

ANALYSIS OF FACTORS AFFECTING THE WELL-BEING OF THE ELDERLY IN WEST DENPASAR DISTRICT

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Abstract

Elderly well-being is a form of respect for the contributions they have made to their families and communities throughout their lives. This study aims to analyze the factors affecting the well-being of the elderly in West Denpasar District. The sample size was determined using Slovin's formula, resulting in 100 respondents, and the sampling techniques employed were accidental sampling and snowball sampling. Data were collected through a survey approach using questionnaires as the research instrument. The collected data were analyzed using multiple linear regression analysis. The results indicate that the well-being of the elderly falls into the high category, suggesting that, in general, the elderly in West Denpasar District experience a good level of well-being. Gender, employment status, marital status, family dependents, and family support simultaneously influence well-being in the district. Male elderly individuals have higher well-being than females, married elderly individuals have higher well-being than unmarried ones, and family support has a positive and significant effect on well-being. In contrast, employment status and family dependents have no significant effect on elderly well-being in West Denpasar District. Overall, the well-being level of both male and female elderly is high, with men having a slightly higher average than women.

Keywords: Gender, Employment Status, Marital Status, Family Dependents, Family Support, Elderly Well-being

INTRODUCTION

In recent decades, the proportion of elderly people in Indonesia has doubled. Elderly well-being is a crucial aspect requiring special attention, particularly given the steadily increasing elderly population in line with rising life expectancy. Older adults often face various health challenges, including a higher risk of chronic diseases such as diabetes, hypertension, and cardiovascular problems. Therefore, ensuring their well-being is essential for maintaining quality of life in later years. Adequate access to healthcare services and decent living conditions can help the elderly maintain both their physical and mental health.

The term "elderly" refers to individuals aged 60 years and above. The growth rate of this demographic is significantly higher compared to other age groups. From an economic and social perspective, an aging population increases the old-age dependency ratio, indicating that the proportion of people aged 65 and above is rising compared to those aged 15–60 (Eshkoo et al., 2015). Although the number of young people is still growing, its proportion is declining. This demographic transition, driven by development progress, results in shifts in population structure (McDonald, 2015).