

ELDERLY SELF ADJUSTMENT AT TRESNA WERDHA BLITAR SOCIAL SERVICES TULUNGAGUNG DORMITORY

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ABSTRACT

This research is motivated by the living conditions of the elderly who must feel living in social service institutions or orphanages. Being separated from family, limited family care and neglect are some of the reasons why the elderly live in orphanages. The elderly who are in the orphanage are required to be able to adapt, both to various rules, to the physical and social environment. This study aims to describe the characteristics of the elderly, personal adjustment, social adjustment and the barriers of the elderly in adjustment. This study uses a qualitative approach with a descriptive method. Data collection techniques through in-depth interviews, participatory observation and documentation studies. Purposive sampling technique to determine six informants, consisting of the elderly and nursing home staff. Examination of the validity of the data and data analysis techniques using qualitative tests. The results of the study indicate that there are still elderly informants who have problems in personal adjustment, namely there are elderly who have not been able to accept their physical conditions and illness conditions, so they experience emotional shocks such as complaining and feeling disappointed in themselves. While in social adjustment, there are elderly who experience problems in interacting, have disharmonious relationships, and obstacles in interacting with nursing home staff due to distrust of nursing home staff. The conclusion of the research is that the adjustment of the elderly requires social support from professional caregivers, especially because the elderly who are in the orphanage are rarely visited by their families. The main recommendation is the need for caregivers who understand the needs of the elderly, it is also necessary to develop individual and group therapies that will help the elderly to be able to enjoy their old age well in the orphanage.

Key words: *self adjustment, elderly, social services, Panti Werdha*

INTRODUCTION

Enjoying old age and being happy surrounded by loved ones is everyone's dream in old age. However, not everyone can enjoy their old age comfortably, live with their family and fulfill their living needs adequately. The phenomenon in Indonesia and in various parts of the world

is that there are elderly people who cannot enjoy their old age with their families. They live separately from their families and live in an orphanage. The choice of living in an orphanage for the elderly is caused by their own desire to be with other elderly people and not wanting to bother the family. In other conditions, there are elderly people

who are forced to live in orphanages because they are separated from their families, or the family does not have the ability to care for or meet their needs, so that the neglected elderly are elderly who have potential but are not met by their family's needs.

This study aims to determine the characteristics of the elderly, personal adjustment, social adjustment and the barriers of the elderly in adjusting to the orphanage environment. To be able to achieve the coveted welfare of life, a person must grow and develop into a mature, independent human being and able to adapt to the environment in accordance with the development of his life (Zulamri, 2018).

Research on the adjustment of the elderly in nursing homes or also known as social welfare institutions (LKS), is important because nursing homes are the last alternative or last resource that can be accessed by the elderly after the family is unable or willing to provide care. The adjustment of the elderly will provide opportunities for the elderly to be able to improve their quality of life, by enjoying their old age well and having a harmonious relationship with the environment.

According to Desmita (2009) self-adjustment is a broad and complex psychological construct, and involves all individual reactions to demands from both the external environment and from within the individual himself. In another sense, the problem of adjustment involves all aspects of an individual's personality in his interactions with his inner and outer environment. Based on Atwater's theory (Virgadewi & Lestari, 2018) it is known that basically self-adjustment has two

aspects, namely personal adjustment and social adjustment. Personal adjustment is the ability of the elderly to accept their circumstances so that they can create a harmonious relationship between themselves and the surrounding environment, while social adjustment occurs within the scope of social relations where individuals live and interact with other individuals.

According to Law No. 13 of 1998, the elderly are those who have entered the age of 60 years and over. Many terms are known to the public to refer to elderly people, including elderly which stands for elderly and seniors which stands for elderly people. Whatever term is applied to individuals who have entered the age of 60 years and over is not more important than the reality faced by most individuals of this age. They have to adapt to various changes, both physical, mental, and social. Changes in life that must be faced by elderly individuals in particular have the potential to be a source of stress in life.

The elderly population is increasing in number in line with the increase in life expectancy. According to data from the Central Statistics Agency (BPS, 2019), in almost five decades, the percentage of elderly people in Indonesia has approximately doubled, namely to 8.97% (23.4 million) where elderly women are about 1% more than men (9.47% vs 8.48%). In 2020 there are already five provinces that have an old population structure where the elderly population has reached 10 percent, namely: DI Yogyakarta (13.90 %), Central Java (12.46 %), East Java (12.16 %) , Bali (10.79%) and West Sulawesi (10.37%). This shows that the

elderly population is increasing consistently from time to time. The increasing number of elderly in Indonesia raises a new reality, namely the increasing number of elderly living in social institutions (Assagaf & Nilawati, 2021).

Elderly homes in Indonesia, also known as nursing homes, also known by other names, namely nursing homes, are Social Welfare Institutions (LKS) for the elderly, which are provided by the government for the elderly who need institutional or nursing services. In Western countries it is called retirement home or oldpeople's home/oldage home which is a place to live for the elderly who are preferred because this place allows the elderly to live without depending on their children or family. In Indonesia, the reasons are slightly different because most of them are neglected elderly people whose basic needs are not met, including care or family support. The existence of the elderly in a nursing home is not a hope or a dream because the elderly are often afraid that they will live in a nursing home in their old age. There is an assumption that the orphanage is a place where they are sent to die, neglected and forgotten by their families. In addition, the nursing home is used as an alternative shelter for the elderly who cannot live with family members for any reason. However, in reality, nursing homes still have an important role to provide various services for the elderly, fulfilling the needs of the elderly that cannot be fulfilled by the family.

Adjustment of the elderly in nursing homes is an important thing and in the process it is necessary to have coordination from several related parties to help each

other in order to create a comfortable home environment for the elderly. This is considered important because failure to adjust can have a negative impact on the elderly themselves, in the form of poor quality of life. Whereas the orphanage is also considered as the last alternative in placing care for the elderly. In the orphanage, the elderly can share their feelings, preferences, life experiences with other elderly people. Although on the other hand they must obey the rules that have been set in the orphanage. They live in an institutional setting with some institutional rules and regulations (Panday Rishi & Srivastava Prashant, 2017). The problem of incompatibility with the orphanage environment is one of the problems that arise in the elderly who live in the orphanage. Incompatibility, both physically and socially, often results in a decline in the quality of life of the elderly. This condition cannot be ignored because basically the existence of the orphanage is to help provide for the needs of the elderly that cannot be provided by their families.

Tresna Werdha Blitar Social Services or also called Panti Werdha Blitar in this study, managed by the Social Service of East Java Province is one of the government institutions that provides social welfare services for the elderly. This orphanage has two dormitory locations, namely Blitar Dormitory and Tulungagung Dormitory. Both dormitories have a capacity of around 135 people. This research was specifically conducted at the Tulungagung dormitory which has a capacity larger than the Blitar Dormitory, which is 80 people. The results of observations and preliminary research

indicate that there are several elderly people at the Tresna Werdha Blitar Social Service, Tulungagung dormitory who have problems in their social adjustment, they experience feelings of depression caused by lack of family visits, incompatibility with friends, or with orphanages, and also for The elderly who have just settled in the

METHODE

This study uses a qualitative approach with a descriptive method, to provide a complete, detailed, and in-depth description of the people and behaviors observed from the research target. The term self-adjustment in this study is the ability of the elderly to make personal adjustments as well as social adjustments, so that a harmonious relationship is achieved between themselves and their new living environment, namely in an orphanage where the elderly interact with other people.

The primary data source in this study was direct information obtained from informants, namely three elderly people and three nursing home staff, namely the caretaker of the homestead which was obtained using purposive sampling. The informants were taken from three existing dormitories, namely Wisma Melati, Wisma Mawar and Wisma Tulip. Elderly who have adjustment problems based on referrals from home care caregivers. Researchers conducted in-depth interviews with informants and made observations using the health protocol applied in the orphanage. Interviews were conducted in their spare time when the elderly informants were not participating in the routine activities of the orphanage. Secondary data sources were obtained through written sources in the orphanage, book literature, relevant research results, documentation, statistical data, institution

orphanage have difficulty adjusting to their new environment. Some of these problems often make the elderly lose their enthusiasm for life, become sad and even experience pain. This condition is of course very concerning because the purpose of the orphanage is to improve the quality of life for the elderly.

profiles, articles, photos, recordings or case records and other data relevant to research on the adjustment of the elderly in the service. Tresna Werdha Blitar Social, Tulungagung dormitory. The secondary data obtained were analyzed by looking at the relationship between the data and ruling out unnecessary data.

Checking the validity of the data using the Credibility Test; prolongation of observations, increasing persistence, triangulation and use of reference materials. Transferability test, with a detailed, clear, systematic, and reliable description, so that other people can understand the research results. Dependability test, carried out by conducting an audit of the entire research process. Confirmability test through testing the results of research conducted in the trial examination process of research results. The data analysis technique used refers to Sugiyono (2019), namely reducing the data and then presenting the data. The presentation of the data will be in the form of narrative text, brief descriptions, charts, and relationships between categories. Drawing conclusions, from the data that has been obtained. The conclusion is answering the problem formulation, finding answers to problems, problems, or needs related to the adjustment of the elderly at the Tresna Werdha Blitar Social Service, Tulungagung dormitory.

RESULT

1. Characteristics of Informants

Table 1. Characteristics of Informants

No	Informan	Age (years)	Education	Status	Sex	Length stay in the orphanage	Reason for Entering the Orphanage	Information
1	RML	69	Elementary school	Widower	M	7 months	Unknown to his family	Elderly
2	SR	65	Junior High School	Widow	W	11 months	No family to take care of	Elderly
3	SMN	72	Elementary school	Widow	W	7 months	No family to take care of	Elderly
4	W	45	Bachelor degree	Married	W	13 years	Working in an orphanage	home caretaker
5	L	51	Senior High School	Married	W	15 years	Working in an orphanage	home caretaker
6	R	38	Diploma	Married	W	5 years	Working in an orphanage	home caretaker

From table 1 above, it can be seen that all of the elderly have no spouse (widow/widower) and there is no family who can take care of them. RML has no children, SR has children but never met, SMN has children but has died. Informants RML and SMN entered the orphanage on the advice of the local village head by the village officials escorted to the orphanage, because RML and SMN were very worried about living alone in an uninhabitable house. Meanwhile, the elderly informant, SR, was put into an orphanage by the closest family, because the family's condition was very unable to provide care. The three elderly informants have good physical conditions so they can still carry out daily activities, especially for daily self-help. This condition indicates that the three informants fall into the category of potential and independent elderly. Other information from the research is that RML and SMN informants graduated from elementary school, worked as laborers and drivers when they were young. The informant who graduated from junior high school is SR, once worked as a successful

trader, but then went bankrupt and was abandoned by his family.

2. Self Adjustment

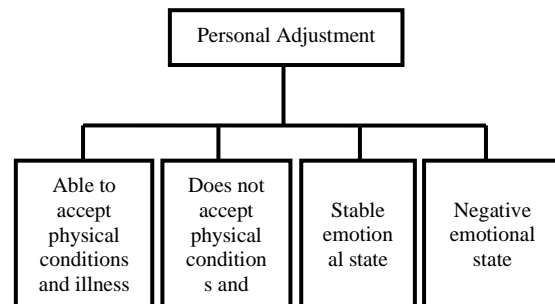


Diagram 1. Personal Adjustment of Elderly Informants

The results of the study in chart 1 above show that the ability of elderly informants in personal adjustment, namely, the ability to accept physical changes and disease conditions was well received by elderly RML and SMN informants. Both informants accepted the changes that occurred sincerely and gratefully because they felt that it was a natural process that occurred to them when they entered old age. RML and SMN also have a calm and stable emotional state. While the elderly informant, SR, is less able to accept the physical changes that occur and the

condition of the disease he is suffering from because SR thinks that it is the result of the actions of people who want to disturb him so that it affects the emotional condition of the elderly informant SR. SR shows unstable emotions, indicated by frequently complaining, gloomy and sad about changes in physical condition and the condition of the illness he is suffering from.

3. Social Adjustment

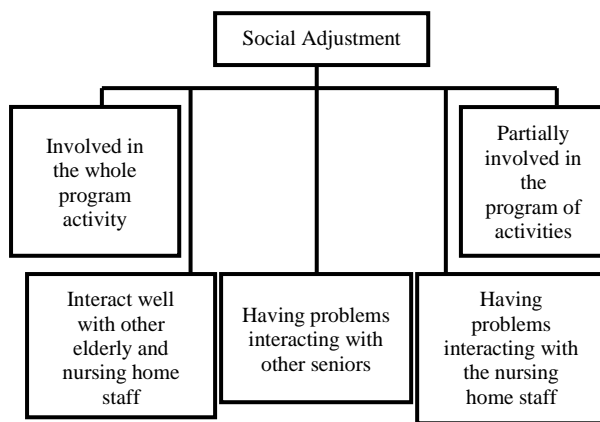


Diagram 2. Social Adjustment of Elderly Informants

The results of the research in chart 2 above show that the ability of elderly informants in social adjustment can be seen from the ability to interact with fellow elderly people, nursing home staff, involvement in program activities and compliance with applicable regulations, which were well received by one elderly informant, namely senior high school informants. . Meanwhile, two other elderly informants had poor social adjustment. It was shown by an elderly RML informant who had a dispute with a fellow elderly person in his guest house which caused a disharmonious relationship between an RML elderly informant and one of his friends. In addition, the RML informants

were also less actively involved in participating in the activity programs at the orphanage due to the frequent recurrence of leg cramps. While the form of social adjustment is not good for elderly SR informants, it is indicated by the distrust of elderly SR informants towards nursing home staff when they want to consult about the problems they face. SR informants also only participated in part of the activity program, the reason being that they were not interested, such as skills guidance.

4. Barriers to Adjustment

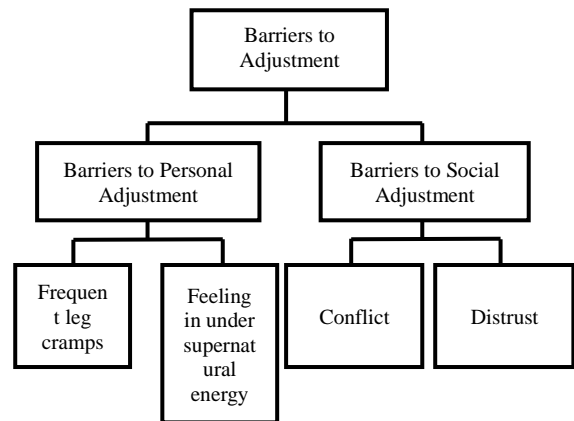


Diagram 3. Barriers to Adjustment

The results of the study in chart 3 above show that there are barriers to adjustment by elderly informants including personal adjustment and social adjustment.

- a. a. Barriers in personal adjustment of the three informants experienced by elderly informants RML and SR. The form of obstacles experienced by elderly RML informants is leg cramps that often recur so that they are not free to carry out daily activities. Meanwhile, elderly informants, SR, have obstacles because they feel used by people.
- b. b. Barriers in social adjustment were also experienced by two elderly

informants, RML and SR. RML's elderly informants had difficulties in interacting with one of their homestead friends because there had been a dispute between them. Meanwhile, SR elderly informants have obstacles in interacting with nursing home staff due to the distrust of elderly SR informants towards nursing home staff in responding to problems.

DISCUSSION

Characteristics of Informants

Based on the results of the study, it is known that the age of two elderly informants is in the category of young elderly, namely aged 65 and 69 years, while one informant is included in the category of middle elderly, namely 72 years old. However, the three informants are still able to carry out self-help activities in carrying out daily activities. Even though the decline in the physical condition of the elderly who are aging will affect their physical abilities, so that activities are limited. This condition shows that the three informants are still classified as potential and independent elderly groups. The status of a widow/widower also shows that the loss of a spouse in old age is a definite problem, however neglect in old age due to the loss of a spouse can actually be overcome if you have adequate family support. These three elderly informants are in the orphanage because there is no family to care for them, so they are categorized as neglected elderly.

Elderly informants who enter the orphanage must of course recognize and understand the condition of the orphanage starting from the rules of the orphanage, the presence of other elderly people, the

activities of the orphanage and the environment of the orphanage. Elderly informants who have only settled for seven months and the elderly who have settled for eleven months, the results of this study show that they are both able to understand and recognize the condition of the orphanage. The researcher also found that the informants who had lived for eleven months did not fully recognize the condition of the orphanage. This shows that the elderly who have been living in an orphanage for a long time or have not lived in an orphanage do not affect their ability to recognize and understand the state of the orphanage environment. Elderly character factors and physical and psychological conditions also have an effect, revealed in the results of this study.

The background of being in an orphanage for the three elderly informants was because they experienced neglect. Two elderly people were recommended by the village head to enter the orphanage, and one elderly person was brought by a relative. Partini (2016), suggests that families who accept their parents in a nursing home consider that the presence of an elderly person in an orphanage will be better than if they live with them, perhaps due to poor housing conditions, the absence of family members who can care for them, or limited economic conditions. , so that being in the orphanage is better for the elderly and for their children. However, it is not necessarily the case that the elderly can accept that they are placed in an orphanage, because they feel that they are no longer accepted by the family, as felt by the elderly informant SR. This means that not all elderly informants feel comfortable and

happy living in the orphanage because there are informants who enter the orphanage not because of their own desires but are included by their families.

Personal Adjustment

Elderly personal adjustment can be seen from the ability to accept various physical conditions, disease conditions and emotional conditions experienced by them.

a. Ability to accept changes in physical condition

Changes in physical conditions that occur in the elderly are a decrease in physical abilities, although the process and speed are different for each individual of the same age. Hurlock (2014) suggests that one of the factors that influence the adjustment of the elderly is a personal attitude in accepting an older age and changes in physical appearance due to increasing age.

Diane Papalia and Sally Wendkos Old (Romas, 2010) said that the important thing is that the elderly can make adjustments to the decline in physical strength and health. Self-adjustment can be done by accepting their physical limitations, being able to overcome excessive concern for physical conditions and doing activities that are at the same age as physical abilities. Acceptance of this physical condition will make it easier for the elderly to redefine the concept of comfort and happiness.

Based on the results of the study, it showed that two elderly informants (RML and SMN) were able to accept the physical changes that occurred such as gray hair, loss and thinning, tooth loss, facial shape changes due to tooth loss, wrinkled skin,

decreased vision, obesity so that the stomach enlarges. and distended, loosened muscles, wrinkled skin and dark spots, reduced stamina, hunched shoulders, sagging breasts in female informants, hand and leg muscles become loose, nails thicken and calcify, and legs become cramped frequently. Both informants (RML and SMN) accepted changes in various physical conditions without having to cover them up and both informants still felt grateful because they had been given a long life so they could feel old age. This is in accordance with the opinion of Partini (2016) which states that the elderly need to adjust to various decreases in physical function, with the intention that the decline is not felt drastically either by themselves or by others. This is also in accordance with the opinion of Atwater (1983) who argues that the success of personal adjustment is characterized by the absence of hatred, running from reality or responsibility, resentful, disappointed, or distrustful of his condition.

SR informants are less able to accept the physical changes that occur, because SR considers that some of these changes are the actions of people who want to disturb him. SR does not realize that these changes occur naturally when entering old age so that he feels complaining about the changes in his condition. This is also in accordance with the opinion of Atwater (1983) who argues that the failure of personal adjustment is characterized by emotional shock, anxiety, dissatisfaction and complaints about the fate that they experience, as a result of the gap between the individual and the demands expected by the environment.

b. Ability to accept disease conditions

According to Sheira Saul (Nugroho, 2012) suggests that one of the myths related to the elderly is that old age is a period of illness and setbacks. Old age is seen as a period of biological degeneration accompanied by various sufferings due to diseases that accompany the aging process. Based on research conducted by researchers on three elderly informants, it showed that the ability of the elderly to respond to the conditions of the disease they suffered was different.

There were two elderly informants (RML and SMN) who were able to accept the various disease conditions they suffered such as gout, cholesterol, hypertension and herpes. The ability of RML and SMN in accepting these various diseases is by going to the doctor, regularly taking medicine as recommended by the doctor and maintaining a healthy diet. Meanwhile, elderly informants SR who are less able to accept the conditions of the disease, such as diabetes and hypertension. It is shown that SR often complains and feels upset about his illness. SR informants are involved in unstable emotions so that they feel annoyed when their illness does not go away.

c. Ability to maintain stable emotions

Baltes and Schaie (Hurlock, 2014) argue that the emotional state of the elderly is more influenced by the decline due to age. Isnawati & Suhariadi (Pebrianti et al, 2020) also argue that good adjustment can be measured by how to cope with any changes that occur in their lives. Supported by the opinion of Parasari & Lestari (Pebrianti et al, 2020) who argue that the lack of ability to adapt psychologically to

the changes that occur in him, often results in psychosocial problems in the elderly. Based on the results of the study, it shows that the ability to accept the emotional conditions of all elderly informants is different in responding to the decline of various physical conditions, disease conditions and their social environment such as other elderly people, nursing home staff and applicable rules.

Based on the results of research conducted by researchers, it shows that two elderly informants feel happy, comfortable, and grateful to live in the orphanage because all their life needs are met such as housing and food and drink needs as well as nursing staff, social educators, doctors, nurses and uztad who always give attention when there are problems or complaints they experience. This is in accordance with the opinion of Hurlock (2014) which states that one of the successes of the elderly in adjusting is that if the elderly enter the nursing home voluntarily, not forced by others, they will feel happy and have a strong motivation to adjust to various situations. sudden changes brought about by the institution itself. One elderly informant, SR, who is less stable in emotions, is caused by diseases such as diabetes and hypertension, so that SR often complains and feels annoyed with the disease so that he often gets annoyed and disappointed in himself. This is supported by the opinion of Partini (2016) who argues that physical decline which then presents various functional disorders and diseases in the elderly does not only affect physical conditions but also affects their psychological conditions such as feelings of inferiority, isolation, useless, helpless,

sadness, loneliness and so on that hinder their activities. If this happens continuously without any effort to overcome it will lead to depression. The results of the research and Partini's opinion above show that there is a close relationship or relationship between physical conditions and psychological conditions in the elderly which, if this is not addressed immediately, will lead to depression.

Social Adjustment

Relationships with other elderly

Elderly informants who live in the orphanage environment, they interact with each other to build relationships with other elderly people when there are activities, greet each other when meeting, talk, share, go together to participate in activities, joke, watch TV together, help friends such as fetching rice, taking friends to the hall and visiting other guesthouses. However, not all elderly informants interacted with each other well, but only interacted with fellow elderly people who had close relationships or intimacy. Two elderly informants (SR and SMN) who have good social adjustment by always interacting with fellow elderly. One elderly informant (RML) who is less able to interact with other elderly people because there has been a dispute between them. In addition, RML also limits interactions with each other, especially with elderly women because they do not want to enter into relationships that involve emotions and only want to interact with other elderly people who are considered compatible with them or are familiar with them.

The condition of declining social interaction between the elderly and fellow

elderly in the orphanage can be caused by differences in the character of one elderly person with another. This is in accordance with the opinion of Hurlock (2014) which suggests that differences in character interfere with the elderly in communicating with others. On the other hand, the elderly according to Cumming and Henry (Nugroho, 2012) state that the elderly gradually begin to detach themselves from their social life or withdraw from their surroundings which results in the elderly's social interaction with people in their social environment decreasing, both physically and mentally. quality and quantity, thus experiencing barriers to social contact.

Relationship with caretaker/orphanage staff

Interaction with nursing home staff, especially homestead caregivers, is certainly unavoidable in daily activities. Social interactions between the elderly and the orphanage staff occurred, such as when going to the doctor, asking permission from the caretaker of the homestead to leave the orphanage. In addition, the caretakers of the homestead visit the guesthouses every day to clean the guesthouse, distribute medicines, inform something and ask the elderly so that at that time the elderly and the orphanage staff share information with each other.

Orphanage staff, such as homestead caregivers, social educators, social workers, doctors, nurses, and other officers, provide support to the elderly in the form of motivation, physical, psychological and social guidance so that the social welfare of the elderly increases. This is reinforced by the opinion of Toni Antonucci (Azizah,

2011) who argues that elderly social interactions with people who provide social support can provide a more positive view of the elderly themselves. However, in this study, social workers, social educators, doctors and nurses only came occasionally when there was a need for case access or examination.

Elderly informants (SR) do not have a sense of trust in the caretaker of the homestead. This is evidenced that SR prefers to consult with social extension workers who are not at the orphanage every day. SR consulted a social instructor because he wanted to find a solution to the problems he was facing, such as feeling annoyed with changes in his physical condition and illness. The problem of depression experienced by the SR informant affected his adjustment while living in the orphanage. SR felt annoyed and did not know how to solve the problems he faced. The absence of social workers who live in the orphanage, only coming once in a while, makes SR unreachable in mentoring services. Even though social work can be one of the right professions. This is in accordance with the opinion of Zastrow (Lestari, et al: 2014) which defines Social Work as a leading profession in the provision of social services to help people, individually, in groups, families, and communities, in solving social problems they face.

Participation in programs/activities

Other social adjustments are adjustments to orphanage programs/activities. Fadlurrohim et al (2020) argue that the existing social service

programs will have an impact on the elderly's self-acceptance in adjustment.

According to Neugarten (Partini, 2016) suggests that in order for the elderly to be successful, the elderly must continue to be as active as possible, such as maintaining social relationships, both physically and emotionally. Activities that are carried out just to fill spare time tend to reduce feelings of unhappiness in the elderly because of the many activities, the elderly who are undergoing retirement can divert their attention and focus from their own condition to other things that are useful both for overcoming their personal condition and for the environment. around (Ulfah, Thoha & Qohar, 2019).

Based on the results of the study, it can be seen that there is one RML informant who is less actively involved in following guidance such as physical guidance, social guidance and skills guidance due to his leg cramps that often recur so that it is hampered to participate in any existing activities. Likewise, SR informants who do not always follow the activities because they are sometimes lazy. Active involvement in every guidance activity is carried out by senior SMN informants, according to him because apart from obligations, they feel that guidance activities are very useful, such as: physical guidance (gymnastics) which makes them feel healthy and fit. Social guidance, which is provided in the form of material delivery and games that can improve the thinking power of the elderly so as to reduce senility and relaxation therapy activities by moving the fingers. Activities carried out in the form of group guidance, they also feel challenged to think so that it can help in

fighting senility or dementia. The skill guidance was felt to be fun, namely making crafts such as doormats, kemuncing and palm fiber brooms and broom sticks. Religious guidance, providing knowledge about things that are in accordance with the teachings of the Islamic religion so as to make oneself motivated in carrying out prayers and closeness to the Almighty.

According to Maslow, et al (Azizah, 2011) the religion or beliefs of the elderly are increasingly integrated in their lives so that the elderly are more organized in their religious life. The results showed that all of the informants carried out religious activities very well, one elderly informant (SMN) who performed prayers by sitting because he was not strong when doing prayer movements. Even so, all elderly informants can do it in an orderly manner.

Obedience to the rules of the orphanage

According to Soerjono Soekanto (2017) argues that norms basically aim for peaceful living together, which is harmony between order and peace. Someone who has been in an environment for a long time will get used to the norms, rules, and habits that exist in their environment. However, individuals who are faced with a new environment will make efforts to adapt (Ulfah, Thoha & Qohar, 2019). The results showed that elderly informants were able to obey all the rules that apply to joint discipline as residents of orphanages and guesthouses. The obedience of the elderly informants in obeying the regulations that apply in the orphanage is by participating in various guidance activities, maintaining the cleanliness of the homestead and personal hygiene, asking permission if they want to

leave the orphanage and not making a fuss with fellow elderly. This shows that all elderly informants can be said to obey and behave according to the rules set by the orphanage, both written and unwritten, unless someone is sick and does not participate in activities.

Elderly Barriers to Adjustment

An elderly who is in a new place will have difficulty adjusting such as not being satisfied with their environment, social criteria are not in accordance with their wishes and the elderly are not able to cope with the problem properly (Ulfah, Thoha & Qohar, 2019). These difficulties make it an obstacle for the elderly to make adjustments while in the orphanage.

a. Barriers to personal adjustment

According to Hurlock (2014), one of the factors that influence adjustment in the elderly is personal attitude towards physical changes caused by increasing age and chronic (chronic) disease conditions. The results of research with elderly informants show that the obstacles experienced in personal adjustment are:

1) Barriers to accepting physical conditions

There are two elderly informants (RML and SR) who still cannot accept the changes in the body. RML felt hampered by physical changes in his legs which often cramped so that he often felt uncomfortable and was not free to do activities. SR has not accepted the body changes he has experienced such as wrinkled legs and dark spots, hair loss and whiteness. These changes made SR complain, it also made SR hampered to carry out their activities.

2) Barriers to accepting disease conditions

In addition to having obstacles in accepting physical changes, SR informants also experienced poor acceptance of their disease conditions. SR's illness made him doubt whether it was true that he had diabetes or not because every day SR always took medicine regularly but he felt that he was not getting well soon either. This made SR sad and suspected that there was another cause, namely "using people".

b. Barriers to social adjustment

1) Barriers in interacting with other elderly people

The form of obstacles experienced by informants in interacting with fellow elderly is a less harmonious relationship (RML) because they do not understand each other and there are differences in character between the informant and other elderly, so there are still elderly informants who choose to avoid and do not want to mix with the elderly. an old man with whom he had a dispute.

2) Barriers in interacting with nursing home staff

The form of obstacles experienced by the informants in interacting with the nursing home staff was the distrust of the elderly informants towards the nursing staff. This distrust is the result when consulting SR informants feel that they

cannot find solutions to the problems they face, such as changes in physical condition and disease conditions that do not improve, so that SR informants always refrain from consulting when they face problems.

Social workers who occasionally visit the orphanage can actually be a source system for informants. Social workers can help the elderly to deal with the problems they face, including problems in adjusting to the elderly. This is in accordance with the opinion of Siti Napsiyah (Edi Suharto, 2011) who argues that social work is a profession of providing assistance for problem solving, empowerment and encouraging social change and human interaction and the environment at the individual, family, group, and community level to improve their welfare.

It can be added in this analysis that in addition to the barriers to adjustment of the elderly, there are factors that support the adjustment of the elderly. In this study, it was found that in addition to the physical condition of the elderly who were not too burdened with disease, there was also support from professionals such as social educators, doctors, nurses and also the support of homestead caregivers to be a very important social support system to help the elderly adjust to the orphanage.

CONCLUSION AND RECOMMENDATION

Conclusion

Tresna Werdha Social Services Blitar, Tulungagung dormitory is one of the

nursing homes under the auspices of the Social Service of East Java Province. PSTW Blitar was established to respond to the problems of the elderly which are increasing from year to year in East Java.

PSTW Blitar hostel Tulungagung provides social services to the elderly as many as 80 people with adequate facilities and infrastructure with the aim of improving the social welfare of the elderly, through various guidance activities such as physical guidance, religious guidance, social guidance and skills guidance.

The results showed that there were differences in the adjustment of elderly informants which consisted of personal adjustment and social adjustment. The characteristics of the informants, which are seen from age, gender, education, occupation, background of entering the orphanage, marital status and family conditions, based on research analysis also affect the personal adjustment of the elderly. Barriers, both in personal adjustment and social adjustment due to differences in physical condition and character of the elderly. The lack of availability of professionals, namely social workers owned by the orphanage, caused elderly informants who had problems to feel that they did not have the right people in the orphanage who could help solve their problems. This condition shows the need for a profession that understands the elderly with scientific backgrounds, skills and values in practicing with the elderly.

Recommendation

1. Nursing homes need to have professional staff who understand the characteristics of the elderly. Social work can be one of the right and needed professions because it has a professional framework based on knowledge, skills and values to work with the elderly. Professional assistance

will increase the ability of the elderly to adjust, namely in the form of increasing personal acceptance and increasing communication and relationships, as well as creating a harmonious relationship between the elderly and their environment in the orphanage, both physically and socially.

2. The need for program activities that can touch psychological and social problems in the elderly so that the elderly's emotional stability is maintained so that they can eliminate feelings of irritation, anger and disappointment in themselves. Psychosocial therapy with the selection of appropriate techniques such as counseling and modality therapy, group activity therapy. Group activities for fun, such as the use of group recreation, skill recreation groups can be suitable for building an atmosphere of intimacy and at the same time refreshing and improving certain skills.
3. The use of the casework method can also be used appropriately with techniques of ventilation, support, advice giving and counseling, motivation and reassurance. These techniques can encourage the elderly, build intimacy with the elderly as well as with social workers or caregivers in orphanages.
4. The activity program can be implemented because there are several strengths in the elderly in the form of enthusiasm and motivation, and also in the orphanage as a service institution, namely having service programs that can be developed with the support of infrastructure and budget.

5. 5. Suggestions for further research to explore the relationship or influence with correlational research or influence testing, the factors that significantly affect adjustment in the elderly. So that a deeper understanding of the influencing factors can minimize adjustment problems for the elderly in the orphanage.

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