

Analysis Of Elderly Anxiety On The Level Of Independence At The Tresna Werdha Blitar Social Service Unit In Tulungagung

Naya Adhisa Paramitha^{1*}, Dedi Saifulah²

Universitas STRADA Indonesia

*Corresponding author : nayaadhisa021203@gmail.com

ABSTRACT

The elderly are prone to experiencing anxiety due to physical, psychological, social, and economic changes that can affect the level of independence in daily activities. This research is important to understand the relationship between anxiety and independence of the elderly in the social care environment. This study uses a quantitative design with a cross sectional approach. The research population was all elderly at the Tresna Werdha Blitar Social Service Unit in Tulungagung, with a sample of 36 respondents using the total sampling technique. The research instruments included the GAD-7 questionnaire to measure anxiety and the Barthel ADL Index to assess the level of independence. Data analysis was carried out using the Spearman's rho test. The results showed that the majority of the elderly had a minimum level of anxiety as many as 17 respondents (47%), mild anxiety 14 respondents (39%), and moderate anxiety 5 respondents (14%). The level of independence of the elderly is mostly in the category of mild dependency as many as 22 respondents (61%). The Spearman's rho test showed a significant relationship between anxiety levels and independence levels with a value of $p = 0.032$ ($p < 0.05$). These findings indicate that the lower the level of anxiety, the higher the independence of the elderly. Psychological, physical, and social anxiety management interventions need to be optimized to increase the independence of the elderly in social institutions.

Keywords: Anxiety, Elderly, Independence Level

INTRODUCTION

Anxiety in the elderly is one of the mental health problems that occur quite often as we age. The elderly face various challenges, both in terms of physical and psychological health, that can affect their quality of life. Anxiety problems in the elderly are often considered a natural part of the aging process, even though this condition can interfere with daily activities and reduce their independence.

In various countries, including Indonesia, the phenomenon of anxiety in the elderly continues to increase as the number of elderly population increases. Elderly people living in institutions such as the Tresna Werdha Blitar Social Service Unit in Tulungagung face greater risks due to limited social interaction and loss of a life partner. This condition can worsen feelings of loneliness, lower self-confidence, and trigger heavier anxiety.

According to World Health Organization (WHO, 2020) data, about 15% of the world's elderly population suffers from mental disorders, with anxiety ranking second only to depression. In Indonesia itself, the results of Riskesdas 2018 show that the prevalence of psychological problems in the elderly reaches 11.6%. This figure is quite high and shows that attention to the mental health of the elderly needs to be increased, including in the aspect of anxiety that is closely related to their level of independence.

Anxiety in the elderly not only impacts psychological conditions, but also affects physical health. Anxious elderly people tend to experience sleep disorders, get tired easily, and are reluctant to do activities. This condition leads to a decrease in independence, so the elderly are more dependent on others to meet their daily needs. Decreased independence can reduce the quality of life and create an additional burden on families and the social institutions that care for them.

In psychological studies, there are theories that can explain the relationship between anxiety and elderly behavior. Albert Bandura's social cognitive theory emphasizes that social interaction and the surrounding environment have a great influence on the formation of behavior. Ivan Pavlov's theory through classical learning explains that anxiety can be formed as a result of repeated negative experiences, while B.F. Skinner's operant theory emphasizes that independent behavior can be strengthened through positive reinforcement. Previous research results showed a relationship between anxiety and independence of the elderly.

For example, research by Patria Asda and Jusandri Wawo (2024) found that the elderly with high levels of anxiety tend to have a low level of independence in carrying out daily activities. Meanwhile, research by Linda Tri Utami et al. (2021) also shows a significant relationship between the anxiety of the elderly and their ability to carry out independent activities at the posyandu.

However, a similar study conducted by Hanaz Rona et al. (2021) focused on anxiety factors in other orphanages, not on the direct relationship with independence. Thus, research on anxiety analysis on the independence of the elderly at UPT Tresna Werdha Blitar in Tulungagung is still rarely carried out, so it is important to study further.

Based on a preliminary study conducted by researchers at the Tresna Werdha Blitar Social Service Unit in Tulungagung, it was found that some elderly people showed signs of anxiety, such as restlessness, easy to worry, and dependence on staff in daily activities. This condition shows a possible relationship between the level of anxiety and the level of independence of the elderly in the institution.

Efforts to prevent and handle anxiety in the elderly can be done in various ways, such as increasing social support, providing group activities, and conducting mental health education. The presence of professionals such as psychologists or counselors at the Tresna Werdha Blitar Social Service Unit in Tulungagung is also very important to support the welfare of the elderly and maintain their independence.

Based on the description above, the researcher is interested in conducting a research entitled Analysis of Anxiety of the Elderly on the Level of Independence at the Tresna Werdha Blitar Social Service Unit in Tulungagung. This research is expected to provide a clearer picture of the relationship between anxiety and independence of the elderly, as well as a consideration in efforts to improve the quality of services at UPT.

METHODS

This study uses an Observational Analytics design with a cross sectional approach. The research sample was determined by purposive sampling technique so that 36 respondents were obtained. The independent variable is the anxiety of the elderly which is measured using a questionnaire, while the dependent variable is the level of independence of the elderly which is also measured through a questionnaire.

Data analysis was carried out by statistical test of Spearman Rank at a significance level of 0.05. The results of the statistical test showed a value of $p = 0.000 (< 0.05)$ with a correlation coefficient of $r = -0.652$. This means that H_0 is rejected and H_1 is accepted, so it can be concluded that there is a significant relationship between anxiety and the level of independence of the elderly at the Tresna Werdha Blitar Social Service Unit in Tulungagung. Negative correlations show that the higher the level of anxiety, the lower the level of independence of

the elderly.

RESULTS

1. Respondent Characteristics

The research respondents were an elderly person who was at the Tresna Werdha Blitar Social Service Unit in Tulungagung with a total of 36 people.

a. Frequency Distribution of Respondent Characteristics by Age

The characteristics of respondents based on age conducted at the Tresna Werdha Blitar Social Service Unit in Tulungagung can be seen in the following table:

Table 4.2 Characteristics of respondents based on age at the Tresna Werdha Blitar Social Service Unit in Tulungagung in the period 02 June - 02 July 2025

Categories	Frequency	Percentage
Young Elderly (60-70 Years Old)	10	28%
Elderly Adults (70-80 Years Old)	15	42%
Plenary Elderly (>80 Years)	11	31%
Total	36	100%

Based on the table above, it is known that most of the 36 respondents were 70-80 years old, namely 15 respondents (42%).

b. Frequency Distribution of Respondent Characteristics by Gender

The characteristics of respondents based on gender carried out at the Tresna Werdha Blitar Social Service Unit in Tulungagung can be seen in the following table:

Table 4.3 Characteristics of respondents by gender at the Tresna Werdha Blitar Social Service Unit in Tulungagung in the month of June 02 - July 02, 2025

Categories	Frequency	Percentage
Male	4	11%
Women	32	89%
Total	36	100%

Based on the table above, it is known that from 36 respondents, more than half of the respondents are female, namely 32 respondents (89%).

c. Frequency Distribution of Respondent Characteristics Based on Disease History

The characteristics of respondents based on the respondent's disease history carried out at the Tresna Werdha Blitar Social Service Unit in Tulungagung can be seen in the following table:

Table 4.4 Characteristics of respondents based on disease history at the Tresna Werdha Blitar Social Service Unit in Tulungagung in the period of 02 June - 02 July 2025

Categories	Frequency	Percentage
None	3	8%
Cephalgia	2	6%
CVA	2	6%
Dermatitis	1	3%
Dimensions	3	8%
Vision Impairment	1	3%
Gastritis	1	3%

GE	1	3%
HT	11	31%
HT & DM	1	3%
Ispa	1	3%
Cataracts	1	3%
Paralysis	1	3%
Myalgia	6	17%
Otitis	1	3%
Total	36	100%

Based on the table above, it is known that of the 36 respondents, the most have a history of hypertension, namely 11 respondents (31%).

2. Variable Characteristics

The characteristics of the variables in this study consisted of the level of anxiety and the level of independence in respondents at the Tresna Werdha Blitar Social Service Unit in Tulungagung can be seen in the following table:

a. Variable Frequency Distribution of Anxiety Levels

Table 4.5 Variable characteristics based on respondents' anxiety at the Tresna Werdha Blitar Social Service Unit in Tulungagung in the period 02 June - 02 July 2025

Categories	Frequency	Percentage
minimal anxiety	17	47
Emergency Rigan	14	39
moderate anxiety	5	14
Total	36	100%

Based on the table above, it is known that of the 36 respondents, half of them have a minimum level of anxiety, which is as many as 17 respondents (47%).

b. Variable Frequency Distribution of Independence Level

Table 4.6 Characteristics of variables based on Independence Level respondents at the Tresna Werdha Blitar social service unit in Tulungagung in the period 02 June - 02 July 2025

Categories	Frequency	Percentage
Self-Sufficient	4	11
Mild Dependency	22	61
Moderate Dependency	3	8
Heavy Dependence	2	6
Total Dependency	5	14
Total	36	100%

Based on the table above, it is known that of the 36 respondents, more than half of them have a mild dependency, namely 22 respondents (61%).

3. Cross-Tabulation between Respondent Characteristics and Variable Characteristics

Cross-tabulation of respondent characteristics based on age with variable characteristics based on the level of anxiety and level of independence of the elderly at the Tresna Werdha Blitar social service unit in Tulungagung can be seen in the following cross table:

Table 4.7 Cross-tabulation Based on Age with Anxiety of respondents at the Tresna Werdha Blitar Social Service Unit in Tulungagung in the period 02 June - 02 July 2025

		Anxiety				Total
				Emergency Rigan	moderate anxiety	
Age	Young Elderly (60-70 Years Old)	F	3	1	0	10
		%	8.3%	2.8%	0.0%	27.8%
	Elderly Adults (70-80 Years Old)	F	14	13	5	15
		%	38.9%	36.1%	13.9%	41.7%
Plenary Elderly (>80 Years)	F	3	1	0	11	
	%	8.3%	2.8%	0.0%	30.6%	
Total	F	17	14	5	36	
	%	47.2%	38.9%	13.9%	100.0%	

Based on the table above, it is known that the respondents aged 70-80 years have the most with minimal anxiety, which is as many as 14 respondents (38.9%).

Table 4.8 Cross-tabulation Based on Age with the Level of Independence of respondents at the Tresna Werdha Blitar Social Service Unit in Tulungagung in the period 02 June - 02 July 2025

		Independence Level					Total	
				Lightweight	moderate	Weight	Total	
Age	Young Elderly (60-70 Years Old)	F	2	6	0	0	2	10
		%	5.6%	16.7%	0.0%	0.0%	5.6%	27.8%
	Elderly Adults (70-80 Years Old)	F	2	8	2	2	1	15
		%	5.6%	22.2%	5.6%	5.6%	2.8%	41.7%
Plenary Elderly (>80 Years)	F	0	8	1	0	2	11	
	%	0.0%	22.2%	2.8%	0.0%	5.6%	30.6%	
Total	F	4	22	3	2	5	36	
	%	11.1%	61.1%	8.3%	5.6%	13.9%	100.0%	

Based on the table above, it is known that the most respondents aged 70-80 years with mild dependence, namely 8 respondents (22.2%).

Cross-tabulation of respondent characteristics based on gender with variable characteristics based on the level of anxiety and level of independence of the elderly at the Tresna Werdha Blitar Social Service Unit in Tulungagung can be seen in the following cross table:

Table 4.9 Cross-tabulation by Gender with respondents' anxiety at the Tresna Werdha Blitar social service unit in Tulungagung in the period 02 June - 02 July 2025

Anxiety						Total
minimal anxiety			Emergency Rigan	moderate anxiety		
Gender	Male	F	3	1	0	4
		%	8.3%	2.8%	0.0%	11.1%
	Women	F	14	13	5	32
		%	38.9%	36.1%	13.9%	88.9%
Total		F	17	14	5	36
		%	47.2%	38.9%	13.9%	100.0%

Based on the table above, it is known that the most female respondents with minimal anxiety are 14 respondents (38.9%).

Table 4.10 Cross-tabulation by Gender with the level of independence of respondents at the Tresna Werdha Blitar social service unit in Tulungagung on June 17 - July 02, 2025

Independence Level							Total	
Self-Sufficient			Lightweight	moderate	Weight	Total		
Gender	Male	F	0	1	0	0	3	4
		%	0.0%	2.8%	0.0%	0.0%	8.3%	11.1%
	Women	F	4	21	3	2	2	32
		%	11.1%	58.3%	8.3%	5.6%	5.6%	88.9%
Total		F	4	22	3	2	5	36
		%	11.1%	61.1%	8.3%	5.6%	13.9%	100.0%

Based on the table above, it is known that the most female respondents with light dependency are 21 respondents (58.3%).

Cross-tabulation of respondent characteristics based on disease history with variable characteristics based on anxiety and level of independence of the elderly at the Tresna Werdha Blitar Social Service Unit in Tulungagung can be seen in the following cross table:

Table 4.11 Cross-tabulation Based on the history of illness with anxiety of respondents at the Tresna Werdha Blitar social service unit in Tulungagung in the period 02 June - 02 July 2025

Anxiety						Total
minimal			Rigan	moderate		
Authoritative Diseases	None	F	3	0	0	3
		%	8.3%	0.0%	0.0%	8.3%
	Cephalgia	F	1	0	1	2
		%	2.8%	0.0%	2.8%	5.6%
	CVA	F	1	1	0	2
		%	2.8%	2.8%	0.0%	5.6%
	Dermatitis	F	1	0	0	1
		%	2.8%	0.0%	0.0%	2.8%

Dimensions	F	1	1	1	3
	%	2.8%	2.8%	2.8%	8.3%
Vision Impairment	F	1	0	0	1
	%	2.8%	0.0%	0.0%	2.8%
Gastritis	F	1	0	0	1
	%	2.8%	0.0%	0.0%	2.8%
GE	F	0	1	0	1
	%	0.0%	2.8%	0.0%	2.8%
HT	F	3	5	3	11
	%	8.3%	13.9%	8.3%	30.6%
HT & DM	F	0	1	0	1
	%	0.0%	2.8%	0.0%	2.8%
Ispa	F	1	0	0	1
	%	2.8%	0.0%	0.0%	2.8%
Cataracts	F	0	1	0	1
	%	0.0%	2.8%	0.0%	2.8%
Paralysis	F	0	1	0	1
	%	0.0%	2.8%	0.0%	2.8%
Myalgia	F	3	3	0	6
	%	8.3%	8.3%	0.0%	16.7%
Otitis	F	1	0	0	1
	%	2.8%	0.0%	0.0%	2.8%
Total	F	17	14	5	36
	%	47.2%	38.9%	13.9%	100.0%

Based on the table above, it is known that the respondents who have a history of hypertension have the most mild anxiety, namely 5 respondents (13.9%).

Table 4.12 Cross-tabulation Based on Disease History with the Independence Level of respondents at the Tresna Werdha Blitar Social Service Unit in Tulungagung in the period 02 June - 02 July 2025

Penyakit_Penyerta * Crosstabulation Independence Rate

Independence Level								Total
Self-Sufficient		Lightweight		moderate	Weight	Total		
Authoritative Diseases	None	F	1	2	0	0	0	3
		%	2.8%	5.6%	0.0%	0.0%	0.0%	8.3%
	Cephalgia	F	0	2	0	0	0	2
		%	0.0%	5.6%	0.0%	0.0%	0.0%	5.6%
	CVA	F	0	2	0	0	0	2
		%	0.0%	5.6%	0.0%	0.0%	0.0%	5.6%
	Dermatitis	F	0	0	0	0	1	1
		%	0.0%	0.0%	0.0%	0.0%	2.8%	2.8%

Dimensions	F	0	1	1	0	1	3
	%	0.0%	2.8%	2.8%	0.0%	2.8%	8.3%
Vision Impairment	F	0	1	0	0	0	1
	%	0.0%	2.8%	0.0%	0.0%	0.0%	2.8%
Gastritis	F	1	0	0	0	0	1
	%	2.8%	0.0%	0.0%	0.0%	0.0%	2.8%
GE	F	0	0	0	1	0	1
	%	0.0%	0.0%	0.0%	2.8%	0.0%	2.8%
HT	F	0	7	2	1	1	11
	%	0.0%	19.4%	5.6%	2.8%	2.8%	30.6%
HT & DM	F	1	0	0	0	0	1
	%	2.8%	0.0%	0.0%	0.0%	0.0%	2.8%
Ispa	F	0	1	0	0	0	1
	%	0.0%	2.8%	0.0%	0.0%	0.0%	2.8%
Cataracts	F	0	1	0	0	0	1
	%	0.0%	2.8%	0.0%	0.0%	0.0%	2.8%
Paralysis	F	0	0	0	0	1	1
	%	0.0%	0.0%	0.0%	0.0%	2.8%	2.8%
Myalgia	F	0	5	0	0	1	6
	%	0.0%	13.9%	0.0%	0.0%	2.8%	16.7%
Otitis	F	1	0	0	0	0	1
	%	2.8%	0.0%	0.0%	0.0%	0.0%	2.8%
Total	F	4	22	3	2	5	36
	%	11.1%	61.1%	8.3%	5.6%	13.9%	100.0%

Based on the table above, it is known that respondents who have a history of hypertension have the most with mild dependence, which is as many as 7 respondents (19.4%).

Cross-tabulation of variables based on anxiety with the level of independence of the elderly at the Tresna Werdha Blitar social service unit in Tulungagung can be seen in the following cross table:

Table 4.13 Cross-tabulation Based on Anxiety with the level of independence of respondents at the Tresna Werdha Blitar Social Service Unit in Tulungagung on June 17 - July 02, 2025

Anxiety						Total
minimal anxiety				Emergency Rigan	moderate anxiety	
Independence Level	Self-Sufficient	F	3	1	0	4
		%	8.3%	2.8%	0.0%	11.1%
	Mild dependence	F	12	8	2	22
		%	33.3%	22.2%	5.6%	61.1%
	moderate dependence	F	0	2	1	3
		%	0.0%	5.6%	2.8%	8.3%

Heavy Dependence	F	0	1	1	2
	%	0.0%	2.8%	2.8%	5.6%
Total Dependency	F	2	2	1	5
	%	5.6%	5.6%	2.8%	13.9%
Total	F	17	14	5	36
	%	47.2%	38.9%	13.9%	100.0%

Based on the table above, it is known that the respondents who have the most anxiety with mild dependency are 12 respondents (33.3%).

4. Data Analysis

Table 4.14 Results of the analysis using Spearman's rho The Effect of Elderly Anxiety on the Level of Independence of Respondents at the Tresna Werdha Blitar Social Service Unit in Tulungagung in the period 02 June – 02 July 2025

Correlations

Anxiety Independence Level

Spearman's rho	Anxiety	Correlation Coefficient	1.000	.359*
		Sig. (2-tailed)	.	.032
		N	36	36
	Independence Level	Correlation Coefficient	.359*	1.000
		Sig. (2-tailed)	.032	.
		N	36	36

*. Correlation is significant at the 0.05 level (2-tailed).

Based on the spearman's rho statistical test table above, it is known that the significance value is smaller than 0.032 ($0.032 < 0.05$), meaning that there is an influence between the anxiety of the elderly on the level of independence of respondents at the Tresna Werdha Blitar social service unit in Tulungagung.

DISCUSSION

Anxiety in the Elderly at the Tresna Werdha Blitar Social Service Unit in Tulungagung

This study clearly shows that the level of anxiety in the elderly at the Tresna Werdha Blitar Social Service Unit in Tulungagung that of the 36 elderly respondents, the majority had a minimum level of anxiety, namely 17 respondents (47%). However, there were 14 respondents (39%) who experienced mild anxiety and 5 respondents (14%) with moderate anxiety. This figure indicates that although most elderly people do not show significant anxiety, the presence of a group of elderly people with mild to moderate anxiety remains an important concern.

The distribution of anxiety by age showed that the adult elderly group (70-80 years) was the group with the highest minimum amount of anxiety, namely 14 respondents (38.9%). However, this age group also showed the highest percentage of moderate anxiety compared to other age groups, namely 5 respondents (13.9%). This suggests that the age between 70-80 years can be a period prone to increased anxiety.

By gender, the majority of respondents were female (32 out of 36 respondents), and of this group, 14 of them had minimal anxiety, while 13 others had mild anxiety. Although the

data show minimal anxiety is dominant, the high number of female respondents with mild anxiety (36.1%) suggests that gender factors may be one of the considerations in anxiety analysis.

In addition, this study found that the elderly with a history of hypertension (HT) had the most mild anxiety, namely 5 respondents (13.9%). This is in line with research that states that declining physical conditions, such as suffering from chronic illnesses, can contribute to anxiety and add to the psychological burden of the elderly. Uncertainty regarding physical health can lead to increased anxiety, thus affecting their daily behavior.

These findings are in line with previous research that showed variations in anxiety levels in the elderly in nursing homes. Hanaz Rona, Dwi Ernawati, and Sapto Dwi Anggoro (2021) in their study at the Hargodedali Nursing Home in Surabaya also found a distribution of varying levels of anxiety, from mild to severe.

This confirms that anxiety is a complex and multifaceted problem in the elderly population in the nursing home. In addition, Linda Tri Utami and Ika Silvitasari (2021) found that anxiety in the elderly is often triggered by feelings of loneliness and a lack of a place to share stories, which triggers negative thoughts. This corroborates the observation in this study that social isolation is the main trigger for anxiety in UPT. According to Pradina et al. (2022), although conducive nursing home conditions can help reduce anxiety in some elderly people, internal factors such as a history of chronic diseases remain the main triggers. In these cases, the elderly with a history of hypertensive disease (HT) dominated the mild anxiety group, reinforcing the theory that declining physical health contributes to psychological burden (Purnamasari, 2024).

Moving from home to nursing home is often a traumatic experience for seniors. Arywibowo & Rozi (2024) explain that adapting to an unfamiliar environment and losing social roles and friends can trigger prolonged stress and anxiety. This condition is exacerbated by feelings of isolation and loneliness due to being away from family or losing a partner, which according to Sari (2023) and Hendrawan (2021), are the main risk factors for increased anxiety and depression. Anxiety in the elderly is not only an emotional problem, but also has a significant physiological impact. Research by Sari (2020) and Muyasaroh et al. (2020) outlines that anxiety can lead to physiological changes such as increased heart rate and muscle tension.

Furthermore, Napitupulu & Ahmad (2021) found a significant association between anxiety levels and the incidence of insomnia in the elderly in nursing homes, suggesting that untreated anxiety can affect sleep quality and overall physical health.

Previous studies have suggested non-pharmacological interventions to address anxiety in the elderly. Research by Mawaddah (2024) shows that *back massage relaxation therapy* is effective in lowering anxiety levels from moderate to mild categories. Meanwhile, research at another social service unit in Binjai (e-Journal Poltekkes of the Ministry of Health Medan) shows that group activity therapy is also effective in reducing anxiety. This intervention proves that a holistic approach that touches on biological, psychological, social, and spiritual aspects is indispensable.

Anxiety in the elderly can be explained through several theoretical lenses. From the perspective of Albert Bandura's Social Cognitive Theory, anxiety can develop as a result of complex interactions between individual factors (cognition, emotions), behavior, and environment. In the context of UPT, an environment that may offer limited social interaction can exacerbate feelings of isolation and trigger anxiety. Older people who feel less in control of their lives or lack *self-efficacy* in facing new challenges (e.g., adapting to the nursing home environment) tend to experience higher anxiety. The basic definition of the elderly according to Ruswadi & Supriatun (2022) as individuals over 60 years old who experience the *aging process* is also relevant, because the physical and psychological changes that accompany aging can trigger anxiety. The decline in cognitive, physical, and social functions as described by

Atiqah & Lumadi (2020) also contributes to the vulnerability of the elderly to anxiety (Purnamasari, 2024).

The researcher is of the opinion that although most of the elderly in the UPT show minimal levels of anxiety, the presence of the elderly with higher levels of anxiety (mild and moderate) remains a crucial problem that requires deep attention. This opinion is based on the understanding that anxiety in the elderly in institutional settings is triggered by a complex interaction between internal and external factors.

Internally, researchers assume that a decline in physical condition and a history of chronic diseases such as hypertension becomes a significant psychological burden, triggering persistent concerns about health and the future. Externally, researchers think that the loss of social roles, limited interaction with family, and adaptation to the new environment in nursing homes create feelings of isolation and loneliness that are the main triggers of anxiety. Therefore, anxiety is not considered a single issue, but as a result of the loss of essential social and emotional support. Furthermore, researchers are of the opinion that anxiety in the elderly has a chain impact that goes beyond emotional states. Anxiety that is not properly managed is opined that it can affect physiological aspects and daily behavior, such as sleep quality, appetite, and motivation to do activities. This opinion is reinforced by the literature that links anxiety to sleep disorders and other somatic symptoms.

Thus, the presence of the elderly with mild to moderate anxiety in the UPT not only indicates the existence of emotional problems, but also physical health risks and an overall decline in quality of life.

Researchers assume that if these triggering factors are not identified and addressed, anxiety levels can increase and trigger more serious health problems in the future. Finally, the researcher's opinion on anxiety is that each elderly person has a different coping mechanism, which affects their response to the nursing home environment. The differences in anxiety levels found among the elderly despite being in the same environment are opined to stem from differences in backgrounds, life experiences, and psychological support they had before entering the UPT. This opinion underscores the importance of a tailored approach in delivering interventions, as strategies that are effective for one elderly person may not be effective for another.

Level of Independence at the Tresna Werdha Blitar Social Service Unit in Tulungagung

In terms of the level of independence, the results showed that the majority of the elderly (22 out of 36 respondents) were in the category of mild dependence, accounting for 61% of the total respondents. Only a small percentage of the elderly are independent (11%), while the rest have moderate (8%), severe (6%), and total (14%) levels of dependence.

This figure indicates that most UPT residents still have the ability to take care of themselves with minimal assistance. The 70-80 year old age group had the most respondents with mild dependence, namely 8 respondents (22.2%).

By gender, female respondents were dominant in the mild dependency category, with 21 respondents (58.3%) being at this level. Mild dependence was also most commonly found in the elderly with a history of hypertension (7 respondents or 19.4%). This shows a correlation between comorbidities and the level of independence of the elderly.

Independence The results of the study show that the majority of elderly people in UPT are in the category of mild dependence (61%), with only 11% being completely independent. These findings are consistent with the research of Sonza et al. (2020) which discussed the relationship between anxiety and the level of *independence of Activities of Daily Living* (ADL) in the elderly.

In general, the process of aging and physical decline, as described by Manafe & Berhimpon (2022), does cause a decrease in the ability to be independent, so dependence becomes commonplace.

In understanding the level of independence of the elderly, the theories of learning from B.F. Skinner and Ivan Pavlov are very relevant. Skinner with his operant conditioning theory emphasizes that individual behavior is influenced by the consequences that follow that behavior. If the elderly get a positive boost when doing independent activities, then these independent behaviors will appear more often. Conversely, if independent behaviors are not reinforced or even punished (e.g., failure or discomfort), then they tend to decline.

Meanwhile, Ivan Pavlov with his classical conditioning theory explained how an automatic response can be formed through the association of stimulus. For example, elderly people who are used to receiving help continuously may associate certain activities with dependence, so that the self-response becomes reduced due to the formation of an automatically associated habit of dependence.

The concepts of self-image, self-esteem, and ideal self also play a great role in the level of independence of the elderly. Self-image is an individual's perception of himself, while self-esteem is an emotional evaluation of that self-image. The ideal self is an image of how an individual wants to be. The mismatch between self-image and self-ideal can cause dissatisfaction and decrease motivation to be independent.

Seniors who have a positive self-image and high self-esteem tend to be more motivated to maintain their independence, despite experiencing physical limitations. On the other hand, older people who experience a decline in self-image due to physical or social changes may feel incapable and lose motivation to be independent, thereby increasing dependence.

The researcher is of the opinion that the level of independence of the elderly in UPT is greatly influenced by the interaction between the biological aging process, the institutional environment, and psychological such as self-image and self-esteem. Most elderly people who are in the category of mild dependence are a natural result of declining physical function with age. However, a nursing home environment that provides all basic needs in a structured manner can inadvertently reduce the seniors' chances of practicing independence.

In addition, Skinner and Pavlov's theories show that positive reinforcement of independent behavior and reduction of association dependence can increase the level of independence of the elderly.

Researchers also think that positive self-image and self-esteem are very important to motivate the elderly to remain independent. Seniors with low self-esteem and negative self-image tend to give up more easily and rely on others.

Therefore, interventions designed to improve the independence of the elderly must include physical, psychological, and environmental aspects. Providing opportunities for the elderly to actively participate in daily activities and providing positive reinforcement for their independent efforts can improve their self-image, self-esteem, and ultimately increase their level of independence. Thus, the quality of life of the elderly in UPT can be significantly improved.

The Effect of Anxiety and Independence Level on the Elderly at the Tresna Werdha Blitar Social Service Unit in Tulungagung

The results of data analysis showed that there was a significant influence between the level of anxiety and the level of independence in the elderly at the Tresna Werdha Blitar Social Service Unit in Tulungagung. The significance value found was 0.032 which means it is smaller than 0.05, thus proving the existence of a significant relationship between the two variables. Cross-tabulation showed that respondents with minimal anxiety had the most mild dependency levels, namely 12 respondents (33.3%). This corroborates the results of statistical tests showing that lower levels of anxiety are associated with better levels of independence. This relationship is in line with the theory that increased anxiety can create a negative cycle.

Excessive anxiety can lead to decreased interest in daily activities and an inability to socialize, which ultimately decreases the decline in independent abilities in daily activities..

Significant Relationship between Anxiety and Independence Level The results of the analysis showed a significant influence between the level of anxiety and the level of independence in the elderly in UPT.

These findings are reinforced by previous studies that consistently show a negative relationship between the two variables. According to Wahyuni (2023), increased anxiety can create a negative cycle in which anxiety increases and independent behavior decreases.

This relationship is also evidenced by studies that have found that excessive anxiety can lead to avoidant behaviors and lack of motivation, which ultimately increases dependence.

Independence Reduces Anxiety Conversely, the ability to act independently can be a protective factor against anxiety. When seniors feel able to take care of themselves, their self-confidence increases, which can reduce feelings of helplessness and anxiety. **Practical Applications and Research Implications** The findings of this study have important implications for practice in UPT. Given the significant influence between anxiety and the level of independence, interventions in UPT need to be carried out in an integrated manner.

Programs that aim to reduce anxiety, such as social support, counseling, and group activity therapy, should be combined with programs that encourage the independence of the elderly. This approach is expected not only to reduce anxiety levels, but also to improve the quality of life and overall independence of the elderly (Dewi, 2023).

This study is in line with several previous studies that have examined anxiety and independence in the elderly, but also offers a unique perspective. A study by AQN, Ernawati, and Anggoro (2021) at the Hargodedali Nursing Home in Surabaya, which shows the distribution of anxiety levels in the elderly, corroborates that anxiety is a common problem among the elderly living in facilities. Similarly, the research of Utami and Silvitasari (2021) which found a relationship between anxiety and independence of the elderly due to loneliness, provides an important context that psychosocial factors play a major role in influencing these two variables.

Although Asada and Wawo (2024) did not find a significant association between anxiety and independence in their study, it does highlight the complexity of the relationship and the importance of mediating or moderator variables that may need to be considered. However, this study, with its findings of direct significance between anxiety and independence levels, provides further empirical evidence that in the context of nursing homes, anxiety directly affects the elderly's ability to be independent.

In addition, these findings are supported by research on self-efficacy affecting anxiety symptoms in the elderly with chronic diseases (Sovianti et al., 2025), as well as the success of positive self-talk therapy in reducing anxiety in elderly hypertension (Nisa and Pranungsari, 2022).

This study enriched the literature with a specific focus on the elderly population in nursing homes and the direct relationship between anxiety and independence levels, confirming the need for interventions that target both aspects.

Anxiety in the elderly is a multifactorial condition that can be explained through several theories.

The concept of aging itself implies a progressive decline in cognitive, physical, and social functioning, all of which can contribute to anxiety (Atiqah & Lumadi, 2020).

Feelings of worry and fear of degenerative changes are at the core of anxiety for the elderly (Ratnawati et al., 2021). The context of the social environment is also highly relevant to the Social Cognitive Theory of Albert Bandura which emphasizes how social interaction and environmental observation shape behavior. In this context, limited social interaction can weaken anxiety and increase the risk of depression, as the elderly may feel protected and less able to observe or interact adaptively. Psychosocial problems such as loneliness and depression are often triggered by irrational thoughts and negative past experiences (AQN, Ernawati, and

Anggoro, 2021), which exacerbate the anxiety cycle.

To understand the degree of independence, the theories of learning from B.F. Skinner and Ivan Pavlov are particularly relevant. Skinner with his operant conditioning theory explains that independent behavior can be strengthened through positive reinforcement, so that the elderly who receive rewards or support when doing independent activities tend to maintain and increase their independence.

On the other hand, if independent behavior does not get reinforcement or even negative consequences, it can decrease. Ivan Pavlov with his classical conditioning theory explained how stimulus-response associations can form a habit. For example, the elderly who are used to receiving continuous assistance can associate certain activities with dependence, so that the independent response is reduced due to the formation of dependency habits that are automatically associated.

In addition, the concepts of self-image, self-esteem, and ideal self play a role in the level of independence of the elderly. Self-image is an individual's perception of himself, self-esteem is an emotional evaluation of that self-image, and the self-ideal is an image of how an individual wants to be.

The mismatch between self-image and self-ideal can cause dissatisfaction and decrease motivation to be independent. Seniors who have a positive self-image and high self-esteem tend to be more motivated to maintain their independence, despite experiencing physical limitations. On the other hand, older people with negative self-image and low self-esteem may feel incapable and lose motivation to be independent, thereby increasing independence.

Researchers are of the opinion that there is a reciprocal and significant relationship between anxiety and the level of independence. Researchers are of the opinion that this is a negative cycle that reinforces each other; Increased anxiety will lower the motivation and ability of the elderly to act independently, while lowering the level of independence will weaken feelings of helplessness and increase anxiety. Research findings showing that minimal anxiety is most commonly found in the elderly with mild independence reinforce this opinion. This suggests that controlled anxiety allows the elderly to maintain a higher level of independence.

Researchers are of the opinion that interventions that successfully manage anxiety will have a positive effect on independence levels, and vice versa. Interventions that help older people reduce anxiety, such as cognitive therapy or social support, are thought to free up mental energy previously drained by anxiety, which can then be diverted to teach independent behaviour.

In contrast, programs designed to increase levels of independence, such as occupational therapy or hobby activities, are thought to foster a sense of competence, positive self-image, self-esteem, and *self-efficiency*, which will directly reduce feelings of helplessness and anxiety. Researchers are of the opinion that an in-depth understanding of these relationships is essential for the development of a holistic treatment program. Rather than treating anxiety and independence separately, the researchers assumed that an integrated approach would be more effective. Programs that include psychosocial support to reduce anxiety with activities that promote physical and cognitive independence, as well as strengthen the self-image and self-esteem of the elderly, are expected to provide better results in improving the quality of life of the elderly.

CONCLUSION

Based on the results of a study that has been conducted on 36 elderly people at the Tresna Werdha Blitar Social Service Unit in Tulungagung, it can be concluded that there is a significant relationship between the anxiety of the elderly and the level of independence in living daily life. In accordance with the general research objective, namely to find out the relationship between anxiety and independence of the elderly, the results of the analysis with the Spearman's rho test showed that there was a significant relationship with the value of $p =$

0.032 ($p < 0.05$). This means that the lower the level of anxiety of the elderly, the higher the level of independence, and conversely, the higher the anxiety, the lower the independence. The results showed that the majority of the elderly were in the category of at least 17 people (47%), then mild anxiety 14 people (39%), and moderate anxiety 5 people (14%). In the respondents in the light dependence category, namely 22 people (61%). Meanwhile, there were 4 people (11%) who were independent, 3 people (8%) with moderate dependence, 2 people (6%) with severe dependence, and 5 people (14%) with total dependence. This means that most elderly people can still carry out their daily activities with a little help. The results of the analysis of the relationship between anxiety and independence show that anxiety has a real influence on the level of independence of the elderly. Seniors with minimal anxiety tend to be more independent than those with mild to moderate anxiety. So you could say, the more manageable anxiety in the elderly, the greater their chances of remaining independent.

REFERENCES

- Abduh, M., Rahman, A., & Sari, R. (2022). *Health Research Methods: A Practical Guide for Health Students*. Jakarta: Salemba Medika.
- Al Faruqi, A. (2023). *Self-Motivation and Adaptive Behavior*. Bandung: Remaja Rosdakarya.
- Alamin, Z. (2024). *Psychology of the Elderly: Theory and Practice*. Yogyakarta: Student Library.
- Amelia, R. (2022). The relationship between the social environment and the level of anxiety of the elderly in social institutions. *Journal of Mental Health*, 12(1), 45–53.
- Anxiety Disorders, 77, 102–120.
- Atiqah, N., & Lumadi, H. (2020). *Elderly Health and Quality of Life*. Bandung: Refika Aditama.
- Bandura, A. (1977). *Social Learning Theory*. Englewood Cliffs, NJ: Prentice-Hall.
- Barlow, D. H., Ellard, K. K., Sauer-Zavala, S., Bullis, J. R., & Carl, J. R. (2020). The origins of anxiety: Evolution, neural circuits, and the treatment of anxiety. *Clinical Psychology Review*, 81, 101894.
- Bronfenbrenner, U., & Morris, P. A. (2019). The ecology of developmental processes. In Dariah, R., & Okatiranti, A. (2021). *Anxiety in the elderly: A review of the literature*.
- Dewi, A. (2023). Factors that affect the anxiety of the elderly in nursing homes. *Journal of Nursing*, 15(1), 22–30.
- Dewi, A. (2023). *The psychology of the elderly and their health problems*. Yogyakarta: Student Library.
- Dewi, A. (2024). *Stress and anxiety management in the elderly*. Jakarta: Rajawali Press.
- Endarwanti, N., & Salmiyati, S. (2022). Factors that cause anxiety in the elderly. *Journal of Health Psychology*, 10(2), 77–85.
- Fajar, B. (2023). The effect of social support on anxiety in the elderly. *Journal of Clinical Psychology and Mental Health*, 12(2), 55–64. <https://doi.org/10.xxxx/jpkm.v12i2.2023>
- Fajar, M. (2023). *Quantitative Research Methods in the Health Sector*. Jakarta: Kencana.
- Gross, J. J. (2021). *Emotion regulation: Current status and future prospects*. Psychological
- Gross, J. J. (2021). *Emotion regulation: Current status and future prospects*. New York: Guilford Press.
- Hanaz, R. A. Q. N., Ernawati, D., & Anggoro, S. D. (2021). Analysis of factors related to the level of anxiety in the elderly at the Hargodedali Nursing Home in Surabaya. *Majapahit Hospital*, 13(1), 1–6.
- Harapan, R. (2023). Factors that affect the anxiety of the elderly. *Indonesian Journal of Nursing*, 26(1), 45–53. <https://doi.org/10.xxxx/jki.v26i1.2023>
- Hawari, D. (2002). *Stress, anxiety, and depression management*. Jakarta: Balai Pustaka.

- Hendrawan, B. (2021). Social interaction and anxiety in the elderly in social institutions. *Scientific Journal of Psychology*, 9(1), 77–85.
- Hidayat, A. (2021). *Nursing and health research methodology*. Jakarta: Salemba Medika.
- Inquiry, 32(1), 1–26.
- Journal of Health Sciences, 9(2), 50–60.
- Lenze, E. J., Wetherell, J. L., & Stanley, M. A. (2020). Evidence-based strategies for preventing anxiety in older adults. *Current Psychiatry Reports*, 22(12), 69.
- Linda, T. U., & Silvitasari, I. (2021). The level of anxiety is related to the level of independence of the elderly at Posyandu Mawar X Pajang Laweyan. *Nursing News*, 6(3), 144–152.
- Manafe, E., & Berhimpun, T. (2022). *Geriatric Nursing*. Jakarta: Salemba Medika.
- McEvoy, P. M., & Hyett, M. P. (2021). Preventing anxiety disorders in adults. *Journal of Minarti*, M. (2022). The level of independence of the elderly in social institutions. *Indonesian Journal of Gerontology*, 5(2), 101–110.
- Muyasaroh, S., et al. (2020). Cognitive intervention on adolescent anxiety after the eruption of Mount Agung. *Journal of Psychology*, 13(2), 98–107.
- Nugraha, A. (2024). Psychological services to reduce anxiety for the elderly in nursing homes
- Nugraha, T. (2024). The relationship between anxiety and the quality of life of the elderly. *Journal of Public Health*, 19(1), 88–96.
- Nugroho, S. (2008). *Gerontic and geriatric nursing*. Jakarta: EGC.
- Nursalam. (2020). *Nursing science research methodology: A practical approach*. Jakarta: Salemba Medika.
- Oktavianto, Y. (2023). The relationship between physical health status and anxiety in the elderly. *Journal of Nursing and Midwifery Sciences*, 14(3), 145–153.
- Patria, A., & Wawo, J. (2024). Independence of the elderly with anxiety in fulfilling daily activities. *Journal of Nursing and Public Health*, 13(1), 45–55.
- Pavlov, I. P. (1927). *Conditioned reflexes: An investigation of the physiological activity of the cerebral cortex*. London: Oxford University Press.
- Polit, D. F. (2021). *Essentials of nursing research: Appraising evidence for nursing practice*. Philadelphia: Wolters Kluwer.
- Polit, D. F., & Beck, C. T. (2021). *Nursing Research: Generating and Assessing Evidence for Nursing Practice* (11th ed.). Philadelphia: Wolters Kluwer.
- Putri, L. (2023). The anxiety of the elderly is reviewed from the social aspect. *Journal of Psychiatric Nursing*, 11(2), 75–83.
- Rusdiatin, R. (2021). Anxiety in the elderly: Definition and psychological impact. *Journal of Clinical Psychology*, 9(1), 1–9.
- Santoso, F. (2024). The relationship between economic status and the independence of the elderly. *Journal of Social and Humanities*, 7(2), 99–108.
- Sari, M. (2020). *Developmental psychology of adults and the elderly*. Bandung: Alfabeta.
- Sari, M. (2023). Mental health in the elderly in social institutions. *Indonesian Journal of Psychiatric Nursing*, 12(1), 50–58.
- Setiawan, R. (2023). The relationship between lifestyle and independence of the elderly. *Journal of Community Nursing*, 9(2), 122–130.
- Skinner, B. F. (1953). *Science and human behavior*. New York: Macmillan.
- Sugiyono. (2024). Quantitative, qualitative, and R&D research methods.
- Sukma, D. (2024). The level of anxiety of the elderly in dealing with health problems. *Scientific Journal of Psychology*, 15(1), 12–21.
- Yulianti, S. (2024). Analysis of factors that affect elderly anxiety. *Journal of Public Health Sciences*, 16(2), 45–54.

Naya Adhisa Paramitha et.al Analysis Of Elderly Anxiety On The Level Of Independence At The Tresna Werdha Blitar Social Service Unit In Tulungagung

Zahra, N. (2023). The relationship between physical activity and the level of independence of the elderly. *Indonesian Journal of Nursing*, 27(1), 33–42.