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Research Article

Correlation Between Adaptation Readiness and Psychological Well-being in the Elderly During the Transition Period of the COVID-19 Pandemic

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Abstract.

The World Health Organization has announced that Indonesia has transitioned from a pandemic to an endemic period. This change means that vulnerable age groups, including the elderly, still need to be aware of the impact of COVID-19. The purpose of this study was to determine the relationship between adaptation readiness and psychological well-being in the elderly during this transition. This study used a cross-sectional approach. This research was conducted in the Sukorambi and Kalisat District, Jember Regency, with a total of 102 elderly respondents who were recruited using simple random sampling. The analysis test in this study used Spearman with $\alpha < 0.05$. The results showed that the adaptation readiness of the majority of the elderly was sufficient, as many as 41 elderly members (40.2%), and psychological well-being in the moderate category, as many as 40 elderly members (39.3%). Spearman test results were $0.000 < 0.005$, with a correlation coefficient of 0.503. Elderly adaptation readiness is associated with psychological well-being in the elderly with moderate strength. Good psychological well-being conditions will help the elderly to be able to adapt to various changing conditions, especially during the transition period of the COVID-19 pandemic.

Keywords: adaptation, COVID 19, elderly, psychological well-being

1. INTRODUCTION

The strong human-to-human transmission of Coronavirus 2019 (Covid-19) is still a concern for many sectors worldwide (1). Deaths from Covid-19 have decreased, but it is possible that this number will continue to grow. Breaking the chain of transmission in vulnerable groups must still be carried out in combating this problem, even during the pandemic transition (1).

A total of 6,069,255 people have been infected and 31% are in the elderly group. East Java has 399181 (+44) confirmed cases of Covid-19, 369323 (+51) recovered, and 169 (-8) active cases (Covid Task Force, 2021). Jember Regency also experienced a

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decrease in the number of Covid-19 cases, namely 16201 (+2) confirmed cases, 14740 (+3) recovered cases and 8 (+1) active cases. Jember was also declared to have a low risk, from the previous medium risk, with a Recovery Rate of 90.98% and a Fatality Rate of 8.97%.

The decrease in the number of cases has resulted in Indonesia, including Jember Regency, experiencing a transition period from Pandemic to Endemic. The government stated that the current state of the COVID-19 pandemic has entered a transitional period to become endemic. The decrease in the number of transmission and death to less than 1000 and the decrease in hospital occupancy rates by COVID-19 patients are indicators that the pandemic is in a controlled or transitional phase. (2). The Pandemic to Endemic Transition does not merely provide concessions to the population not to prevent the transmission of Covid-19. Individuals must continue to apply the 6 M, namely wearing a 2-layer mask, maintaining distance, washing hands with running water or hand sanitizer, avoiding crowds, limiting mobility and direct interaction, and supporting Covid-19 vaccination. Community awareness and participation is key in controlling the transition period(3)

Prevention of transmission is very much needed in vulnerable groups, especially the elderly group and is an adaptation of new habits carried out during the COVID-19 pandemic phase. The elderly need adaptation that is not easy, when compared to other age groups who are not vulnerable. These adaptations are intrapersonal adaptation, structural adaptation, and functional adaptation (4). Elderly adaptation to a change is influenced by internal factors and external factors. Internal factors are the main factors that affect the elderly, such as age, gender, and motivation. External factors are secondary factors that come from outside the elderly, such as changes in environmental conditions, education, work, and support from family (5).

Changes in environmental conditions throughout the pandemic phase to the COVID-19 endemic transition have had a physical and psychological impact on the elderly. The elderly must survive in a high-risk physical condition to avoid viral infections and poor prognosis of accompanying diseases (6). On the other hand, research shows that during the pandemic the elderly experience psychological problems such as loneliness, anxiety, an increased risk of depression (7). These two physical and psychological conditions affect the psychological well being of the elderly. Psychological well being is defined as an individual's effort to improve and fulfill one's potential, be able to face challenges, make efforts to overcome problems and achieve valuable life goals. (8). Several studies have shown that good psychological well-being in the elderly contributes to the ability of the elderly to overcome problems, make decisions, and make

the elderly feel satisfied with their lives. Based on the phenomena and perspectives that have been described, this study aims to evaluate the adaptation readiness of the elderly in the transition period of the COVID-19 pandemic based on the psychological well-being experienced by the elderly.

2. MATERIALS AND METHODS

2.1. Research Design

This research method used a descriptive analytic design with a cross-sectional approach.

2.2. Population, Sample and Sampling

The population of this study was the elderly who were in Jember Regency. The sample of this research was the elderly who were in Sukorambi and Kalisat Districts, Jember Regency with a total sample of 102 elderly. Respondents were obtained by first looking at the inclusion criteria and then given informed consent. The sampling technique used multistage sampling.

2.3. Data Collection and Analysis

The data was collected using a psychological well being questionnaire and a modified adaptation questionnaire. The analysis of the data in this study used Spearman with alpha ≤ 0.05 .

3. RESULTS

3.1. Sample Characteristics

Respondents in this study consisted of 102 elderly respondents with the following characteristics:

Most of the respondents were women (75.5%) aged 55 to more than 65 years (41.2%). The majority of the elderly live with their families (71.6%) with married and widowed status (48%). The majority of respondents' education is junior high school (38%). Farmers work (34.3%) with income less than the minimum wage (84.3%). The results of the evaluation

TABLE 1: Sample Characteristics.

Characteristics	Frequency	Percentage
Age 46-55 y.o 55-65 y.o >65 y.o	18 42 42	17,6% 41,2% 41,2%
Total	102	100%
Gender Male Female	25 77	24,5% 75,5%
Total	102	100%
Residence Alone With Family	29 73	28,4% 71,6%
Total	102	100%
Education Never Primary School Junior High School Senior High School Bachelor/Diploma	15 30 38 12	14,7% 29,4% 37,3% 6,9% 11,8%
Total	102	100%
Occupation Civil Entrepreneur unemployement Servant farmer Employee labor 4 3 10 35 17 33	4 3 10 35 17 33	3,9% 2,9% 9,8% 34,3% 16,7% 32,4%
Total	102	100%
Marital Status Married Widowed Divorced	49 49 4	48% 48% 3,9%
Total	102	100%
Income < UMR > UMR	86 16	84,3% 15,7%
Total	102	100%
Covid History Once Never	22 82	21,6% 78,4%
Total	102	100%
Vaccine Status Not Vaccinated Dosis 1 Dosis 2	23 27 52	22,5% 26,5% 51%
Total	102	100%

of the history of COVID 19, as many as 78.4% have never been infected with covid with the status of dose 2 vaccine.

3.2. Adaptation Readiness

TABLE 2: Adaptation Readiness (N=102).

Kesiapan Adaptasi	Frequency	Percentage
Good	31	30,4%
Quite	41	40, 2%
Less	30	29,4%
Total	102	100%

Elderly adaptation readiness is categorized into 3 categories. Based on the data, it is known that most of the respondents (40.2%) are in the sufficient category in readiness to adapt.

3.3. Psychological Well Being

Psychological well-being is classified into 3 categories, namely high, medium, and low.

TABLE 3: Psychological Well Being (N=102).

Psychological Well Being	Frequency	Percentage
High	33	32, 4%
Moderate	40	39, 2%
Low	29	28, 4%
Total	102	100%

The results of data identification showed that the respondent’s psychological well being condition during the pandemic was in moderate condition (39.2%)

3.4. Evaluation of Adaptation Readiness with Psychological Well Being

TABLE 4: Evaluation of Adaptation Readiness with Psychological Well Being (N=102)

Adaptation Readiness	Psychological Well Being			Total	r	p
	High	Moderate	Low			
	N	N	N		0,503	0,000
Good	20	10	1	31		
Enough	8	22	11	41		
Less	5	8	17	30		
Total	33	40	29	102		

²⁶ Based on the results of the analysis, it is known that there is a significant relationship between the adaptation readiness of the elderly with the condition of psychological well being ($0.000 < 0.005$) with a correlation coefficient of 0.0503 which shows the correlation of the two variables in the moderate category. The majority of respondents showed good adaptation readiness supported by good psychological well being conditions.

4. DISCUSSION

The pandemic transition forces the elderly as a vulnerable group to adapt. In this study, adaptation readiness was defined as the ability of the elderly to adjust the pandemic transition period which includes emotional stability in dealing with problems, the ability to solve problems based on rational considerations, realistic and objective attitudes in

problem solving, desire to learn, and ability to learn from experience. The results showed the adaptation value in the elderly was quite, so the elderly were able to adapt quite well during the pandemic transition. This can be supported by the factor of respondents living with their families. The results of research conducted by (9)² said that there was a significant relationship between family support and the quality of life of the elderly. The Elderly who receive support and live with their family have a good level of adaptability and affect the quality of life, both physically, psychologically and spiritually (9). Thus, living with family was an important factor in the adaptation of the elderly during the pandemic transition.

Psychological well being in this study was defined as the psychological condition of the elderly who were prosperous during the pandemic transition. Psychological well being in this study includes the ability of the elderly in overcoming problems, making decisions, and satisfaction with their lives. The results showed that the psychological well being in the elderly was moderate, it means the elderly have sufficient psychological well-being. Based on the demographic factors of the elderly, it can be influenced by gender. The results of the study found the majority of the elderly were female. This corresponds to (10) which states that women have better psychological well-being than men. Women have a mindset that influences good coping strategies than men, besides that women were easier to express feelings and enjoy establishing relationships with other people. Thus, gender was an important factor in the psychological well being of the elderly during the pandemic transition.

Psychological well being in this study was also influenced by the factor of living with family. Families can be provide social support in the form of emotional, instrumental, communication, and reward support (11). High social support can improve health and well-being in individuals as indicated by an increase in physical health, a decrease in depression, and a decrease in loneliness. Thus, living with family is an important factor in the psychological well-being of the elderly during the transition period of the pandemic.

¹⁷ The results showed that there was a significant relationship between psychological well-being and the adaptation readiness of the elderly during the pandemic transition. These results mean the elderly with good psychological well-being can increase the adaptation readiness during the pandemic transition period.¹ The results of this study were in accordance with the results of the study (12) who said that psychological Well Being was significantly related to individual adaptability. The most influential factor was good relations and communication (12). Good relations and communication can affect the ability to adapt to the environment and as a means for self-development. Thus, that

good psychological well-being can increase the adaptation readiness of the elderly during the pandemic transition.

The other factors that influence the relationship between psychological well-being and adaptation were elderly who living with their families, elderly who have never been infected with Covid-19, and elderly who have received the 2nd dose of vaccine. These results were in accordance with (13) research which there was a relationship between family support for the elderly in the implementation of the COVID-19 vaccination. The support provided by the family can not only prevent the occurrence of Covid-19, but also improve the psychological well-being of the elderly by obtaining accurate and appropriate information, besides that the support provided can prevent stress in the elderly so that immunity remains optimal. Thus, the factors of living with family, never being infected with COVID-19, and implementing vaccinations can increase the adaptation readiness of the elderly during the pandemic transition period.

5. CONCLUSION

Psychological well being relates to the adaptation readiness of the elderly during the pandemic transition. The influencing factors were living with family, gender, never being Covid-19 infected, and have received a 2nd dose of Covid-19 vaccination. The family was the main support for the elderly during the pandemic transition period, so the elderly were able to adapt with the situations and prevent stress due to Covid-19.

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