

# Meaning reconstruction of elderly happiness in nursing home: A case study in Indonesia



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**Abstract** The elderly have become one of the crucial issues faced by many countries in the world today. The composition of the elderly population is overgrowing in both developed and developing countries. This also happens in Indonesia. This phenomenon is growing faster than that of other age groups. The increase in the number of elderly requires attention so that they not only live longer but can enjoy their old age happily and improve the quality of their life. The elderly now prefers to live in nursing homes (NH). An ongoing change puts the elderly at the option of living in a nursing home. This study attempts to investigate factors causing the elderly to live in NH, how the elderly's life satisfaction is, and how the elderly view happiness. This study employed a qualitative approach. In collecting the data, observation and in-depth interviews were used to dig up information and focus group discussions with several informants consisting of the elderly and elderly officers with a total of 15-20 people. From the results of the study, it was found that the reason of elderly live in NH includes nonexisting communities that can provide housing and livelihood assistance, the difficulty of the relationship between old age and family in place during his stay, and the financial or economic inability of the family to guarantee a decent livelihood. Then, it was also found that the elderly view happiness as the presence of leisure activities. True present-day happiness can be achieved by achieving as many activities as possible that are more gratified than pleasure.

**Keywords:** elderly, happiness, nursing homes

## 1. Introduction

The elderly period is an advanced stage of life, or the last period of development in human life, which is characterized by a decrease in the body's ability to adapt to environmental stress and a decrease in the ability to live as well as individual sensitivity (Effendi, 2009). According to Law No. 13, Paragraphs 1--2 of 1998, what is meant by the elderly is a person who is 60 years old and above. The age classification of the elderly according to the *World Health Organization* (WHO) is divided into 4 categories, namely, 45--59 years (*middle-aged*), 60--74 years (elderly), 75--90 years (old), and above 90 years (ancient).

The increase in living standards and health standards has resulted in the growth of the elderly population in almost every country, and the growth of the population aged 60 years and over is growing faster than that of other age groups. On the basis of data from the Data and Information Center of the Ministry of Health of the Republic of Indonesia, it is predicted that the number of older people in 2020 will be 27.08 million; in 2025, it will be 33.69 million; in 2030, it will be 40.95 million; and in 2035, it will be 48.19 million. An increase in quality of life does not necessarily follow an increase in the quantity of elderly people. In Indonesia, the quality of life of elderly individuals is still considered low. Various indicators, including many older people who depend on other children or families, can be used because the elderly are less productive.

The ministry of social affairs also explained that the government's social security program for the elderly is still limited. Therefore, assistance from other family members who are still productive (such as children, nieces, grandchildren, or other family members) will continue to be needed, especially in terms of housing and meeting the needs of living standards. Many older people in Indonesia still do not achieve successful aging (Kemensos RI, 2012) (Karyo, 2018). Research by Suardana et al. (2014) revealed that elderly individuals with good family support have good quality of life. Elderly individuals choose to live with their child because they want affection, care, and warmth and consider it a reasonable obligation of the child. However, the hope of living with the family still needs to be fully achieved. The various backgrounds resulted in the elderly living not with their families.

The problem of the elderly that has arisen recently is the process of advancing the mindset. Today, the impact of globalization is the reduction of people's habits in family relationships, including those of the elderly (Fitriani, 2016). Family members tend to pay no attention to the elderly who are around them and do not affect them. Individualistic now that changes people's lives, they are reluctant to interact with the surrounding residents and environment, so their interaction with them is reduced. Problems with the elderly are usually found in the closest family, so the challenges that the elderly face are slightly reduced. The existence of elderly people in the environment is inseparable from the people around them. As a result, this study



aims to investigate why elderly people live in nursing homes, how elderly people perceive happiness, and how elderly people perceive life satisfaction. The changes brought about by globalization either forced or did not force the elderly to participate in these changes. Elderly individuals who can change and adapt to these changes are those who can be happy in old age.

For elderly individuals, the choice of where to live becomes essential. Elderly individuals usually live with their children, but living separately from their children is not uncommon. A nursing home is one of the places in Indonesia where the elderly can live. The nursing home is a technical implementation unit that provides social services for elderly individuals, specifically shelter, life guarantees such as food and clothing, maintenance, health, and the replenishment of free time, including recreation, social, mental, and religious guidance, so that they can enjoy their old age while being overwhelmed with inner peace (Achmad, 2017). According to Prasetyaningsih et al. (2016), nursing homes are synonymous with shelters for older people. The categories/characteristics of parents accommodated by nursing homes are as follows: those who are indeed a *kara* and have no relatives who can take care of them. In nursing homes, some officers or volunteers can accompany and care for them through their old days, who still have relatives, and even those who still have children and grandchildren but cannot take care of them. This study attempts to investigate the factors that cause elderly people to live in NHs, how elderly people's life satisfaction is, and how elderly people view happiness.

Life satisfaction is a pleasurable way of life. Self-esteem makes one more effective and appealing to others. The ability to achieve something and respect others defines life satisfaction (Roizen & Mehmet, 2005). Life satisfaction (life satisfaction) is a pleasant feeling that is free of loneliness and prevents depression (Gunarsa, 2004). Life satisfaction varies according to the individual. It is the result of an individual's right actions and steps and is related to how individuals keep their promises by their conscience (Purnama, 2009). It reflects an individual's past, present, and future feelings. Life satisfaction is a measure of individual happiness. Happiness is a general term that indicates pleasure or satisfaction with well-being, enjoyment, or fulfillment of desires. Sirgy (2002) stated that life satisfaction is a cognitive assessment process that depends on the ratio of one's state to what is generally accepted. Life satisfaction is a measure of one's happiness, which arises from the fulfillment of needs or expectations to obtain one's self-image and the environment positively and free from loneliness and the avoidance of depression.

Life satisfaction in the elderly is a condition that includes several aspects, namely:

Feeling happy with the activities that are done every day (Lima et al., 2012). Being happy with daily activities can be regarded as a human reaction to the situation in everyday life. Individuals often perform daily activities in society because of obligations, not because they feel happy. Thus, individuals may feel forced to perform activities that they do not like at all.

Considering life as meaningful and feeling sincere to accept living conditions. Individuals will always be happy if that person sees life as significant. In contrast, individuals who believe that their life is meaningless tend to be unhappy with all aspects of their life. Individuals are very vulnerable to anxiety, often find it more difficult to concentrate, feel guilty of fear for no apparent reason, cry, and feel desperate (Lima et al., 2012). Greater self-acceptance positively impacts life by considering life meaningful, and individuals can sincerely accept life.

They feel as if they have accomplished most of their life goals. Happiness is the achievement of one's ideals and success in achieving one's goals. Only marriages were ideals for what girls could wish for in Javanese culture, significantly more than a century ago. Women should not attend school, work outside the home, or hold positions in the community (Moeini et al., 2016).

Maintaining a positive self-image. Individuals or elderly individuals with healthy and positive lifestyles and principles have strong and positive self-esteem. Life satisfaction in the elderly is reflected in a positive self-concept that reflects the appropriateness between past ideals and the current condition of life experienced. It also conveys a positive attitude and a zest for life (Anila & Dhanalakshmi, 2014).

Having an optimistic attitude and a different mood (Lima et al., 2012). Individuals who are confident in looking at something, always think positively, are enthusiastic toward all changes, are oriented toward the outside world (future), and are open, spirited, honest, and frank. An optimistic individual is an individual who never gives up hope.

Life satisfaction, as stated by Neugarten et al. (1996), can be defined as an individual's cognitive assessment of his satisfaction with his life as a whole toward the desired goals and goals that have been achieved, consciously, subjectively, on the basis of the assessment criteria set by the individual. Life satisfaction, as one of the components of life satisfaction, is the essential component of the Life Satisfaction Index A and B measuring instruments, namely, Neugarten et al. (1996).

Zeal with apathy involves the enthusiasm of the response and the degree of ego-involvement of the elderly in a wide variety of activities and ideas, even though the elderly do not perform activities with others (only doing activities themselves). In addition, the elderly who have life satisfaction in this component feel that he is getting a sense of the activities he does every day and that the best time, according to them, is this time (now). Elderly people who do not have life satisfaction in this component feel that their life is monotonous and only obtain pleasure from what they do and sometimes prefer to stay away from activities, objects, or people around them.

Revolution with fortitude is expected that the elderly are aware that they are responsible for themselves. Elderly people are active in living their lives and do not just surrender but can accept the reality that happened in their lives and do not think about ending their lives intentionally. He knows that there are many challenges in life, but he feels that he can get through

them. Elderly people feel that their life is meaningful and inevitable and are not afraid to face death. Elderly individuals have human traits that have integrity according to Erikson's theory of ego developmental stage integrity with despair (integrity vs. despair). Elderly people with no life satisfaction in this component feel that their lives are worsening or not changing. He always talks about the misfortunes of his life that he created himself, blaming himself (intropunitive) and some blaming circumstances outside himself for his troubles (extra punitive).

Elderly people with life satisfaction in this component believe that they have achieved their goals. He has succeeded in achieving what he considers important in his life. Preferably, the elderly who lack life satisfaction in this component believe that they are missing out on many life opportunities.

Elderly people who have life satisfaction in this component have a positive body image and understand their psychological and social characteristics. Elderly people recognize that they have at least one advantage. Elderly people are proud of what they have accomplished in their lives and believe that they are deserving and fortunate to have the things they do. Elderly individuals have a positive self-image and believe that they are valuable. Elderly individuals who receive low scores believe that they are weak, sick, old, and incompetent. Elderly people believe that they are annoying to others, and others regard them as inferior. Seniors feel unimportant, useful, and defensive. Elderly individuals with a high level of life satisfaction in this component maintain a cheerful, happy, and optimistic attitude and mood. Elderly people have a positive attitude toward others and the world around them. Low-scoring elderly individuals are depressed, pessimistic, sad, and lonely; believe that their lives are bitter; and frequently complain and feel angry.

According to the description, the aspects of life satisfaction are feeling happy with the activities undertaken daily, considering their life meaningful and sincerely accepting of the conditions of life, having succeeded in achieving the ideals or most of the purpose of life, clinging to a positive image of oneself, and having an optimistic attitude and a different mood.

## 2. Methods

This study employed a qualitative approach. The data were collected in several steps, including the following:

Data collection through direct observation of village activities is known as observation, and it is used in this study to obtain an overview of the state of the research object. To gather information from this observation. By making observations, researchers can directly observe the activities of elderly individuals, strengthening the findings of the data already collected. To observe the daily activities of the elderly who reside in the orphanage, participants will observe, i.e., researchers will reside in the North Sumatra Province Elderly Social Service institution located on Jalan Binjai.

In-depth interviews are an effort to collect information by asking and receiving oral responses from individuals who will later provide written responses. To better comprehend the significance of the visible activities, these interviews were conducted with informants that included elderly individuals, auxiliary officers, and, ultimately, service officers.

Focus group discussions were conducted with several informants, consisting of elderly and elderly officers, comprising 15--20 people.

This research was conducted with full adherence to ethical standards to ensure the protection and dignity of all participants involved. Participants were fully informed about the purpose, methods, and potential uses of the research. Written consent was obtained from all participants before data collection. Participation was entirely voluntary, and participants were free to withdraw from the study at any point without any consequences.

## 3. Results and Discussion

### 3.1. Reasons for seniors living in nursing homes

In almost every country, the elderly population is growing, and the population aged 60 years and older is growing faster than other age groups due to improved living and health standards. According to data from the Ministry of Health of the Republic of Indonesia's Data and Information Center, there will be 27.08 million elderly people in the country in 2020, 33.69 million in 2025, 40.95 million in 2030, and 48.19 million in 2035. There is no guarantee that quality of life will improve as the elderly population grows. Numerous indicators have shown that elderly people in Indonesia still have a poor quality of life. Many depend on other families or children because they are less productive than younger people are.

The ministry of social affairs also explained that because the government's social security program for the elderly is still in its infancy, help from other family members who are still working (such as children, nieces, grandchildren, or other relatives) will continue to be needed, particularly concerning housing and meeting basic needs. This indicates that many elderly people in Indonesia still have not achieved successful aging. According to Suardana et al. (2014), elderly people who receive strong family support live well. Elderly people choose to live with their child because they desire the child's attention, warmth, and care and see it as the child's fair responsibility to do so.

In general, elderly people enjoy their old age in the family environment or social factor (Moeini et al., 2016). However, some elderly people do not live with their families, especially with their children. This is because children grow and develop independently, leave home, and live separately from their parents. The older a person is, the greater their need for shelter and

affection, especially from family. However, in reality, many elderly people live in nursing homes, and many are displaced. With respect to the results of this research, the background for living in the Werdha orphanage is as follows:

### *3.1.1. No relatives, relatives, or environmental communities can provide housing and livelihood assistance.*

In general, those who live in Nursing Homes because of their lives in *kara*. Elderly men have no wife, whereas elderly women do not have a husband. It has no family anymore, so there is no place to complain. Among them are also facing children who have finished their education and started to be independent so that they leave home and stand alone; lose their husbands, wives, children, or other families (*a kara*); and have a family. Nevertheless, no one cares, no one pays attention, there is a lack of affection, and the absence of free time to chat and share feelings to avoid the possibility that it could endanger the elderly living alone is common through the recommendation of the head of the environment that will be submitted for deposition in the Nursing Home (Lima et al., 2012).

### *3.1.2. The difficulty of the relationship between old age and family in place during his stay.*

The occurrence of coresidence syndrome is thus one of the reasons why elderly people reside in the Werdha nursing home. Coresidence occurs when multiple family heads live in the same home. As an illustration, consider a father who has made a home for himself and his son. Even though he resides in his son's home, the father believes that he is still the family's head. Disagreement between the father and the will frequently occurs. The wife of his son and even his grandson will be involved in this ongoing conflict. They often have problems with their family, so they do not want to join other children and families; some want to live aloof lives, distance themselves from their families, and some even want to forget about their families. It makes the elderly with their wrath or even escorted by their families to the nursing home (Anila & Dhanalakshmi, 2014).

### *3.1.3. The financial or economic inability of the family to guarantee a decent livelihood.*

This occurs commonly because so many children live in poverty (Moeini et al., 2016). He is unable to support his parents' way of life. For his family, living alone is not enough, let alone paying for the lives of his parents. Because they do not want to worsen problems in their children's families, this sometimes gives elderly people the option to stay in a nursing home. Some races want to assist their children in finding employment, but the elderly are limited in what they can accomplish owing to their advanced age. Avoiding burdening their child's family is the only way to assist them.

It is similar to the tale of an elderly nursing home resident. Because of the absence of his wife and his desire to avoid upsetting his two children—out of the three children that Arif's grandfather had—he came here. The son of Arif's grandfather did not permit him to enter when he first came, but Arif's grandfather chose to live here because he did not want to bother his two children. Currently residing in Aster's guesthouse is Arif's grandfather. The kids visit Grandpa Arif every four months or so and during the month of Eid al-Fitr.

### *3.1.4. The need for socialization in the elderly*

It is experienced by elderly individuals, who are still strong and active. If the elderly live in a family, they may experience boredom because they are always left alone, and their children may go to work. Their grandchildren go to school, so the elderly need a social environment where there are some similarities and activities in the community so that they feel at home and become excited again.

There are typically three generations living together in a kinship system-compliant home (extended family). Elderly individuals play a special role, serving as family decision-making advisors or resources. The values of the extended family and respect for the elderly changed due to modernization, industrialization, and migration. The number of children in the family decreases as the family structure shifts from one that previously revolves around the values of the extended family to a nuclear family. As a result, the elderly have even less reason to rely on their children.

The occurrence of changes in family structure caused the elderly to become displaced and lonely. Therefore, an institution is needed to overcome it, one of which is the existence of a nursing home. Nursing homes are forums for care and health services for the elderly provided by the government. Elderly individuals generally do not want to live in an institution because they feel that staying in an institution is a sign of rejection from the family. They feel worthless and unhappy if they have to live in a nursing home. However, not all elderly people have a negative view of nursing homes. According to Achir, many elderly people choose to live separately from their children and still feel happy.

The elderly will have a particular impression when the child and his family are a burden to them or when the elderly are viewed as a burden by the family. According to the theory put forth by Papalia et al. (2009), parents frequently experience depression if their children experience problems, such as problems with financial dependence, which are viewed as a sign of failure, or when their children can no longer give their full attention due to a busy schedule. Hurlock claimed that elderly people experience severe emotional and mental problems more frequently than other age groups do. As a result, the elderly are frequently admitted to nursing homes on their initiative as well as the initiative of their families.

Elderly individuals who are put into nursing homes initially feel anxious and not accept their children's treatment, which makes them unable to *achieve successful aging* (optimal aging). Although there are also elderly people who live in nursing homes, who can achieve *successful aging* (optimal aging) from their current lives because they meet other fellow elderly people and can get along with their new friends, who are considered to be able to provide support because one of the most important factors that must be possessed by the elderly to achieve *successful aging* is the belief in the extent to which the elderly person estimates their ability to perform and complete the tasks necessary to achieve a certain result.

### 3.2. Elderly satisfaction in the home

Elderly individuals who are put into a nursing home initially feel anxious and do not receive the care of their children, which makes them unable to *achieve optimal aging success*. Although there are also elderly people living in nursing homes who can achieve *success in aging* (optimal aging) in their current lives because they meet other fellow elderly people and can get along with their new friends, who are considered capable of providing support because one of the most important factors that the elderly must achieve *successful aging* is the belief in the extent to which a parent estimates his ability to perform and complete the tasks necessary to achieve specific results.

According to Adrianingsih et al. (2013), resilience and a more upbeat outlook when facing challenges throughout life are the factors that can affect elderly people's ability to age successfully. According to Sarafino (2002), self-efficacy is the most crucial quality a person needs to possess to engage in healthy behaviors. To make changes in their life, a person needs sufficient self-efficacy; otherwise, their motivation to change will be affected. Research by Rahmawati & Saldiyah indicated that physical health, activity, and psychological, social, and religious factors all impact success in elderly individuals. Successful aging results from all the elderly's efforts to succeed on the basis of the abovementioned factors.

The results of the study revealed that in terms of feeling happy with activities, this component reflected the enthusiasm of the response and *the degree of involvement (degree of ego-involvement)* of the elderly in various kinds of activities and ideas, even though the elderly did not perform activities with others (only doing activities themselves). In addition, the elderly who have life satisfaction in this component feel that he is getting pleasure from the activities he does every day and that the best time, in their opinion, is the present (*now*). Elderly people who do not have life satisfaction in this component feel that their life is monotonous and only becomes pleasurable from what they do. Sometimes, they avoid activities, objects, or people around them. With respect to meaningful living, in this component, it is expected that the elderly are aware that they are responsible for themselves. Elderly people are active in living their lives and do not just surrender but can accept the reality that happened in their lives and do not think about ending their lives deliberately. He knows that there are many challenges in life, but he feels that he can get through them. Elderly people feel that their life is meaningful and inevitable and are not afraid to face death. Elderly individuals have human traits that have integrity according to Erikson's theory of ego developmental stage integrity with despair (*integrity vs. despair*).

Elderly people who are unsatisfied with this aspect of their lives feel that nothing is improving or changing in their circumstances. He frequently discussed the misfortunes in his life that he brought about, blaming himself (intropunitive), as opposed to those who place the blame for their misfortune on external factors (extra punitive). Elderly people who find this aspect of their lives fulfilling believe that they have achieved their objectives. He has accomplished all of his goals and what he values most in life. Elderly people who are satisfied with their lives in this area, "Being Firm in a Positive Self-Image," have positive body images and are aware of their psychological and social characteristics. Elderly people see that they have at least one advantage in one thing. Elderly people feel proud of what they have achieved and deserving and fortunate to have positive feelings. Elderly individuals have positive self-concepts and feel that they are valuable. Elderly individuals who receive low scores feel that they are weak, sick, old, and have no competence. Elderly people feel that they are a nuisance to others, and others consider them inferior. Elderly people feel worthless, useful, and defensive. With respect to Optimistic Life Attitudes and Happy Mood, the elderly with high life satisfaction in this component maintain a cheerful, happy and optimistic attitude and mood. Elderly people have a positive side toward others and the things around them. Elderly people who receive low scores are those who are depressed, pessimistic, sad, and lonely; who feel that their lives are bitter and bitter; and who often complain and become angry.

### 3.3. Happiness of elderly people in the past

Past life satisfaction plays a crucial role in shaping centenarians' current happiness, influencing their perceptions of health and economic security (Bishop et al., 2010). Studies on elderly individuals in nursing homes show varied results, with some residents experiencing happiness while others do not (Pali, 2016). Since C. Kluckhohn's concept of value serves as the foundation for the concept of "value-cultural orientation," understanding the idea of "cultural-value orientation" requires first examining what Kluckhohn meant by the term "value." How people perceive time is one of the cultural value orientations that Kluckhohn promotes. How a person reacts to the passing of time. This idea demonstrates that while some people must consider the present and others must consider the future, others worship the past because they find it beautiful. It is clear from this study how the idea of value orientation brings life to things. The first informant (NR) judged his past to be filled with discontent

and suffering. In this case, there is no sense of gratitude or forgiveness for the events he experienced in the past. The second informant (JM) recalled his past with pride and gratitude. The third informant (RH) is a person who judges living in the past with satisfaction and peace. He also looked at his life with gratitude and forgiveness. He can see the positive aspects of the problems or bad events he has faced in the past.

### 3.4. Picture of today's happiness

Factors associated with higher prevalence of happiness in the elderly include being married, actively working, engaging in leisure activities, moderate alcohol consumption, healthy eating habits, normal BMI, and good sleep patterns. Additionally, absence of reported illnesses, better self-rated health, and less disability are linked to long-term happiness in older adults (Lima et al., 2012).

The first informant (NR) has a picture of *greater pleasure*, such as making observations and exploring the features of the *mobile phone*. This is due to the existence of a cognitive role and its temporary nature. After he did not perform the activity, the fun ended. NR also has gratification activities such as chatting to discuss issues that are beneficial to sharpen the mind so as not to become senile. However, NR fills more of his free time not with gratified activities but with sleep and eating activities (*bodily pleasure*).

At the second informant (JM), he felt happy to be in the care home. The emotions expressed are calm and happy. Gratification activities are reading the bible. This activity aims to increase his level of spirituality. In addition, other gratified activities include playing angklung instruments and singing, which are useful for training their cooperation with other grandmothers. JM also enjoys eating good food, especially bread and snacks, but currently, he is starting to limit it because diabetes is included in temporary pleasures, which are *bodily pleasures*. In the case of RH, gratification activities include reading books, planting flowers, and singing. These activities by the RH are referred to as his hobbies. *Bodily pleasures* enjoy fruit and cakes, whereas *higher pleasures* listen to music.

### 3.5. Picture of future happiness

According to Seligman (2002), optimism is a person's style in explaining the events that happened to him, or Seligman calls it *explanatory style*. An optimistic person will explain the good events occurring in his life that are permanently caused by something universal and internal. In contrast, an optimistic person will explain that the bad events in his life are temporary and caused by something specific and external.

The picture of the future happiness of the first informant (NR) has *the explanatory style* of a pessimistic person. NR explained his expectations in a pessimistic way. NR explains that adverse events are caused by something permanent, universal, and internal; pleasant events occur due to external, temporary, and specific causes. The informant (JM) has *an optimistic explanatory style*. The JM is optimistic about the whole dimension to explain the bad thing. However, JM shows that he is optimistic in seeing the entire time of his life (permanent) but not optimistic in all aspects of his life (specific). JM hopes in the future to avoid chronic illness to arrive at death. JM believed and was convinced that God would pave the way for him when JM was experiencing hardship and pain.

Informants (RH) explain things with an upbeat demeanor. The RH wants to set an example. With this, it is hoped that tranquility and peace can be achieved. RH aspires to remain with her child even when he is no longer in as good of health as he is now. However, HR wants a nurse to look after him or her if he or she lives with a child. HR is assured and prepared to face death, but HR holds hope for avoiding chronic illness.

In past happiness, one subject is unhappy, whereas the other two subjects are happy in looking at their past. The study results also revealed that two subjects were happy about their current lives. All three subjects still perform pleasures that are temporary but vary in form. These pleasures include observing the surroundings and listening to music, which is included in *greater pleasure*. The pleasures included in *bodily pleasures* are found in two subjects: enjoyment of food and fruits. For activities of a gratified nature, the three subjects differ in form, including chatting to sharpen the mind so as not to become senile, reading the bible and playing the angklung instrument, planting flowers, and singing.

The analysis also revealed that feelings of assurance and trust constituted two of the three subjects' perceptions of their future happiness. The subject has a pessimistic outlook on the future. The three of them still have some hopes for the future. Regarding the same death, two subjects expressed their wishes. They are prepared to face death and wish to avoid experiencing severe suffering when they pass away. Additionally, according to two informants, everything had been planned out, and there was no need to be afraid of dying.

Seligman presents a theory of happiness in his book, *Authentic Happiness*. Three types of positive activities and emotions make up happiness: those focused on the past, present, and future. Past happiness includes satisfaction, peace, and contentment. Gratitude and forgiveness are two key ideas for achieving past happiness. Both ideas can potentially improve people's passion for and understanding of the unpleasant past (Seligman, 2002).

The presence of leisure activities today is a characteristic of happiness, particularly in elderly individuals. One can achieve true present-day happiness by engaging in as many activities that are more gratifying than pleasurable. While pleasure

is a fleeting pleasure, gratification is an activity that one enjoys doing and can draw one to it in a way that makes it seem that time has stopped. Positive feelings such as certainty, belief, confidence, hope, and optimism indicate future happiness. Seligman emphasized the value of optimism and setting goals for the future to achieve happiness (Seligman, 2002).

#### 4. Conclusion

According to the findings of this study, several reasons exist for why elderly people choose to live in New Hampshire, including the lack of communities that can help them with housing and a means of subsistence, the difficulty of maintaining relationships with their immediate families as they age, and the family's inability to provide a good standard of living. Next, it was discovered that older people associate happiness with the availability of leisure activities. One can achieve true modern happiness by completing as many tasks that are more satisfying than pleasurable.

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#### Ethical considerations

In this research, the participants involved were fully informed about the purpose, methods, and potential uses of the research. Written consent was obtained from all participants before data collection.

#### Conflict of interest

The authors declare that they have no conflicts of interest.

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