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

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

INTRODUCTION

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

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

Paying attention to elderly well-being is also a way of honoring the contributions they have made to their families and communities. Ensuring that they can enjoy their remaining years with dignity and without neglect is important from a social perspective, as well-being is linked to greater financial and social security. It also helps to prevent the risk of poverty in old age, which can severely diminish quality of life. In addition, elderly well-being enables continued contributions to the community through knowledge, experience, and participation in beneficial social activities. Morally and ethically, supporting elderly well-being reflects high social values, demonstrating care for the most vulnerable members of society, and fostering social harmony and stability. Neglecting elderly well-being can have negative consequences not only for individuals but also for society at large, including increased healthcare costs and greater strain on the social welfare system.

Intergenerational economic support plays a crucial role in elderly health, even when minimal, while excessive financial support does not necessarily yield positive effects (Yuanfeng & Zu, 2023). Subjective life expectancy also mediates the relationship between such support and elderly health, further emphasizing its importance.

Elderly individuals experience physical, economic, and sociocultural decline, making them more vulnerable to disease. Thus, their protection and empowerment should be prioritized to maintain quality of life. This aligns with Sustainable Development Goal 3 (SDG 3), "Good Health and Well-being," which aims to ensure healthy lives and promote well-being for all ages. Target 3.4 of SDG 3 seeks to reduce premature mortality from non-communicable diseases by one-third through prevention, treatment, and the promotion of mental health and well-being by 2030.

Life expectancy is one indicator of government program success, as improvements in life expectancy often reflect better well-being and health. However, increased life expectancy also brings challenges (Rammohan & Magnani, 2015). If elderly people remain healthy, they can stay active and productive, but declining health increases medical costs, reduces income, and limits social and environmental support (Utami & Rustariyuni, 2016).

Indonesia has entered an "aging structured population" phase. In 2020, six provinces already had more than 10% elderly population: Yogyakarta, Central Java, East Java, Bali, North Sulawesi, and West Sumatra. This shift is largely due to improvements in nutrition, economic conditions, healthcare quality, birth control, and life expectancy. In Bali, life expectancy has shown an upward trend each year. In Denpasar, it reached 75.30 years in 2022, rose to 75.69 in 2023, and further to 76.01 in 2024. However, the yearly increases have been inconsistent, indicating that elderly well-being in Denpasar has yet to be maximized.

Data from 2022 show that West Denpasar District has the largest elderly population in the city, with 18,491 people. Although Denpasar has experienced a slight decrease in elderly numbers, it still has the highest elderly population among Bali's cities and regencies. The growing elderly population requires attention from all stakeholders to address the social, economic, and health implications of aging. If left unaddressed, these challenges could hinder development progress.

Well-being refers to the fulfillment of both material and non-material needs, including decent housing, adequate clothing and food, affordable and quality education, and healthcare. It is influenced by socioeconomic factors (education level, occupation, income, household conditions, residence), demographic factors (age, gender, culture, marital status), child quality, trust, social relationships, life events, health, and other

activities. Gender plays a significant role, as cultural norms assign different roles, functions, and responsibilities to men and women. Men are generally encouraged to be independent and assertive, while women are often expected to be more passive and dependent (Juditha, 2021).

Family support is another critical factor in elderly well-being. It provides emotional, financial, and social assistance, helping older adults feel loved, valued, and secure. According to Friedman (2015), family support involves positive interactions, care, and acceptance, all of which contribute to a sense of safety and dignity in old age.

Employment status is an important factor influencing elderly well-being. Older adults who still have opportunities to work or engage in productive activities tend to have higher self-confidence and a stronger sense of social involvement. Employment provides them with purpose, daily structure, and additional income, all of which can improve their quality of life. Darmayanti and Mustika (2024) conducted a study on the level of elderly well-being in Bangli District, using a sample of 100 older adults selected through purposive and accidental sampling methods. The results showed that health had a negative effect on well-being, while employment status and income had positive effects, and place of residence had no significant influence.

Another socioeconomic factor related to community well-being is employment. Employment status is closely tied to the income generated by workers. Higher income aligns with better living facilities and ultimately leads to greater well-being (Indrahadi, Habibi, & Ilham, 2020). Elderly individuals need a source of income to sustain a prosperous life. Advancing age should not be seen as an obstacle to continuing income-generating activities that strengthen both family and personal economic stability.

Marital status also affects elderly well-being, as those with a spouse tend to feel more emotionally supported and enjoy stronger social relationships. This can help reduce feelings of loneliness and isolation, which are common among older adults, especially those who have lost their partner. Lestari and Kartika (2020) examined the factors influencing elderly well-being in Mengwi District, Badung Regency, using a sample of 100 from a total population of 13,082 older adults. Data were collected through observation, structured interviews, and in-depth interviews, and analyzed using multiple linear regression. The findings indicated that education level, employment status, income, marital status, and access to healthcare all had significant simultaneous and partial effects on elderly well-being.

Marital status was found to influence participation in the workforce. Married elderly individuals were less likely to continue working compared to those who were unmarried. Unmarried or divorced elderly women, in particular, often continued working because they had lost their primary source of household income, making employment necessary to meet daily needs. Having a spouse can improve the quality of life and well-being of older adults by providing both financial and emotional stability.

Family dependents are another significant factor. The number of family members financially dependent on the elderly can affect their well-being both economically and psychologically. Older adults with many dependents may experience greater financial pressure, potentially reducing their overall well-being. Prayoga and Sudibia (2023) found that the number of family dependents significantly influenced elderly well-being.

Therefore, further research is needed to explore the factors influencing elderly well-being in West Denpasar District. The purpose of this study is to identify the key factors that most significantly affect elderly well-being in the district. Unlike previous studies, this research focuses on determining which specific variables have the greatest impact.

METHOD

This study employs a quantitative approach with an associative design to examine the influence of several variables on elderly well-being in West Denpasar District. The independent variables include gender, employment status, marital status, family dependents, and family support, while the dependent variable is elderly well-being.

The study was conducted in 11 villages/sub-districts with the largest elderly population in Denpasar City. A total of 100 respondents were selected using Slovin's formula and sampling techniques combining accidental and purposive sampling (Sugiyono, 2014; Wirawan, 2019).

Data were collected through observation, structured and in-depth interviews, and questionnaires. Quantitative data were measured using nominal, ordinal, and ratio scales, while qualitative data were used to enrich the analysis. Primary data were obtained directly from elderly respondents and key informants such as village heads and community leaders, while secondary data were sourced from documentation and reports from institutions such as the Central Statistics Agency (BPS). The research instruments were tested for validity and reliability using SPSS software to ensure accurate measurement of variables (Ghozali, 2016; Moleong, 2019; Hasan, 2018).

Data analysis was conducted using descriptive statistics and multiple linear regression to determine the effects of the independent variables on elderly well-being, both simultaneously (F-test) and partially (t-test). Before running the regression, classical assumption tests were conducted to ensure there were no issues with normality, multicollinearity, heteroscedasticity, or autocorrelation. The results are expected to provide an empirical understanding of the factors influencing elderly well-being in West Denpasar District, serving as a basis for formulating more inclusive social policies (Sujarweni, 2015; Sofyan, 2009; Utama, 2016).

RESULTS AND DISCUSSION
Research result
1) The welfare conditions of the elderly in West Denpasar District.

Table 1. Description of Elderly Welfare Variables

No.	Indicator	Respondents' Response Frequency					Average	Criteria
		1	2	3	4	5		
1	Physiological needs	0.0	1.0	3.0	50.0	46.0	4.41	Tall
2	The need for a sense of security	0.0	0.0	0.0	62.0	38.0	4.38	Tall
3	Social needs	0.0	0.0	1.0	57.0	42.0	4.40	Tall
4	Need for appreciation	0.0	0.0	2.0	68.0	30.0	4.28	Tall
5	Self-actualization needs	0.0	0.0	5.0	51.0	44.0	4.39	Tall
	Average Score of Elderly Welfare Variable						4.37	Tall

Source: Data attached to the author's thesis

Based on Table 1, the average value of the elderly welfare variable is 4.37, which is considered high. This indicates that the elderly generally feel a good level of well-being. The indicator with the highest average value is the physiological needs aspect, at 4.41, which is also considered high. This indicates that the elderly's basic needs, such as food, drink, shelter, and health, are being met. Meanwhile, the indicator with the lowest average value is the need for esteem, at 4.28, although still in the high category. These findings indicate that although the elderly feel sufficiently appreciated and respected, this aspect still has room for improvement to optimize their overall well-being.

2) **The simultaneous influence of gender, family support, employment status, marital status, and family dependents on the welfare of the elderly in West Denpasar District.**

Table 2. Results of Model Feasibility Test (F Test)

ANOVA						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	102,915	5	20,583	8,700	.000 b
	Residual	222,395	94	2,366		
	Total	325,310	99			
a. Dependent Variable: Y						
b. Predictors: (Constant), X5, X1, X2, X3, X4						

Source: Data attached to the author's thesis

The F-test results show that the calculated F-value is 8.700 and the significance value is 0.000, which is smaller than the significance value of 0.05 (0.000 < 0.05). These results indicate that gender, employment status, marital status, family dependents, and family support have a simultaneous (together) and significant effect on the well-being of the elderly.

3) **The partial influence of gender, family support, employment status, marital status, and family dependents on the welfare of the elderly in West Denpasar District.**

Table 3. Results of Multiple Linear Regression Analysis

Coefficientsa		Unstandardized Coefficients		Standardized Coefficients		
Model		B	Std. Error	Beta	t	Sig.
1	(Constant)	14,797	1,737		8,517	.000
	X1	.977	.319	.270	3,062	.003
	X2	-.290	.363	-.078	-.798	.427
	X3	.954	.405	.219	2,356	.021
	X4	-.105	.141	-.072	-.748	.456
	X5	.335	.100	.300	3,368	.001
a. Dependent Variable: Y						

Source: Data attached to the author's thesis

Based on Table 3, the multiple linear regression equation model in this study is as follows:

$Y = 14.797 + 0.977 X_1 + 0.954 X_3 + 0.335 X_5$

Based on table 3, the following hypothesis testing results were obtained.
a) The Influence of Gender on the Well-Being of the Elderly

The regression coefficient value obtained was 0.977 and the significance value was 0.003, which is smaller than 0.05, so it can be concluded that elderly men have higher welfare than elderly women in West Denpasar District.
b) The Influence of Employment Status on the Welfare of the Elderly

The regression coefficient value obtained was -0.290 and the significance value was 0.427, which is greater than 0.05, so it can be concluded that employment status does not affect the welfare of the elderly in West Denpasar District.
c) The Influence of Marital Status on the Well-Being of the Elderly

The regression coefficient value obtained was 0.954 and the significance value was 0.021, which is smaller than 0.05, so it can be concluded that married elderly people have higher welfare than female elderly people in West Denpasar District.
d) The Influence of Family Dependencies on the Welfare of the Elderly

The regression coefficient value obtained was -0.105 and the significance value was 0.456, which is greater than 0.05, so it can be concluded that family dependencies do not affect the welfare of the elderly in West Denpasar District.
e) The Influence of Family Support on the Well-Being of the Elderly

The regression coefficient value obtained was 0.335 and the significance value was 0.001, which is smaller than 0.05, so it can be concluded that family support has a positive effect on welfare in West Denpasar District.

4) Differences in the welfare of elderly men and women in West Denpasar District.
a) Welfare of Male Elderly

Table 4. Description of the Welfare Variables of Male Elderly

No.	Indicator	Respondents' Response Frequency					Average	Criteria
		1	2	3	4	5		
1	Physiological needs	0.0	2.6	7.7	33.3	56.4	4.44	Tall
2	The need for a sense of security	0.0	0.0	2.6	51.3	46.2	4.44	Tall
3	Social needs	0.0	0.0	5.1	43.6	51.3	4.46	Tall
4	Need for appreciation	0.0	2.6	10.3	38.5	48.7	4.33	Tall
5	Self-actualization needs	0.0	0.0	5.1	38.5	56.4	4.51	Tall
	Average Score of Employee Performance Variables						4.44	Tall

Source: Data attached to the author's thesis

Based on Table 4, the average well-being variable for elderly men was 4.44, which is considered high. This finding indicates that elderly men generally feel a good level of well-being, reflecting that various aspects of their lives have been adequately met. The highest average score was recorded for the social needs indicator, at 4.46. This indicates that elderly men feel they have strong social connections, both with family, peers, and their surroundings. Active social

engagement can have a positive impact.

on the psychological and emotional well-being of older men. On the other hand, the lowest average score was found in the need for esteem indicator, at 4.33. Although this is still in the high category, this indicates that self-esteem and recognition from others are still areas that require further attention to ensure the comprehensive and balanced well-being of older men can continue to be improved.

b) Welfare of Elderly Women

Table 5. Description of the Welfare Variables of Female Elderly

No.	Indicator	Respondents' Response Frequency					Average	Criteria
		1	2	3	4	5		
1	Physiological needs	0.0	0.0	17.9	69.2	69.2	4.33	Tall
2	The need for a sense of security	0.0	0.0	23.1	74.4	59.0	4.23	Tall
3	Social needs	0.0	0.0	12.8	59.0	84.6	4.46	Tall
4	Need for appreciation	0.0	0.0	15.4	84.6	56.4	4.26	Tall
5	Self-actualization needs	0.0	0.0	15.4	59.0	82.1	4.43	Tall
	Average Score of Employee Performance Variables						4.34	Tall

Source: Data attached to the author's thesis

Based on Table 5, the average welfare score of elderly women is 4.34, categorized as high. This indicates that, in general, elderly women experience a relatively good quality of life with their basic needs being met. The highest mean score was recorded for the social needs indicator, at 4.46 (high category). This finding reflects that elderly women generally maintain strong social connections, such as support from family and friends, as well as participation in social activities that foster a sense of belonging and meaningfulness in life. Active social interaction has been shown to be an important factor in enhancing the psychological well-being of the elderly.

In contrast, the lowest mean score was found for the esteem needs indicator, at 4.23. Although still in the high category, this suggests that self-worth, recognition, and appreciation of the contributions and presence of elderly women remain aspects requiring improvement. Greater attention to these esteem aspects could further optimize their overall welfare in later life.

The analysis results further show that, overall, the welfare level of both male and female elderly is in the high category. Male elderly have a slightly higher average welfare score compared to female elderly. In both groups, the social needs indicator ranked highest, indicating the importance of social support and interaction in promoting their welfare. Conversely, the esteem needs indicator had the lowest scores in both groups,

though still high. This highlights the need to further address esteem-related aspects to improve elderly welfare more evenly and comprehensively.

Discussion
Elderly Welfare Condition in West Denpasar District
The average welfare score for the elderly in West Denpasar District is 4.37 (high category). This suggests that, in general, the elderly in the area experience good welfare levels. The highest mean score was found in the physiological needs indicator (4.41), also in the high category, indicating that basic needs such as food, water, shelter, and healthcare are well met. Meanwhile, the lowest mean score was in the esteem needs indicator (4.28), though still high. This shows that, despite feeling appreciated and respected, there is room for improvement in this area to achieve optimal welfare outcomes.

Simultaneous Influence of Gender, Employment Status, Marital Status, Family Dependents, and Family Support
The F-test results show an F-value of 8.700 with a significance level of 0.000, which is lower than 0.05 (0.000 < 0.05). This indicates that gender, employment status, marital status, family dependents, and family support simultaneously and significantly affect elderly welfare in West Denpasar District.

Partial Influence of Gender, Employment Status, Marital Status, Family Dependents, and Family Support
The regression coefficient for gender is 0.977 with a significance value of 0.003 (< 0.05), indicating that male elderly have higher welfare levels than female elderly. Employment status has a regression coefficient of -0.290 with a significance value of 0.427 (> 0.05), indicating no significant effect. Marital status has a regression coefficient of 0.954 with a significance value of 0.021 (< 0.05), showing that married elderly have higher welfare levels than unmarried elderly. Family dependents have a regression coefficient of -0.105 with a significance value of 0.456 (> 0.05), indicating no significant effect. Family support has a regression coefficient of 0.335 with a significance value of 0.001 (< 0.05), indicating a positive and significant influence on elderly welfare.

Gender Differences in Elderly Welfare
Overall, both male and female elderly in West Denpasar District have welfare levels in the high category, with men scoring slightly higher. In both groups, the social needs indicator ranked highest, highlighting the importance of social support and interaction. The esteem needs indicator was lowest in both groups, though still high, indicating the need for further improvement in this area to enhance welfare more equitably and comprehensively.

CONCLUSION
1. Gender, employment status, marital status, family dependents, and family support have a simultaneous influence on elderly welfare in West Denpasar District.
2. Male elderly have higher welfare levels than female elderly.
3. Employment status does not significantly affect elderly welfare.
4. Married elderly have higher welfare levels than unmarried elderly.

5. Family dependents do not significantly affect elderly welfare.
6. Family support has a positive and significant effect on elderly welfare.

SUGGESTIONS

The government is encouraged to take a more active role in improving elderly welfare, particularly through enhancing healthcare services, providing elderly-friendly social facilities, and strengthening economic and psychosocial support to improve their quality of life in the region.

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