



## Learning the Implementation of the Seven Dimensions of Resilient Elderly to Achieve Healthy and Independent Aging at the Smart Bisma Elderly School in Arjosari Village, Malang City

Aini Nur Chasanah <sup>1</sup>, Ica Purnamasari <sup>2</sup>

State University of Malang, Jl. Semarang No. 5 Malang, East Java, Indonesia

\*Author of correspondence, Email: [ica.purnamasari.fip@um.ac.id](mailto:ica.purnamasari.fip@um.ac.id)

### Abstract

The increasing number of elderly people in Indonesia, including in Malang City, demands strategic efforts to realize healthy, independent, and quality elderly. This study aims to describe the implementation of the seven dimensions of Resilient Elderly which include spiritual, physical, emotional, intellectual, social, vocational, and environmental dimensions at Smart Bisma Elderly School, Arjosari Village, Malang City. The method used was a descriptive qualitative approach with data collection techniques through interviews and documentation studies. The results showed that the seven dimensions have been implemented through various structured and sustainable programs, such as religious activities, health counseling, skills training, and social activities that actively involve the elderly. The implementation of the program has a positive impact on improving physical fitness, psychological well-being, and the independence of the elderly in living their daily lives. The support of companion cadres and the social environment are the main supporting factors in the success of the program. However, challenges such as limited facilities and different levels of understanding among participants are still found. The implementation of the seven dimensions of Resilient Elderly in this elderly school has proven to be effective in promoting healthy and independent aging. Sustainability and improvement of the program need to be done collaboratively to reach more elderly in the future.

**Keywords:** resilient elderly, elderly school, elderly dimensions

### 1. Introduction

Elderly people are people aged 60 years and above. All countries guarantee the welfare of the elderly by protecting human rights, economic well-being, access to health services, lifelong learning, and providing both formal and informal support in accordance with the SDGs ( Nations, 2019). In Indonesia, the number of elderly people continues to increase every year, along with increasing life expectancy and decreasing birth rates. Based on data from the Central Statistics Agency (BPS) and population projections, the number of elderly people in 2020 reached 26.8 million people (9.9%) and is predicted to increase by 2030 to around 40 million people (13.8%). Malang City also has a high percentage of elderly people, namely around 10.96% of the total population. Based on data from the Central Statistics Agency (BPS) of Malang City, the number of elderly people in Malang City has increased in recent years. Data from 2023 shows that the population aged 60 and over reached approximately 97,525. The increasing elderly population will pose challenges in maintaining their quality of life, particularly in health matters. Furthermore, a less satisfying life for the elderly can be seen in declining physical health, mental health, social interactions, and environmental factors. Psychological well-being in the elderly is characterized by self-acceptance, positive social relationships, environmental control, and a sense of meaning in life (Arifin et al., 2023).

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Elderly people are highly susceptible to impaired bodily functions, including cognitive function (Harefa et al., 2021). Cognitive decline in the elderly can impact their ability to think, remember, concentrate, and make decisions. This situation often develops gradually and can impact their quality of life, particularly in carrying out daily activities independently. As older adults age, changes in the digestive system can affect nutritional status (Hamsah, 2020). Many older adults experience difficulty eating due to dental problems, dry mouth, or difficulty swallowing, which further limit the types of food they can consume. Preparing older adults to remain healthy, active, and independent is crucial in addressing the growing elderly population. Therefore, comprehensive preventive and promotive strategies are needed to encourage older adults to adopt a healthy lifestyle, engage socially, and manage their lives independently. Promoting independence, life satisfaction, and engagement in meaningful activities are important strategies for improving the well-being and happiness of older adults (Jitdorn et al., 2021).

Studies emphasize the importance of spiritual well-being, social support, and involvement in recreational activities for older adults, as these aspects contribute significantly to their overall happiness and quality of life (Ezati et al., 2023). Research conducted by Silvia and Yarni (2022) emphasized the importance of social and moral feelings among older adults, who demonstrated a lack of solidarity but a strong sense of moral responsibility and adherence to regulations. Social and moral feelings play a crucial role in the lives of older adults, particularly in shaping their behavior, social interactions, and perspectives on life in society. Empowering older adults is crucial, given that they are a vulnerable group that needs to be empowered based on their potential, both through family and community (H. Yulianti & Supiyah, 2020).

Activities such as Elderly Schools and training for the elderly have proven successful in improving the elderly's ability to live a quality life (Soedirham et al., 2021). The Smart Bisma Elderly School is a non-formal education program launched by the Malang City Social Service (P3AP2KB) as an initiative to create SMART elderly individuals—those who are healthy, independent, active, productive, and dignified. Located in Arjosari Village, this institution provides a variety of educational and practical activities, including health training, senior exercise, spiritual development, and skills such as hydroponics and handicrafts. This program is held regularly every week and has received a high level of positive response from the elderly participants, who not only desire to maintain their health and independence, but also increase productivity and foster relationships with their peers.

Based on the common problems experienced by the elderly, an important education is needed to realize the dimensions of resilient elderly. The Resilient Elderly Learning Program aims to create elderly individuals who are physically, mentally, socially, and spiritually healthy, so they can live their old age with independence. Using a holistic approach that covers seven aspects of resilience: physical, mental, social, spiritual, economic, environmental, and knowledge, this program is designed to raise awareness among the elderly about the importance of maintaining an overall quality of life. Furthermore, this learning also aims to empower the elderly so that they are not merely objects of care, but also as subjects actively involved in decision-making regarding their health and lives. Through this learning, it is hoped that the elderly can contribute positively to their family and community environment, reduce dependency, and prevent the social isolation often experienced by those in old age.

## 2. Method

This study uses a descriptive qualitative approach which aims to describe in a way in-depth implementation process seven dimensions elderly tough as well as the impact to condition elderly in matter health And independence . This research was conducted at the Smart Bisma Elderly School, Arjosari Subdistrict, Malang City, which has active organize activity learning And empowerment for elderly . Data source in study This consists of from primary data and secondary . Primary data is obtained through interview deep with inhabitant Study school elderly . Meanwhile that is secondary data collected from document activity And material guide seven dimensions elderly tough . Technique data collection includes interview deep And studies documentation . Interview done For dig experience And perception about implementation dimensions elderly tough , whereas studies documentation used For support findings field And strengthen Analysis . The educational program was implemented by providing outreach using an interactive lecture method to approximately 40 elderly school students in the Arjosari subdistrict.

### **3. Results and Discussion**

#### **3.1 Result**

Research results from the educational program indicate that the implementation of the seven dimensions of Resilient Elderly at the Smart Bisma Elderly School in Arjosari Village, Malang City, has been quite successful and has had a positive impact on the quality of life of the elderly. The spiritual dimension emerges through regular religious study activities, collective prayer, and faith strengthening, which increase the peace of mind and gratitude of the elderly. The intellectual dimension is encouraged through health counseling, life skills training, and education on healthy aging, which increases the elderly's knowledge and awareness of healthy lifestyles. Physically, participants actively engage in elderly exercise and regular health checkups that support physical fitness and disease prevention. The emotional dimension is evident through the existence of group discussion forums and reflection activities that support the elderly in coping with stress and increasing self-confidence. Social relationships between participants developed through shared activities demonstrate the social dimension's effective function in preventing alienation and fostering a sense of community. Meanwhile, the professional aspect is implemented through basic skills training such as hydroponics, handicrafts, and household entrepreneurship, which enable the elderly to remain active. Finally, the environmental aspect is reflected through the elderly's participation in cleanliness activities and environmental awareness campaigns around their neighborhood.

The educational program was also attended by support cadres and senior school facilitators, who play a crucial role in ensuring the program's continuity. The cadres not only deliver material but also serve as motivational speakers and communication liaisons between the seniors and the organizers. The seniors felt more cared for and appreciated, which strengthened their emotional and social aspects. The study also noted that seniors who were actively involved in all activities experienced significant increases in self-confidence, independence, and social participation, compared to those who were less involved.



Figure 1. Presentation of the 7 Dimensions of Resilient Elderly Material

### 3.2 Discussion

The educational program, conducted at the Senior School, aims to promote healthy and independent aging through the seven dimensions of resilient older adults. Survey data revealed numerous issues facing older adults, including health, social issues, and cognitive impairment. Therefore, providing education through outreach programs is crucial.

Resilient Elderly, often abbreviated to SMART (Healthy, Independent, Active, Creative, and Responsive), is a concept that emphasizes the importance of seniors remaining active and productive in their later years. Achieving this concept requires the implementation of seven mutually supportive dimensions of well-being:

1. Spiritual Dimension: Encouraging older adults to maintain a relationship with God and implement religious values in their daily lives. This can be achieved through religious activities, meditation, or activities that promote inner peace.
2. Intellectual Dimension: Encourage seniors to stay mentally active by continuing to learn, read, play brain-sharpening games, or take courses.
3. Physical Dimension: Helping seniors maintain physical health through exercise, a healthy diet, and regular check-ups.
4. Emotional Dimension: Encouraging seniors to maintain emotional balance, manage stress, and build positive relationships with others.
5. Social Dimension: Facilitating the elderly to remain active in interacting with the community, joining hobby groups, or participating in social activities.
6. Professional Dimension: Encouraging seniors to remain active and productive by continuing to work, become entrepreneurs, or be involved in activities that benefit society.
7. Environmental Dimension: Ensuring the environment around the elderly is safe, comfortable, and supports their daily activities.

The implementation of the Seven Dimensions of Resilient Elderly to Achieve Healthy and Independent Aging has significantly contributed to realizing older adults who are more independent, confident, physically and mentally healthy, and who continue to play an active role in society. The success of this program is due to the support of the village government, cadre mentors, and the active role of older adults as objects of change. However, several challenges remain, such as a lack of facilities and participants' uneven understanding of all dimensions.

Therefore, strengthening mentoring and continuously improving the quality of the program is necessary to optimally achieve the goal of healthy and independent aging. Evaluations of the program have revealed challenges in implementation, including limited physical facilities, irregular participant attendance due to health conditions, and gaps in participants' understanding of several dimensions, such as professionalism. Not all older adults feel confident or interested in participating in activities, so adjustments to the methods are necessary to suit the interests and abilities of each individual.

#### 4. Conclusion

Based on results research, can concluded that implementation seven dimensions Elderly Resilient in School Smart Bisma Elderly Ward Arjosari City of Malang has implemented with Enough effective And give impact positive to improvement quality life elderly . Seventh dimensions that include spiritual, physical, emotional, intellectual, social, vocational, and environment has integrated in various activity learning And appropriate empowerment with need as well as capacity participant elderly . Implementation of this program push elderly For still active, healthy, independent, and own role in society, which is reflected from increasing participation, trust self, and independence they in life daily.

Besides that, the success of the program is very influenced by involvement cadre companion, atmosphere positive learning, as well support social from environment around. Although however, still there is challenge like limitations means infrastructure And diversity level understanding participant to each dimensions. By Because that, sustainability And program strengthening is necessary done in a way collaborative, good by government, manpower companion, as well as society, so that the goal aging Healthy And independent through approach Elderly Tough can achieved in a way more optimal and sustainable.

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