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**Conference Book**  
**International Conference on Health Care**  
**and Management**

“Evidence to inform action on supporting and implementation of  
SDGs”

**Secretary Office :**

**STIKep PPNI Jawa Barat (Intitute of Nursing Science PPNI West Java)**  
Jalan Ahmad IV No. 32 Cicendo, Bandung 40173  
West Java – Indonesia  
Phone: +62 22 6121914  
*E-mail: [info@icon-stikeppni.org](mailto:info@icon-stikeppni.org)*  
*Website: [www.icon-stikeppni.org](http://www.icon-stikeppni.org)*

**National Cheng Kung University Hospital**  
No.138, Sheng Li Road, Tainan, Taiwan 704, R.O.C.  
Tel : 886-6-2353535  
E-mail : [hospital@mail.hosp.ncku.edu.tw](mailto:hospital@mail.hosp.ncku.edu.tw)



**Conference Book International Conference on Health Care and Management:**

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**STIKep PPNI Jawa Barat (Intitute of Nursing Science PPNI West Java)**

Jalan Ahmad IV No. 32 Cicendo, Bandung 40173

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Phone.: +62 22 6121914

*E-mail: info@icon-stikeppni.org*

*Website: www.icon-stikeppni.org*

**National Cheng Kung University Hospital (NCKUH)**

No.138,Sheng Li Road,Tainan, Taiwan 704, R.O.C.

Tel : 886-6-2353535

E-mail : hospital@mail.hosp.ncku.edu.tw

**Chief Editor:**

Linlin Lindayani, Ph.D

**Member:**

Irma Darmawati, M.Kep.,Ns.Sp.Kep.Kom

Henri Purnama, MNS



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## Welcome Message



Assalamualaikum Warahmatullahi Wabarakatuh

Dear honorable guests,  
Sustainable Development Goals (SDGs) as an agreement of sustainable development objectives agreed by all countries at the 2015 UN sessions. Each country including Indonesia has an obligation to implement this joint development plan by applying universal, integration and inclusive principles by ensuring that no one missed or “No-one Left Behind” Indonesia has Nawa Cita or 9 priority agenda which should synergize with SDGs and can be used as health program application in Indonesia to also achieve SDGs.

On behalf of the organizing committee and the Nursing Society of Indonesia, I am glad to invite you to join ICHM 2018 (International Conference on Health Care and Management) in Bandung, Indonesia on July 16-17, 2018.

The conference is expected to reveal some solutions for evidence-based health care and scientific facts to be discussed by various viewpoints from diverse speakers from around the world with the title “Evidence to inform action on supporting and implementation of SDGs. Through the International Conference is expected to improve health services, especially in the field of nursing in Indonesia to improve the human development index.

We hope all participant could benefit from the exciting program and will surpass your expectation and that will be an inspiring event.

Warm regards,



**Dhika Dharmansyah**  
Conference chair



Assalamu'alaykum Wr.Wrb  
Good morning and best wishes for all of us.

Ladies and gentlemen, in such a great and happy day, let's praise and thank to Allah Swt who has given us grace and mercy to all of us to gather in this International Conference on Health Care Management event today.

First of all, we would like to gratitude and appreciate highly to national Cheng Kung University Hospital has given the opportunity and confidence to our institution STIKep PPNI Jabar for the second time in collaboration to organize International Conference on Health Care Management with theme: "Evidence to inform action on supporting and implementation of SDGs". This event is one of follow up The memorandum of Understanding between NCKUH with STIKep PPNI Jabar.

STIKep PPNI Jabar is as a nursing education institution carry out the mandate to create professional nurse, we must implement all TRIDHARMA University activities in academic atmosphere that aims to broaden and improve nursing and existence of nurse profession capacity in nation developing continually.

As we know the university academic quality is determined by its researches and graduates result quality. The research work results may be either a right against managing intellectual wealth equity as well as scientific work which is able to be publicized through scientific journals and scientific gathering forums of the same scientist background both in national and international level.

Nevertheless, the publishing of journal researches is published by its university. Nowadays, it is irregular because there are both financial and scientific manuscript availability drawbacks. Scientific regular manuscripts are very limited because manuscript contributor is only from its university as well.

The high education Research and technology ministry data in 2017, it stated that there were an increase of research work publishing done by practitioners, academicians and researchers of Indonesian. The amount of Indonesian research publishing on international journal certifiable indexed Scopus tended to increase. The high education Research and technology ministry data on December 1<sup>st</sup> 2017 noted that Indonesia scientific research publishing reached 14.100 journals. Meanwhile, on October 1<sup>st</sup> 2017 there were as many as 12.098 journals.

However, internally nurse profession scientific research journals are still less of publishing. It is alleged to the low of quantity and quality publishing about nursing. One of the drawbacks is rarely the interaction between nursing scientists and experts in scientific conferences. Some efforts are carried out by STIKep PPNI to encourage and to accelerate sharing knowledge amongst the nursing experts. Accordance to the goals, National Cheng Kung University Hospital Taiwan and STIKep PPNI have made MoU and held as this International conferences organizer. Hopefully, it is able to bridge all stakeholders, practitioners, and academicians in supporting the quality of the human resources especially, nurses and health workers as well.

The honourable ladies and gentlemen,  
Nowadays, in the global era, the transformation runs rapidly and consequently it makes the knowledge based society. Information and communication technology development are very important in on its role in manifesting society development based on the knowledge. The higher education of society will be higher of health service quality demands specially nurse.

Accordance to the effort, this International conference aims to,

1. Facilitate the knowledge sharing between health experts and nurses to encourage the goal of health human resource quality.
2. Produce health scientific and nursing articles deserve to be published on international scopus indexed journal.
3. Make communication networking amongst Universities, research institution, nurse practitioners, and other stakeholders.

I truly believe that all participants through the 2 days in international conference, our goals above are able to be manifested well.

Finally, I would like to thank to all of participants diligently and with spirit of attending this international conference on health care management.

Wish the conference is able to be knowledge sharing event and delightful and successful as well, the conference will be enlightened and interchange will do great help for us after attending this conference, especially STIKep PPNI Jabar and generally for all profession nurses to provide health services to communities, aamiin ya robbal alamin.

Wassalamu'alaykum Wr.wb.

Kindest regards,



The Dean of STIKep PPNI Jabar



Excellencies, Distinguished Delegates, Ladies and Gentlemen,  
Selamat Siang,

I'm ChyunYu Yang, the superintendent of National Cheng Kung University Hospital in Tainan, Taiwan.

On behalf of our hospital, it is my pleasure and privilege to welcome all of you to participate in the international conference on health care and management 2018.

To our eminent speakers and delegates who have come from UK, Netherland, Korea, Japan, Thailand, Singapore, Taiwan, and Indonesia, I bid you a very warm welcome to Bandung. We are indeed honoured to have you here with us. We have about 1.000 participants from different place in Indonesia and countries gathered here today, making our conference a truly meaningful one.

This is our second time collaborate with STIKEP PPNI Jawa Barat to hold an international conference. Last year, we have very successful conference with the theme focus on infection control and disaster management. And this year, our conference theme is "evidence to inform action on supporting and implementation of SDGs".

The Sustainable Development Goals (SDGs) known as the global goals, are a universal call to action to end poverty, protect the planet and ensure that all people enjoy peace and prosperity. Goal 3 addresses all major health priorities and calls for improving reproductive, maternal and child health; ending communicable diseases; reducing non-communicable diseases and other health hazards; and ensuring universal access to safe, effective, quality and affordable medicines and vaccines as well as health coverage.

However, the world seems still far from ending maternal mortality, with more than 303,000 deaths in pregnancy or childbirth occurring annually. NCDs are also a growing problem, causing 40 million deaths in 2015.

But, All in all, we can take comfort in the fact that SGDs indicators are moving in the right direction .Yet we still have plenty of work to do.

I wish in the next two day and a half, we have the opportunity - and indeed the responsibility - to prepare and add knowledge related the current situation and progress reflection of SDGs.

In closing, I encourage delegates to participate actively in the interesting discussions over the next two days. I wish everyone a successful and fruitful conference.

Thank you.

## Conference Committee

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## THE RELATION BETWEEN CHARACTERISTICS OF ELDERLY AND SELF ADJUSTMENT ON RETIREMENT IN THE SUBDISTRICT 20 OF VILLAGE CILAME PADALARANG

**Elizabeth Ari Setyarini**

Santo Borromeus School of Health Sciences, West Java, Indonesia

Corresponding email: [elizabeth.rini@yahoo.com](mailto:elizabeth.rini@yahoo.com)

### ABSTRACT

**Background** : Being old is a natural process that occurs in human life and after working at a young age will experience retirement in old age. Entering a new life as a pensioner provides many changes for the elderly, including changes in roles in the social environment, changes in interests, values and changes in all aspects of life. The need for elderly to be able to self adjustment in overcoming a problem and conditions faced. **Objectives** of this study to know the relation between characteristics of elderly and self adjustment on retirement in the subdistrict 20 of village Cilame Padalarang. **Methods** with quantitative method, cross sectional research design. The sample was 88 elderly with accidental sampling. Univariate analysis by frequency distribution and bivariate analysis by using chi-square statistic test to know the relation between characteristics of elderly and self adjustment on retirement in the subdistrict 20 of village Cilame Padalarang. The study was conducted in March 2018. **Results** of research of the relation between characteristics of elderly and self adjustment on retirement found that there is no relation of characteristic a gender (p value = 0.646), age (p value = 0.115), living arrangement (p = 0.153), retirement income (p value = 0.305), health condition of elderly (p value = 0.247) and there is relation of elderly characteristic at length retirement (p value = 0.024) and previous work (p value = 0.012) with self adjustment on retirement in the subdistrict 20 of village Cilame Padalarang. **Conclusions** of the study were no relationship to the characteristics of sex, age, elderly living income and health conditions of the elderly and there was a relation between the characteristics of retirement length and previous job to self adjustment on retirement. **Recommendation** of this research is the involvement of elderly people who have retired to follow activities at the center health care services to be able to interact, socialize and control the health of elderly on a regular basis.

**Keywords:** elderly, self-adjustment, retired.

### INTRODUCTION

#### 1. Background Research

The elderly according to WHO is the person has 60 years old. Nugroho (2008), aging or growing old is a situation that occurs in human life. Being old is a natural process that means a person has gone through three stages of life that is children, adults and old either biologically or psychologically. Increasing the number of elderly that occurs now, causing various health problems in the elderly. As written in a report entitled Ageing in the 21<sup>st</sup> Century: A Celebration and a Challenge, it was mentioned that 1 in 9 people worldwide is over 60 years old. The elderly population is estimated to swell to 200 million in the next decade beyond one billion and reach two billion by 2050.

There are times when someone after work at a young age will have retirement. Retirement is a period of formal employment after sufficient age, where the concerned still receive salary pensioners as a reward in the old days (Thamher, 2009). Regulation of the Republic of Indonesia number 11 of 2017 the retirement age limit is 58 years. Entering a new life as a pensioner provides

many changes for the elderly, including changes in roles in the social environment, changes in interests, values, and changes in all aspects of life. That was 3 affect a person's financial security when retirement is: high inflation leads to the cost of living previously affordable can become unreachable due to the higher cost of living necessities. Second, the longer life expectancy of the average human life automatically causes the need for greater financial support. Life expectancy is higher then it needs longer financial support. Third, related to higher medical costs.

A person who enters retirement can make adjustments by changing the way of life to achieve success in old age. The successful of personal adjustment is characterized by the absence of hatred, not running away from reality and responsibility, not being angry, disappointed, or unbelieving in the condition. (Hurlock 2002). Conversely, the failure of personal adjustment is characterized by emotional shocks, anxieties, dissatisfactions, and complaints about fate, caused by the gap between individuals and the demands of the environment. It is a source of conflict manifested in fear and anxiety. An elderly who is not able to adjust to retirement will experience post power syndrome. Post power syndrome is a collection of symptoms in which the patient lives in the shadow of his past (position, career, intelligence, leadership, beauty) and the patient can not accept the situation. (Hidayati, 2003).

Characteristics according to Caragih (2013) that is naturally attached to a person that includes age, gender, race/race, knowledge, religion/belief and so on and according to Bustan (2007), the characteristics of elderly are gender, marital status, and living arrangement.

## 2. Formulation of Research Problems

Based on the description of the above background, it can be formulated in this study that is "is the relation between characteristics of elderly and self-adjustment on retirement in the Subdistrict 20 Of Village Cilame Padalarang".

## 3. Research purposes

### a. General Goals

Knowing the relation between characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang

### b. Special Goals

- 1) Identify aged characteristics of elderly in The Subdistrict 20 Of Village Cilame Padalarang
- 2) Identify gender characteristics of elderly in The Subdistrict 20 Of Village Cilame Padalarang
- 3) Identify length of retirement characteristics of elderly in The Subdistrict 20 Of Village Cilame Padalarang
- 4) Identify previous work characteristics of elderly In The Subdistrict 20 Of Village Cilame Padalarang
- 5) Identifying living arrangement characteristics of elderly retirees in The Subdistrict 20 Of Village Cilame Padalarang
- 6) Identify retirement income characteristics of elderly living together in The Subdistrict 20 Of Village Cilame Padalarang
- 7) Identify health conditions characteristics of elderly in The Subdistrict 20 Of Village Cilame Padalarang
- 8) Identify self-adjustment of elderly on retirement in The Subdistrict 20 Of Village Cilame Padalarang
- 9) Knowing the relation between aged characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang
- 10) Knowing the relation between gender characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang
- 11) Knowing the relation between the length of retirement characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang
- 12) Knowing the relation between previous work characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang

- 13) Knowing the relation between living arrangement characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang
- 14) Knowing the relation between retirement income characteristics retirement income of elderly and self adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang
- 15) Knowing the relation between health conditions characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang

## RESEARCH METHODS

1. Research with a quantitative method with cross-sectional research design is used to knowing the relation between characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang
2. Independent Variables the research is the character of the elderly and dependent variable is the self-adjustment in retirement in The Subdistrict 20 Of Village Cilame Padalarang
3. Population and sample are elderly in The Subdistrict 20 Of Village Cilame Padalarang are 88 people.
4. Sampling technique in this study using nonprobability sampling with the type of sampling in this study using incidental sampling. Researchers used questionnaires and questionnaires that were filled in by checking the boxes provided by the researcher for the answers that were most considered correct by the known and experienced by the respondents. Researchers used a questionnaire about retirement adjustment with the number of statements of 20.
5. Validity test conducted in February 2018 in The Subdistrict 20 Of Village Cilame Padalarang.
6. Univariate research design by calculating the percentage and bivariate analysis by using chi-square statistical test to find out the relation between characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang.
7. The research was conducted in March 2018.
8. Ethical Considerations

This study refers to the National Guidelines on Health Research Ethics (PNEPK-MOH RI, 2004), among others:

- a. Respect the Dignity of Research Subjects  
The researcher considers the rights of the subject to obtain open information regarding the course of the study and has freedom of choice and is free from coercion to participate in autonomy and the researcher prepares the informed consent form.
- b. The principle of expediency  
Research conducted considering the benefits and risks that may occur. Researchers research accordance with the research procedures to obtain results that are as useful as possible for the research subjects of the second grade Santo Borromeus School of Health Sciences and minimize adverse impacts on the subject (nonmaleficence).
- c. Justice
- d. In doing research, everyone is treated equally based on morals, dignity, and human rights. The rights and obligations of both the researcher and the subject are also balanced. The principle of justice has the connotation of openness and justice.

## RESEARCH RESULTS

1. Univariate Analysis
  - a) Elderly Characteristics

Table 1.1

Distribution of characteristic frequency of elderly in The Subdistrict 20 Of Village Cilame Padalarang March 2018 (n=88)

No	Characteristics of Elderly	Frequency	Percentage
1.	Gender: Man	50	56,8

	Women	38	43,2
2.	Age:		
	60 – 64 year	35	39,8
	65 – 70 year	29	33
	71 – 74 year	24	27,2
3.	The length of retirement:		
	< 5 years	31	35,2
	> 5 years	57	64,8
4.	Previous work:		
	Civil servants	71	80,7
	Private employees	17	19,3
5.	Living arrangement:		
	Child	30	34,1
	Brother/sister	2	2,3
	Husband/wife (spouse)	54	61,4
	Own	2	2,2
6.	Retirement Income:		
	< 2,5 million	48	54,5
	2,5 - 4 million	38	43,2
	> 4 million	2	2,3
7.	Health Conditions		
	Healthy	68	77,3
	Not healthy	20	22,7

Based on table 1.1 it is known that some male gender is 56,8%, small part aged 60-64 year that is 39,8%, The length of retirement > 5 years most of the respondent is 64,8%, almost all respondents work as civil servants that are 80,7%, most of the respondent lives with husband/wife (partner) with amount 61,4%, some respondent have retirement income < 2,5 million that is 54,5% and majority of respondent in healthy conditions that is 77.3%.

#### b) Self-adjustment of the elderly

Table 1.2  
Distribution of frequency adjustment of elderly at retirement in The Subdistrict  
20 Of Village Cilame Padalarang  
March 2018 (n = 88)

Self-adjustment of elderly	Amount	Percentage (%)
Can not a self-adjustment	45	51,1
Can self-adjustment	43	48,9
Total	83	100

Based on table 1.2 obtained data that of 83 elderly who become respondents research is known some respondents (51.1%) who can not afford self-adjustment.

#### b. Bivariate analysis

Table 1.3  
The relation between gender characteristics of elderly and self-adjustment on retirement in The  
Subdistrict 20 Of Village Cilame Padalarang  
March 2018 (n = 88)

Gender of elderly	Self-adjustment of elderly				Total	P value	
	Can not adjust		Can adjust				
	N	%	N	%	N	%	
Male	24	48	26	52	50	100	0,646

Female	21	55,3	17	44,7	38	100
Total	45		43		88	100

Based on table 1.3 there is no relation between gender characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang

Table 1.4

The relation between aged characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang  
March 2018 (n = 88)

Age	Self-adjustment of elderly						P value
	Can not adjust		Can not adjust		Total		
	N	%	N	%	N	%	
60 - 64 years	21	60	14	40	35	100	0,115
65 - 70 years	16	55,2	13	44,8	29	100	
71 - 74 years	8	33,3	16	66,7	24	100	
Total	45		43		88		

Based on table 1.4 there is no relation between age characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang

Table 1.5

The relation between the length of retirement characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang  
March 2018 (n = 88)

The length of retirement:	Self-adjustment of elderly						P value
	Can not adjust		Can not adjust		Total		
	N	%	N	%	N	%	
< 5 years	22		9		31	100	0,024
> 5 years	23	40,4	34	59,6	57	100	
Total	45		43		88	100	

Based on table 1.5 there is the relation between the length of retirement characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang

Table 1.6

The relation between previous work characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang  
March 2018 (n = 88)

Previous work	Self-adjustment of elderly						P value
	Can not adjust		Can not adjust		Total		
	N	%	N	%	N	%	
Civil servants	31	43,7	40	56,3	71	100	0,012
Private employees	14	71,4	3	28,6	7	100	
Total	45		43		88		

Based on table 1.6 there is the relation between previous work characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang

Table 1.7

The relation between living arrangement characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang.  
March 2018 (n = 88)

Living arrangement	Self-adjustment of elderly						P value
	Can not adjust		Can not adjust		Total		
	N	%	N	%	N	%	
child	11	36,7	19	63,3	30	100	0,153
Brother/sister	2	100	0	0	2	100	
Husband/wife	31	57,4	23	42,6	54	100	
own	1	50	1	50	2	100	
Total	45		43		88		

Based on table 1.7 there is no relation between previous living arrangement characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang

Table 1.8

The relation between retirement income characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang. March 2018 (n = 88)

Retirement Income	Self-adjustment of elderly						P value
	Can not adjust		Can not adjust		Total		
	N	%	N	%	N	%	
< 2,5 million	24	50	24	50	48	100	0,305
2,5 – 4 million	21	55,3	17	44,7	38	100	
> 4 million	0	0	2	100	2	100	
Total	45		43		88		

Based on table 1.8 there is no relation between retirement income characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang

Table 1.9

The relation between health conditions characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang. March 2018 (n = 88)

Health Conditions	Self-adjustment of elderly						P value
	Can not adjust		Can not adjust		Total		
	N	%	N	%	N	%	
Healthy	32	47,1	36	52,9	68	100	0,247
Not Healthy	13	65	7	35	20	100	
Total	45		43		88	100	

Based on table 1.9 there is no relation between health conditions characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang

## RESEARCH DISCUSSION

Elderly is the final phase of life span. Aging is a normal process of time-related change, begun at birth and continuing throughout life. (Russel.2004). Retired people have a role change, a change in desire and value, and an overall change in the lifestyle of each. In the face of retirement some people feel a sense of calm, but often a person feels anxious and even depressed facing retirement. This can be influenced by economic factors, prestige, social status in society. Self-adjustment as adaptation is self-defense or survival is used for physical well-being

Mu'tadin (2002) suggests that a person who adapts can help with personal and social adjustment. The success of personal adjustment is characterized by the absence of hatred, escape from reality and responsibility, indignation, disappointment, or disbelief in the conditions. Conversely, personal adjustment failures are characterized by emotional shock, anxiety, dissatisfaction and complaints of fate. While social adjustment occurs within the scope of social relationships in which

individuals live and interact with others. Individuals also adhere to certain social norms and rules and values that govern individual relationships with groups.

Based on the results of the research note that:

**There is no relation between gender characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang (p-value = 0,646).** Retirement is a period of formal employment after sufficient age, where the concerned still receive salary pensioners as a reward in the old days (Thamher, 2009). Retirement can occur in women and men who work. From the research result, it is found that both men and women who have retired there are no difference in the adjustment, meaning that the elderly men and women in The Subdistrict 20 Of Village Cilame Padalarang there is no difference in the face of retirement. This is in contrast to Papalia et al. (2001) who point out that although retired women and men seem to have a positive attitude towards retirement, women's attitudes are significantly more positive. Other studies have found that women see life in retirement more enjoyable than men. Between men and women, men are more prone to post power syndrome because women generally value relationships more than prestige, prestige, and power are more valued by men. This is supported by Andardini (2011) which states that the average post power syndrome outcomes in men are higher ( $\bar{x} = 118.1$ ) than for women ( $\bar{x} = 70.03$ ).

**There is no relation between aged characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang (p-value = 0,115).** Judging from the previous data on life expectancy in Indonesia in 2011 was 69.65 years (Kemendagri, 2013). This increase in life expectancy can be an indicator of public health, but on the other hand, it raises demographic structure changes, namely the increasing of elderly population and the decreasing of the death rate.

Hurlock (2002) states that changes in appearance in the elderly are evident in each elderly with age such as skin changes that become wrinkles, decreased hearing loss, lack of sleep, stopping of reproduction, decreased vision and changes in the nervous system. To deal with such things the elderly need to prepare themselves and the need for adjustment to face the changes. With age, the elderly are not productive anymore, physical and mental ability begins to decline, no longer able to do more tough jobs, entering retirement, couples die, stress facing death and depression, the emergence of various diseases and also can insomnia (Subramanian et al., 2011).

**There is a relation between the length of retirement characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang (p-value = 0,024).** Corsini (2005) said that retirement is the process of separation of an individual from his job, wherein performing his role as someone on salary. Retirement is the most important stage in the life of employees because with the arrival of retirement means ending career employees in the field of work, reduced income and increasing the spare time that sometimes disturbs him (Mu'tadin, 2002). In this study, there is a correlation between retirement characteristics with the elderly adjustment that is known that more than half of 64.8% of retirement > 5 years causes the elderly to be more adjusted to their condition. This is supported by research conducted by Prihandhani (2015) on the Older Employees Retirement Relationship Against Anxiety Levels In The Elderly In New Gianyar Temple Environments stating that there is a long association of retired civil servants on anxiety level in elderly  $p (0.001 < \alpha (0, 05))$ .

**There is the relation between previous work characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang (p-value = 0.012)** Formally, employees who work in government institutions such as civil servants or state-owned enterprises / BUMDs, will undergo retirement after reaching the age of 56 years (PP No. 32 the Year 1979), except for educators/teachers, researchers and employees with certain positions retirement age of 60 years (PP Number 65 year 2008) and 58 years for Indonesian National Army (RI Law No. 34 Year 2004) and Police Of The Republic Of Indonesia (PP No. 1 Year 2003). In time, any officially employed employee must either retire or quit because of age-related (Rufaida et al., 2013). In this study, it is known that most elderly 80.7% retired civil servants and there is a relationship with the adjustment of p-value = 0,012. This proves that the elderly civil servants can adjust in the face of retirement. Research conducted by Dewi.K.A (2013) on the relationship between emotional

intelligence with anxiety facing retirement of civil servants, finds the higher emotional intelligence will lower the anxiety of retirement, and vice versa. Similarly, research conducted by Setianingsih and Mu'in (2013) on social support and anxiety levels in the retired civil servant group, that there is a significant relationship between social support and anxiety levels facing retirement.

**There is no relation between living arrangement characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang (p-value = 0,153).** Marriage brings good benefits to the mental health of men and women. Marriage not only strengthens the relationship between men and women, but also aims to reduce the risk of psychological disorders. The elderly who lives with her partner is more than half 61.4%, and the elderly living with her child, siblings and her own life can also adjust after retirement. In this study there is no relationship between elderly living with anyone also means the elderly can adapt and adjust to the conditions and pensiunnya. This is supported by Kintaninani, A. (2013). The Meaningful of Employee's Life in Facing Retirement states that the informant who is retiring closer to the family and community where the elderly live.

**There is no relation between retirement income characteristics retirement income of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang (p-value = 0,305).** From the result of the research, it is found that pension income half of 54,5% get salary pensioner <2.5 million per month. Here there is no relation to the adjustment of the elderly, meaning high or low income elderly do not experience problems in adjustment. This can be influenced by the lifestyle of the old pension with income earned each month. Jannah (2010) in his research stated that there is no relationship between economic status with the basic ability of elderly in Sidoagung Village, Godean District Jogjakarta.

**There is no relationship between health conditions characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang (p-value = 0,237).** Disease in old age is vulnerable; this is due to physiological changes in physical and mental function. This change is experienced by the elderly who may affect their health. From research 77,3% elderly in healthy condition and 22,7% elderly in not healthy condition. The pain suffered by the elderly such as a cough due to asthma, hypertension, and arthritis. This disease is a degenerative disease that can occur in elderly and lasts longer. Therefore, the elderly in The Subdistrict 20 Of Village Cilame Padalarang have been able to adjust to the pain and say if ill to seek treatment to the public health.

Barret.(2004) in the research: Gendered experiences in midlife: Implication for age identity said that women have significantly worse health, lower levels of perceived control over their marriages/partnerships, a lesser likelihood of employment, and a greater likelihood of having older partners, all of which are associated with older identities.

## CONCLUSIONS AND SUGGESTIONS

**The conclusions in this research are:** Some male gender is 56,8%, small part aged 60-64 year that is 39,8%, The length of retirement > 5 years most of the respondent is 64,8%, almost all respondents work as civil servants that is 80,7%, most of the respondent lives with husband/wife (partner) with amount 61,4%, some respondent have retirement income < 2,5 million that is 54,5% and majority of respondent in healthy conditions that is 77.3%. Some respondents are (51.1%) who can not self-adjustment. There is no relation between gender characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang (p-value = 0,646). There is no relation between aged characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang (p-value = 0,115). There is a relation between length of retirement characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang (p-value = 0,024). There is the relation between previous work characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang (p-value = 0.012). There is no relation between living arrangement characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang (p-value = 0,153). There is no relation between retirement income characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang (p-value = 0,305).

There is no relation between health conditions characteristics of elderly and self-adjustment on retirement in The Subdistrict 20 Of Village Cilame Padalarang (p-value = 0,237).

**The suggestion in this research are:** Support and give attention to families to the elderly who live with them or live alone. Involve and invite the elderly in activities in the community such as at the center health care services. Visit the Public Health Officer if there are elderly sick are long and not active at the center health care services activity

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