



Relationship Between Family Social Support and Elderly Happiness

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ABSTRACT

This article discusses the issue of unhappiness among elderly individuals due to a lack of social support and attention from their family and immediate environment. The study aims to examine the connection between family social support and the happiness of the elderly. The research method used is quantitative, using a correlational approach. The population for the study consisted of 208 individuals, with a sample size of 68 people selected through simple random sampling. The researchers employed a Likert scale to collect data on social support and happiness. Questionnaires were used for data collection, and statistical analysis was conducted using the product moment correlation test. The results indicate a significant positive relationship ($r_{xy} = 0.648$, $p = 0.000$) between family social support and elderly happiness. In conclusion, the study establishes that there is a direct relationship between higher levels of family social support and greater happiness among the elderly. Conversely, lower levels of family social support result in decreased happiness in the elderly.

Keywords: *social support, happiness, elderly*

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INTRODUCTION

The population entering old age is increasingly significant in many countries in the world, including Indonesia. The increasing growth of the elderly population is a trend that has occurred as a result of changes in the age structure in recent times. Decreasing birth rates and increasing life expectancy have created a situation where people aged 60 years and over are the largest growth segment of the population. Based on data from the Ministry of Health of the Republic of Indonesia (KKRI, 2020) the number of elderly people in Indonesia has reached a high number of 28.8 million or

11.34% of the total elderly population. And in 2025 the number of elderly people is expected to number 733 million. According to data from the Central Statistics Agency (BPS, 2021), the National Population and Family Planning Agency (BKKBN) revealed that the number of elderly people in Indonesia is projected to reach 19.9 percent in 2045. This figure is expected to continue to increase to 19.9 percent in year 2045. *World Health Organization* (WHO) (Friska et al., 2020) estimates that by 2025 the number of elderly people worldwide will reach 1.2 billion people and will continue to increase to 2 billion people in 2050. WHO also estimates that 75% of the world's elderly population in 2025 will be in developing countries.

The increasing number of the elderly population is accompanied by increasing problems faced and has an impact on decreasing the quality of life/life well-being of the elderly such as decreased mental capacity, changes in social roles, senility, depression and others. According to Midgley (1995) states that the welfare of the elderly is a condition that will be better, happiness and prosperity which consists of three elements, namely various social problems that can be managed properly, when human needs can be fulfilled properly and when social opportunities fully open and good. According to Havighurst (1961) states that the task of the development of the elderly is adjusting to declining physical strength and health, adjusting to retirement and reduced family income, adjusting to the death of a partner, forming relationships with people of the same age, form satisfying physical living arrangements, and adapt to broad social roles. This is closely related to the welfare of the elderly. If someone is able to fulfill their duties properly, then the elderly will feel well-being in his life and vice versa.

According to RI Law No. 13 of 1998 (Darma & Andromeda, 2014) states that an elderly person is someone who has entered the age of 60 years and over. The old age is often interpreted as a period of decline, especially in the functioning of the physical and psychological functions of the elderly. These changes can be faced positively by the elderly with social support, especially from the family, namely their children and spouses. The condition of the surrounding environment greatly influences whether or not the elderly are comfortable in facing some of the most difficult changes and circumstances in their lives. The low quality of life of the elderly is often associated with family functioning and social support, both social support from partners, family and society.

All humans will undergo a stage of the development process which starts from the embryonic stage to the elderly stage when they reach that stage (Irman, 2019). This is explained by Allah in QS. Al-Hajj verse 5 which means: *"Indeed We have created you from the soil, then from a drop of semen, then from a clot of blood, then in perfect flesh, that We may explain to you and We may establish in the Womb, what We will until the appointed time, then We bring you out as a baby, then you reach the level of maturity, and among you some are passed away and (some) among you are prolonged to senility, so that he no longer knows anything that he once knew."* (QS. Al-Hajj: 5).

In the Qur'an the word senile describes the cognitive limitations that occur in the elderly which have an impact on the conditions experienced by the elderly starting from

the physical and psychological problems of the elderly (Irman, 2019). This means that the elderly are individuals who need special attention and services because of these limitations, especially among their family members. As explained by Allah in QS. Al-Isra 'verse 23 which means: *"And your Lord has commanded that you do not worship other than him and that you should be kind to your parents as best you can, if one of them or both of them reaches an advanced age in your care, then you should never say to them the word "ah" and make sure you snap at both of them, and say good words to both of them"* (QS. Al-Isra': 23).

The verse above explains about human development from the embryo to old age which every human will experience and if two parents or one of them are by your side until they reach a weak, helpless state and stay by your side at the end of their lives, then you must be obliged to compassion and love to your parents. You have to treat your parents as they took good care of you when you were little. In this case a child must provide a good service by interacting well and politely to elderly parents. This is because elderly people are very vulnerable to various disease attacks and have physical and psychological limitations (Muhammad et al., 2022).

According to Afrizal (2018) states that by weakening the physical condition of the elderly in their activities this will make the elderly vulnerable to various problems in their lives. The aging process experienced by the elderly can also cause various diseases ranging from physical and psychological. Thus the level of social support or attention given by the family and other people around the elderly is needed because it can be a trigger for the emergence of happiness that will be felt by the elderly (Irman et al., 2022). In this study trying to reveal the positive side of the life of the elderly, where happiness (*happiness*) is expected to be the final result of achieving the life of the elderly. Getting old is a natural process which means that a person has gone through three stages, namely children, adults and old (Nugroho, 2010). If the happiness factor in the elderly is not considered, this will result in various psychological problems such as dissatisfaction and hopelessness in life which will reduce life expectancy and integrity in the elderly. This will lead to dissatisfaction in life and a decrease in the self-esteem of the elderly. This situation can also be accompanied by a decrease in health conditions, decreased activity, and emotional instability. Thus, the unhappiness that occurs in the elderly will result in various health problems and psychological problems such as feelings of worthlessness, feelings of being ignored, anxiety and others. therefore support from family and people around the elderly plays a very important role in increasing the level of happiness and zest for life of the elderly so that the hope and welfare of life for the elderly will increase (Amelia, 2018).

According to Seligman (2005) states that happiness is a concept that refers to positive emotions felt by individuals and positive activities that do not have a feeling component at all or are liked by individuals. According to Harmaini & Yulianti (2014) states that happiness is a feeling that can be felt by everyone, but the way to get happiness depends on how a person perceives or gets that happiness. There are also

those who think that if you have a lot of money and have everything you want, you will be able to feel happiness.

According to Seligman (2005) states that in reality individuals want positive emotions, but often choose countless imaginary shortcuts to feel happy, such as through narcotics, chocolate, sex without love, shopping, masturbation, and television. Happiness obtained in this way is only temporary, so it will not lead to complete happiness. These activities lead to dependence or can even cause depression. Happiness as a positive emotion obtained through shortcuts will reduce the value of happiness itself. These shortcuts make the individual a different person. According to Diener (2007) states that happiness is something more than an achievement of goals, due to the fact that happiness is always associated with good health conditions, achievement and awards and so on.

According to Seligman (2005) explains that the characteristics or predictors of happiness in a person where there is gratitude, namely a pleasant feeling that is obtained from the benefits in life, feelings of optimism and hope, which is a form of positive thinking to see the events experienced and also hopes that provide reinforcement to the individual self, social life, namely the ability to socialize well within the individual, marriage, namely happiness in marriage will make it more harmonious, health and religiosity.

From some of the descriptions above, the researcher can conclude that the definition of happiness in this study is the pleasure and peace of life physically and mentally achieved through the satisfaction of fulfilling needs and expectations which are used to improve self-function. The satisfaction that the individual gets is a sign that the individual is happy. The more individuals feel satisfied, the happier the individual.

According to Sarafino & Smith (2011) states that social support is a pleasure, attention, appreciation, or help that is felt from other people or groups. Sarafino (1994) stated that social support refers to providing comfort to others, caring for them or respecting them. Social support can make a person feel comfortable, supported, loved when the individual is under stress, builds feelings of self-esteem, competence and value. So that it can make individuals feel able to face obstacles or difficulties in carrying out something. In addition to feeling social support, the elderly must also be able to feel the happiness needed while living at home alone or with family. The needs of the elderly include a need for a sense of comfort for themselves and a sense of comfort in the environment around them. if these needs are not met it will have an impact on the emergence of problems in the lives of the elderly which will decrease the feeling of happiness in the elderly (Nurhidayah & Agustini, 2012).

According to Cohen & Syme (1985) states that social support is a relationship between individuals in which individuals provide mutual assistance, trust and mutual respect. This social support will enable individuals to better understand themselves and solve problems encountered because of the help or presence of other individuals. According to House (1989) explains that the characteristics of social support consist of informative, namely overcoming the problems faced, emotional attention, namely

assistance in the form of sympathetic support, empathy and love given to the elderly, instrumental assistance, namely to make it easier for someone to carry out their activities. in order to simplify the problem, and assessment assistance, namely by providing a form of award given to someone based on conditions.

Based on the description above, it can be concluded that this social support as a support that gives pleasure, attention and help that is felt by others and this can eliminate or reduce stress from various problems and pressures, and during this old age the elderly really need something called social support from loved ones, both family and children.

Based on initial observations conducted by researchers with several elderly people in Nagari Siguntur on November 5 2022, it is known that some of these elderly feel cared for and cared for by their children, grandchildren and there are also those who still have husbands because the elderly feel they are always cared for. pay attention to and take care of the health of their family members, even to the point where they are not allowed to work in order to maintain the physical, health and comfort of the elderly. From that, there are also the elderly who are left behind by those closest to them such as husbands, wives, parents, or children who have died before, and even deliberately abandoned by their families because they are unable to take care of their elderly family members and there are also those who work hard. to meet their basic needs on a daily basis and there are also those who get ostracized and are not cared for by the people around them. Thus, the elderly feel unhappy, stressed, lonely, even depressed which in the end these elderly cannot feel happiness in their lives.

Based on the results of the researcher's interview with the subject with the initials N, it was found that so far he did not feel cared for because the child or family had deliberately left him for reasons of not being able to take care of him anymore and from some of these elderly neighbors there were those who excluded him and did not care about the presence of this elderly. when asked about his job, the elderly are still working because this is to fulfill their daily needs. From this, this elderly does not feel the happiness that he feels because there is no love, comfort and a sense of being appreciated by the family and the environment around where the elderly live.

Based on the results of interviews with the subject with the initials SA, it was found that these elderly people still have husbands and families who always pay attention to their health and always maintain their food intake and nutrition. From the husband's side or the family of this elderly person, they do not allow him to work because in order to keep his stamina fit and avoid diseases that can have a negative impact on the elderly. When asked, this elderly really likes when gathering with friends in an activity such as at the mosque when this elderly attends yasinan wirid and religious lectures where in these activities the elderly can also exchange stories with friends who are at the event. Thus, these elderly people feel happy in their old age because there are always the closest people and the environment who always love and care for them.

In the research of Khuzaimah & Anggraini (2021) in this study stated that the link between social support and happiness is interrelated where there is a significant positive relationship between social support and happiness in the elderly who live at the Medan Binjai Elderly Social Service UPT. This means that the more or higher the attention an elderly person gets, the higher the happiness the elderly gets, and vice versa, if the social support or attention the elderly gets is low, the happiness the elderly gets will also be lower. The results in this study also support what was previously found by Moeini et. al (2016) stated that high social support can increase the happiness level of the elderly. Furthermore, it is said that the quality and quantity of support can be considered as a determinant or predictor of the right happiness for the elderly. Based on the results of the research above it was concluded that social support from people around and from the family is needed by the elderly because with social support and good attention from the family and people around them, the happiness felt by the elderly will be created and obtain comfort and peace both physically and mentally. Conversely, if the social support obtained by the elderly is less than that of the family and friends around them, happiness will not be obtained by the elderly.

RESEARCH METHODS

This study uses quantitative research methods with correlational methods. Quantitative research is a research method used to examine certain populations or samples with quantitative/statistical data analysis, with the aim of testing the hypotheses that have been set (Sugiyono, 2011). The correlational method is research to determine the relationship between variables or several variables with other variables (Winarni, 2011). This research was conducted in Siguntur Dharmasraya village. With a population of 208 elderly and a sample of 68 elderly, the aim was to determine the relationship between family social support and the happiness of the elderly in Nagari Siguntur Dharmasraya. With the sampling technique using *simple random sampling*. *Simple random sampling* is the taking of samples from members of the population which is carried out randomly without regard to the strata in the population (Sugiyono, 2011). In this study, the slovin formula was used for the level of research sampling. In this study the instruments that the researchers used were the social support scale and the happiness scale.

Based on the results of the reliability of the social support and happiness scales, the results are as shown in the following table.

Table 1. Social Support Scale Reliability (X)

Reliability Statistics	
Cronbach's Alpha	N of Items
.984	28

Based on table 1 above, the reliability of social support scale with value is obtained *cronbach's alpha* on a social support scale of $\alpha=0.984$. So it can be concluded that the scale of social support is reliable.

Table 2. Happiness Scale Reliability (Y)

Reliability Statistics	
Cronbach's Alpha	N of Items
.975	29

Based on table 2 above, the reliability of the happiness scale with value is obtained *cronbach's alpha* on a happiness scale of $\alpha=0.975$. So it can be concluded that the happiness scale is reliable.

The data analysis used in this study was tested using data analysis *One-Sample Kolmogorov Smirnov* for normality test, *deviation of linearity* (ANOVA) to test linearity and test the hypothesis with correlation *product moment* by using programs *SPSS for Windows seri 22*.

RESULTS AND DISCUSSION

Based on the results of the categories and percentages of the descriptive analysis on the variables of social support and happiness, the results are as shown in the table below.

Table 3. Results of Social Support and Happiness Categories

Variable	Category		
	Low	Current ly	Height
Social Support	8	37	23
	(11,4%)	(54,4%)	(33,8%)
Happiness	5	39	24
	(7,4%)	(57,4%)	(35,3%)

Based on table 3 above, it is found that the variables of social support for the elderly who are in the low category are 8 elderly people (11.8%), those who are in the medium category are 37 elderly people (54.4%) and those who are in the high category

are 23 elderly people (33.8%), it can be concluded that social support for the elderly in Nagari Siguntur Dharmasraya is in the moderate category.

Based on table 3 above, it is found that the happiness variable for the elderly who are in the low category is 5 elderly people (7.4%), those who are in the medium category are 39 elderly people (57.4%) and subjects who are in the high category are 24 elderly people (35.3%), it can be concluded that the happiness of the elderly in Nagari Siguntur Dharmasraya is in the medium category.

The normality test is used to examine the normality of the variables to be examined whether the data are normally distributed or not (Sugiyono, 2015). Based on the normality test results related to social support and happiness variables calculated by the program *SPSS for Windows seri 22* the results obtained as contained in the following table.

Table 4. Normality Test Results
One-Sample Kolmogorov-Smirnov Test

		Unstandardized Residual
N		68
Normal Parameters ^{a,b}	Mean	.0000000
	Std. Deviation	10.46226833
Most Extreme Differences	Absolute	.105
	Positive	.069
	Negative	-.105
Test Statistic		.105
Asymp. Sig. (2-tailed)		.062 ^c

a. Test distribution is Normal.

b. Calculated from data.

c. Lilliefors Significance Correction.

Based on table 4, it is found that the variables of social support and happiness have a normal data distribution which is tested using *one-sample Kolmogorov-Smirnov* an unstandardized residual score was obtained with a sig value of 0.062 which means greater than 0.05. So it can be concluded that the variables of social support and happiness are normally distributed.

The linearity test is used to determine linearity data, namely whether two variables have a linear relationship or not (Thein et al., 2021). Based on the results of the linearity test on the variables of social support and happiness calculated by the program *SPSS for Windows seri 22* the results obtained as contained in the following table.

Table 5. Linearity Test Results

ANOVA Table							
			Sum of Squares	df	Mean Square	F	Sig.
Social support t* Happiness	Between Groups	(Com bined)	11295.602	35	322.731	1.877	.038
		Linearity	7044.632	1	7044.632	40.967	.000
		Deviation from Linearity	4250.970	34	125.029	.727	.819
	Within Groups		5502.633	32	171.957		
Total			16798.235	67			

Based on table 5 above, the results of the linearity test using the deviation of linearity obtained a sig value. $0.819 > 0.05$. So it can be concluded that there is a linear relationship between the variables of social support and happiness.

The hypothesis test used in this study if the data is normally distributed is the product moment correlation (Sugiyono, 2018). Based on the results of hypothesis testing on the variables of social support and happiness calculated by the program *SPSS for Windows seri 22* the results obtained as contained in the following table.

Table 6. Hypothesis Test Results

Correlations			
		Social Support	Happiness
Social Support	Pearson Correlation	1	.648**
	Sig. (2-tailed)		.000
	N	68	68
Happiness	Pearson Correlation	.648**	1

Sig. (2-tailed)	.000	
N	68	68

** . Correlation is significant at the 0.01 level (2-tailed).

Based on table 6 above, the results of the product moment correlation with the Sig (2-tailed) value between social support (X) and happiness (Y) are $0.000 < 0.05$, this means that there is a significant relationship between social support and happiness. Based on the calculated r value of the variable social support (X) and happiness (Y) is $0.648 > r \text{ table } 0.235$, it can be concluded that there is a relationship between social support and happiness. Because r arithmetic or *Pearson Correlations* in this analysis is positive, it means that if family social support is high then the happiness of the elderly will also be high. conversely, if family social support is low, the happiness of the elderly will also be low. Based on the value of r count (*Pearson Correlations*) of 0.648, it can be obtained that the relationship between family social support and the happiness of the elderly has a strong relationship.

Based on the results of the research above, this research is also supported by the results of other studies which state that there is a significant relationship between social support and happiness (Yenny, 2016) which states: there is a relationship between social support and happiness in the elderly living in in UPTD Medan Binjai elderly social services with $r_{xy} = 0.514$ and $p = 0.001$ ($p < 0.005$). This shows a positive relationship between social support and happiness, where the higher the social support, the higher the happiness, and conversely, the lower the social support, the lower the happiness.

The results of another study which also stated that there was a significant relationship between family social support and the happiness of the elderly, namely the results of research from (Maria, 2020) which stated: the results of the correlation research obtained $r_{xy} = 0.745$ with a p value < 0.01 which indicates that the hypothesis is accepted namely the existence of a positive relationship between social support and happiness in the elderly. The higher the social support, the higher the happiness experienced by the elderly, and vice versa.

According to Kuntjoro (2002) reveals that someone who is entering old age, social support from family and from other people becomes very valuable because it will add peace and comfort to his life. The ability to get attention and social support for the elderly in Nagari Siguntur is very much needed, because the environment and family are places for the elderly to tell stories and socialize and seek comfort and peace. This shows the importance of attention and support from family and the environment for the elderly because it can overcome various problems faced by the elderly, especially comfort and peace in their lives.

According to Sarafino (2002) with social support, it can lead to comfort, attention, appreciation and support that a person will later receive from other people or from a group of people. This social support can come from various parties, but social support

from the closest people is the most important. related to happiness can be felt by carrying out a series of activities that are liked, carrying out activities with enthusiasm, thinking positively, interacting with the environment and fostering good friendships and maintaining close relationships or closeness with family (Rahardjo, 2007). According to Diener (2009) states that one of the most important sources of happiness is personal relationships, marriage, friendship, intimacy and social support. Social support is an interesting phenomenon in psychology because it can potentially help and understand the relationship between individuals and social support. This relationship can even involve various aspects of social support received by individuals or in social communities from other people and the wider social environment. Even in Indonesian culture, naturally social support is a social relationship.

According to Haditono (1993) states that harmony between individuals and the surrounding environment, warm feelings and peace in the family environment can be something that gives happiness to the elderly and peace of mind in family members, including the elderly. But on the contrary, if the family environment can no longer provide comfort, warmth, and good social acceptance for the elderly, this will also cause depression for the elderly. The relationship between the elderly and the surrounding environment is very influential, starting from social interactions within the family to the surrounding environment. With good support from family and the environment will make the elderly feel valued. The happiness of the elderly is influenced by several factors that cause the elderly to remain useful in their old age, namely the ability to adapt and accept all the changes experienced by the elderly, appreciation and reasonable treatment from the environment of the elderly (Kuntjoro, 2012).

According to Sunaryo (2004) states that stress experienced by the elderly is a disturbance to the body and mind of the elderly caused by changes and demands of life, which are influenced by the environment and individual appearance in the environment. Stress occurs because there is no readiness for the elderly to accept changes in the new environment. Indriana (Irman et al., 2019) states that uncertainty and efforts to go against the flow of changes will actually place the elderly in a wrong position, which will eventually become a cause of stress and frustration. This means that the stress experienced by the elderly is caused by unpreparedness to accept changes in adaptation.

According to Ogden (2000) social support affects health by protecting individuals against the negative effects of severe stress. The function of social support to protect health is especially effective when encountering strong stress because with increased social support received by the elderly it can maintain endurance and improve the health of the elderly. With social support this will have a positive effect on the elderly because it can reduce stress, depression and this will also increase the happiness felt by the elderly.

Based on the opinion above, it can be understood that the existence of social support, especially from family and friends around, greatly determines the level of happiness of the elderly because it is there that the elderly can feel warmth, love, care, and peace of mind which can add to the happiness felt by the elderly with provide full social support from family, friends and partners. When someone gets social support, that person will feel calm, cared for, loved and confident. In this case the happiness felt by the elderly is a form between humans and their environment where the elderly can be happy alone but the elderly will feel more happiness if they are given a sense of affection and love from their family and the surrounding environment. This also provides a truth that happiness is not selfish but can be shared with other people and their environment.

In cases or phenomena at this time with the increasing number and increasing number of elderly people in Indonesia who are experiencing stress and even depression caused by a decrease in social support that the elderly get. This happens because many elderly have been neglected by children, family, friends and even the surrounding environment who do not care about the existence of the elderly. As this increases, the happiness felt by the elderly decreases, which has a negative effect on the elderly, such as a decrease in physical, psychological function and even stress and a decline in the health of the elderly.

In QS. Ad-Dhuha verse 1-11 which means: 1. *By the time the sun rises*, 2. *And by the night when it is quiet*, 3. *Your Lord will not leave you and will not hate you*, 4. *And indeed the end is better for you than the beginning*, 5. *And in the future your Lord will surely give you a gift His to you, then (your heart) becomes satisfied*, 6. *Didn't he find you as an orphan and then he protected you?*, 7. *And he found you as a confused person and then he gave guidance?*, 8. *And he found you as a person in need and then he gives sufficiency?*, 9. *As for orphans, then you should not act arbitrarily!*, 10. *And for those who beg, then you should not reprimand them!*, 11. *And for the favors of your Lord, then you should mention them (gratefully)*(Qs. Ad-Dhuha 93: 1-11).

According to Qutb (2000) states that this Surah is a touch of affection, mercy, love and loving hands that wipe away pain and suffering. It also breathes love, pleasure, hope, shade, serenity, and confidence. This letter is specifically to comfort, please and reassure the Prophet Muhammad SAW. This letter was sent down because Rasulullah Muhammad SAW felt worried after a long time the revelation from Allah SWT did not come down. Moreover, the polytheists mocked the Prophet Muhammad for being abandoned by Allah SWT. This letter refutes the accusations of the polytheists, and shows that Allah SWT is still with Rasulullah Muhammad SAW. Even though this letter is specifically addressed to the Prophet Muhammad SAW, through this letter we can see how social support can be given to others. Based on the surah above, there is an explanation regarding the form of social support given by Allah SWT to Rasulullah SAW and its benefits. The benefit that the Prophet felt after receiving this support was

the increase in the welfare felt by the Prophet, where his heart became calm and spacious, and his burden felt lighter. Rasulullah SAW was also told to continue to provide support and attention to others.

Based on the results of research by researchers with the phenomenon and also the theory that has been put forward, it can be concluded that there is a significant relationship between family social support and the happiness of the elderly in Nagari Siguntur, Dharmasraya.

CONCLUSION

The results of the research and discussion that have been carried out by researchers regarding "The Relationship between Family Social Support and Elderly Happiness in Nagari Siguntur, Dharmasraya". So it can be concluded that there is a significant relationship between family social support and the happiness of the elderly in Nagari Siguntur, Dharmasraya. We can see from the value of the correlation coefficient of family social support with elderly happiness of 0.648, which is positive, which indicates a positive direction of correlation. The purpose of a positive relationship here is that if family social support is high, the happiness of the elderly in Nagari Siguntur, Dharmasraya will be high. Conversely, if family social support is low, the happiness of the elderly in Nagari Siguntur Dharmasraya will also be low.

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