such as nutritional needs, healthcare, and assistance with daily activities. This is a tangible way to maintain the physical well-being of seniors. The support of competent medical personnel and caregivers helps seniors stay healthy and well-cared for even when they are far from their families.

Role in Building Social Welfare

The social well-being of seniors is fostered through routine activities involving interaction between residents, such as group exercise, light recreation, and celebrations of important holidays. The presence of peers and friendly staff helps reduce feelings of loneliness and fosters a sense of belonging within the community.

Role in Maintaining Psychological Well-Being

Nursing homes also play a role in maintaining the mental health of the elderly. With a calming atmosphere and attentive service, residents feel valued

and loved. The emotional support provided by the staff helps seniors navigate their days with a sense of security and peace.

Role in Improving Spiritual Well-being

Spiritual well-being is met through regularly held religious activities. Seniors are given the opportunity to practice their faith, which plays a vital role in providing inner peace and hope in life.

The Role of Nursing Homes in Overall Welfare

From the literature review, it is clear that the role of nursing homes extends beyond the physical aspect to encompass social, psychological, and spiritual dimensions. Nursing homes serve as places that support the holistic well-being of seniors helping them live dignified, peaceful, and meaningful lives in old age.

The findings of this study reinforce the view that nursing homes serve not only as shelters but also as comprehensive care institutions that respond to the multidimensional needs of the elderly. In the face of declining family support due to modernization and economic pressures, nursing homes emerge as vital social institutions that help maintain the dignity and well-being of the elderly. The holistic services they provide ranging from physical and medical assistance to emotional, social, and spiritual care align with the principles of gerontological nursing and social work. Moreover, the presence of professional caregivers and social workers ensures that care is not only functional but also empathetic. The study confirms that nursing homes, when managed properly and supported by policy, can significantly improve the quality of life of the elderly and serve as a model for sustainable elderly care in Indonesia.

CONCLUSIONS AND RECOMMENDATIONS

This research demonstrates that nursing homes play a significant role in improving the well-being of the elderly amidst various evolving social challenges. The current socio-economic dynamics have significantly impacted family life patterns, including the care and support of elderly parents. As older adults age, they face complex physical, mental, and social declines. In this context, not all families are able to provide optimal support due to work commitments, time constraints, and changes in family structure from an extended family to a nuclear family. This situation makes nursing homes a relevant and necessary alternative solution.

Nursing homes serve not only as residences for the elderly, but also as institutions that provide comprehensive social services. These services include meeting basic needs such as food, shelter, and healthcare, as well as additional services such as mental and spiritual guidance, social and recreational activities, and daily care and psychosocial support. This demonstrates that nursing homes are not merely shelters but are transforming into social rehabilitation centers for the elderly, enabling them to maintain an optimal quality of life.

Professionals, such as social workers involved in the management of nursing homes, also play a crucial role in helping seniors access the resources they need, improving their social functioning, and maintaining their dignity and

self-confidence. The service approach encompasses promotive, preventive, curative, and rehabilitative aspects, designed to ensure that seniors' lives remain meaningful and prosperous in their later years.

Thus, it can be concluded that nursing homes play a strategic role in supporting the well-being of the elderly amidst constantly changing social realities. Their presence represents a shared social responsibility between the government, society, and families to ensure that the elderly can continue to live their old age with dignity, dignity, and independence.

ADVANCED RESEARCH

Future research can be developed by conducting a comparative analysis of the effectiveness of different management models between government-run and privately operated nursing homes in enhancing elderly well-being. This study could employ a mixed-methods approach, combining quantitative data on physical and psychological health indicators with qualitative data on elderly residents' satisfaction and perceptions of the services provided. Additionally, future research could explore the impact of community-based interventions, such as volunteer involvement or intergenerational programs, in strengthening the social functioning of elderly residents in nursing homes. Focus areas such as service sustainability, digital innovations in elderly care, and continued family involvement are also critical aspects worth examining, especially within the urban and rural contexts of Indonesia.

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