

# The Effect of Logo Care on Elderly's Meaning of Life and Quality of Life in Werdha Nursing Home

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## ABSTRACT

Logo care is a therapy to improve the meaning of life and quality of experience in the elderly. This study explains the effect of logo care on the meaning of life and quality of life in the elderly who live in a nursing home. This study used a quasi-experimental pretest-posttest with a control group design method. Sixty respondents were categorized into treatment groups and control groups randomly (single-blind). The independent variable is logo care, and the dependent variable is the meaning of life and quality of life. The research instrument used is the meaning of life questionnaire and the WHOQOL-BREF survey. Analysis using the Wilcoxon Signed Ranks Test and Mann Whitney test with a value of  $\alpha=0.05$ . There are differences in the meaning of life and quality of life before and after logo care in the treatment group ( $p=0.001$ ). There is a significant difference in the meaning of life ( $p=0.001$ ) between the treatment group and the control group, also in the quality of life ( $p=0.001$ ) between the treatment group and the control group. Logo care can increase the meaning of life and quality of life in the elderly with frequent counseling at the nursing home. By adding the frequency of logo care meetings, an optimal meaning and quality of life can be achieved.

**Keywords:** elderly, logo care, quality of life, the meaning of life

## INTRODUCTION

The Elderly need efforts to improve and maintain their health [1]. It is caused by a decrease in body condition both psychologically and systematically, followed by increased susceptibility to disease and death. This process results elderly experiencing loss of orientation to existence, weak conditions, helplessness, feeling useless, and experiencing a crisis of old age and a crisis of meaning in life [2]. Based on the results of the researcher's initial interviews of 13 elderly in nursing homes, ten elderly states that they do not know the meaning of his life at this time. It is proven by one of the elderly who said, "I don't know what to do with my life. I only let God works for it." If the elderly have no meaning in their lives, then this will affect the quality of life of the elderly [3].

The meaning of life has a vital role in a good quality of life and live a real-life [4], [5]. Logocare is proven to increase the ability of the elderly to give meaning to life by creating something, drawing on experiences from the past, and with attitudes taken by individuals [6]. The benefit of logo care is that it can be given to the elderly to increase self-confidence so that they can achieve a good quality of life [5].

Logo care implementation can be done personally or in groups. Logo care is carried out in 4 sessions to help patients express the meaning of their lives directly related to the experience they have done. Logo care is performed on the elderly who can communicate in both ways, are

not experiencing severe physical pain, and can convey the meaning and purpose of life directly to the therapist

[2]. Logo care is done with a frequency of four times over two weeks (two sessions in a week), each time is approximately 45 minutes, can be done in a community [7].

Logocare is carried out in 4 sessions, namely session one (problem identification session and changes experienced). The first session is to identify the problems of the elderly, the causes of the issues, and to discuss the current problem resolution and expectations. The next meeting is the stimulation of creative imagination. Its purpose is to make the elderly able to mention the reasons for these expectations. Then, the third session is presenting an exact situation). The purpose of this third session is to make the elderly able to mention the meaning of life obtained from the results of their thoughts and carry out in their daily activities. The last session is the meaning of life. This session is ended with a discussion and follow-up plan of the purpose of life that had been obtained and the unresolved problem response, so the elderly can perceive the benefits and obstacles of finding the meaning of life.

According to Miller in 2012 theory on functional consequences model, which arranged based on concepts and practical assessment of the elderly that focuses on logo care. It can give an effect on the meaning and quality of life of the elderly [8]. The nursing theory aims to improve the well-being of the elderly, which combines an increase in understanding of meaning and quality of life as an integral aspect of care.

## METHODS

This study used a quasi-experimental pretest-posttest with a control group design method. Sixty respondents

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were categorized into treatment groups and control groups randomly (single-blind). The independent variable is logo care, and the dependent variable is the meaning of life and quality of life. The research instrument used is the meaning of life questionnaire and the WHOQOL-BREF survey. Analysis using the Wilcoxon Signed Ranks Test and Mann Whitney test with a value of  $\alpha=0.05$ . This study has received ethical clearance from the research ethics committee.

### RESULT

**Table 1.** The distribution of respondent's characteristics in elderly treatment and control group at werdha nursing home

Respondents characteristics	Treatment		Control	
	n	%	n	%
Age				
60-74	19	63.3	15	50
75-90	11	36.7	15	50
Gender				
Laki-laki	15	50	15	50
Perempuan	15	50	15	50
Education				
None	10	33.4	7	23.3
Elementary	12	40	10	33.3
Junior high	6	20	5	16.7
Senior high	1	3.3	8	26.7
College	1	3.3	0	0
Occupation				
Entrepreneur	7	23.3	3	10
Employee	5	16.7	5	16.7
Farmer/Labor	11	36.7	1	3.3
Maid	7	23.3	21	70
Living period				
< 1 year	14	46.7	22	73.3
1-5 years	16	53.3	8	26.7

The majority of respondents in the treatment group are between 60-74 years, which consists of 19 elderly; each respondent consists of 15 male elderly and 15 female elderly. Elderly who have elementary education is about 12 people, occupied as farmer/labor are 11 people, elderly with 1-5 years living period in the nursing home are 16 people. The majority of respondents in the control group are aged around 60-74 years, consisting of 15 people; each respondent consists of 15 male elderly and 15 female elderly. Elderly who have elementary education is about ten people, occupied as a maid are 21 people, elderly with < 1 years living period in the nursing home are 22 people.

**Table 2.** The data analysis of the change of elderly's meaning of life in Werdha nursing house

Meaning of life	Treatment		Control					
	Pre	Post	Pre			Post		
	n	%	n	%	n	%	n	%
Good	0	0	30	100	0	0	0	0
Bad	30	100	0	0	30	100	30	100
Wilcoxon Sign Rank Test	p=0.001		p=1.000					
Mann Whitney U Test	p=0.001							

The results on the meaning of life by using the Wilcoxon sign rank test in the treatment group obtained significant results  $p=0.001$ . In the treatment group, 30 respondents have an increase in their meaning of life level after logo care is given. From Mann Whitney U Test, the significant result is  $p=0.001$ . It means that there is a difference in the meaning of life in the treatment group and control group after given logo care.

**Table 3.** The data analysis of the change of elderly's quality of life in Werdha nursing house

Quality of life	Treatment				Control			
	Pre		Post		Pre		Post	
	n	%	n	%	n	%	n	%
Very bad	0	0	0	0	0	0	2	6.6
Bad	2	90	0	0	1	63.3	1	63.4
Moderate	3	10	0	0	1	36.7	9	30
Good	0	0	1	46.6	0	0	0	0
Very good	0	0	1	53.4	0	0	0	0
Total	3	100	3	100	3	100	3	100
Wilcoxon Sign Rank Test	p=0.001				p=1.000			
Mann Whitney U Test	p=0.001							

The results on quality of life using the Wilcoxon sign rank test in the treatment group obtained significant results  $p=0.001$ . In the treatment group, 30 respondents are experiencing an increase in quality of life after logo care was given compared to the quality of life before logo care was given. From the Mann Whitney U Test, the significant result is  $p=0.001$ . It means that there is a difference in the quality of life in the treatment and control group after logo care was given.

### DISCUSSION

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Based on the results of the study, the treatment group experienced a significant increase in the assessment of the meaning of life and quality of life. Environmental factors influence the meaning and quality of life of the elderly. The picture of a safe environment can be reflected in calm and clean ecological conditions, facilities, and building conditions that are specified for the elderly. A safe environment can have a positive impact on the lives of the elderly, including feeling happy and able to enjoy life in their age, and the elderly can feel calm because there is nothing that makes them nervous [8]–[11]. Logocare is proven to increase the meaning and quality of life, make the elderly feel optimistic about their lives, can do anything that beneficial. Even though they can not do substantial activities, it can be useful for people around and the environment by doing good things as they can and experience everyday activities is something that is always done passionately and becomes a source of satisfaction.

Another factor that influences the meaning and quality of life in the elderly is the activity involvement of the elderly in their environmental activities [12]. Most elderly are involved in events organized by the nursing home. The activities can be a form of attending prayer activities, Taking a walk, and gymnastics carried out according to the program held at the nursing home [13]–[15]. These activities make the elderly more active in social interaction with their environment. Besides, the support from the surrounding environment can also increase the meaning and quality of life of the elderly [16]–[18]. One of the keys to maintaining the social status of the elderly is by continuing to establish social interaction with their environment, by doing so, it can cause happiness and affect the meaning and quality of life of the elderly [8].

The meaning and quality of life between the treatment and control groups show that there are differences between the two groups. There is an effect on the purpose and quality of life of the elderly in the treatment group. Logocare is a very effective therapy to improve the sense and quality of life of the elderly [19]–[22]. Meaning and quality of life increases after the existence of logo care. It influenced by the elderly's acceptance of the activities and accuracy of the therapist who performs the logo care well according to the guidelines [23]. Logo care teaches us to see the positive value of suffering, provide opportunities to take wisdom from pain and provides comfort and readiness to face beneficial death [24]. The elderly are given an understanding of how they should behave in meeting the most difficult times, the stage of accepting being old, and provide support to the elderly so that they will always have a passion for life.

### CONCLUSION

Elderly's Meaning and quality of life show that there are still many elderly whose meaning and quality of life are weak. They do not have a clear purpose in life, do not understand the meaning of life at this time, and are not satisfied with the experience. Increasing the meaning of life of the elderly after logo care was given is influenced by the acceptance of the elderly in activities and the accuracy of the therapist who performs logo care. The provision of individual logo care is proven to increase the meaning and quality of life of the elderly so that they can have acceptance, patience and become more positive

individuals and live life with happiness after treated with logo care.

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