



INDONESIA

connecting youth and seniors

A quarter of Indonesia's population is young people aged 10-24 years. While the number of elderly citizens continues to rise, especially in areas that have entered the demographic bonus. However, local government attention to the two population groups is very limited. Young people and the elderly are vulnerable groups in the population. The process of growth and development experience makes it easy for young people to be trapped in risky behavior to affect the quality of life as an adult. While the decline in the physical condition of the elderly brings many associated problems that will affect their quality of life.

Various vulnerabilities experienced by young people and the elderly can bring huge economic losses. But the impact is often not realized until policies, investments, and interventions for them are lacking. The situation is illustrated by a study conducted by the Family Research Group and Health Research Center for Population Research of the Indonesian Institute of Sciences (P2K LIPI) 2018 presented in Jakarta, (11/22/2018).

Puguh Prasetyoputra, P2K LIPI researcher, said the government actually already has policies and programs for young people in a number of ministries and institutions. However, the limited capacity of local governments (pemda) makes it difficult to directly implement central policies.

Local governments generally only implement central programs and are less able to innovate according to local conditions and challenges. Programs are generally not optimal. Programs for young people run by non-governmental organizations tend to be more executed. However, the limited scope and resources of non-government organizations make program implementation also limited.

The situation of elderly development is similar. Another P2K LIPI researcher, Dewi Harfina, assessed that elderly policy has not yet become a priority because regional autonomy makes each region free to determine its development priorities.

family

Investment and development interventions for young people and the elderly are not cheap and easy. Good policies at the central level are not necessarily successful at the regional level. The diverse geographical, cultural, and socio-economic conditions of people make population policies in Indonesia not singular.

In the midst of the complexity and limitations, the family can actually be used to encourage the development of young people and the elderly. Head of P2K LIPI Family and Health Research Group Augustina Situmorang said the study conducted from 2015 to 2019 was expected to obtain a strategy recommendation for local governments to strengthen the role of families in population development according to the human life cycle

aging population IN INDONESIA

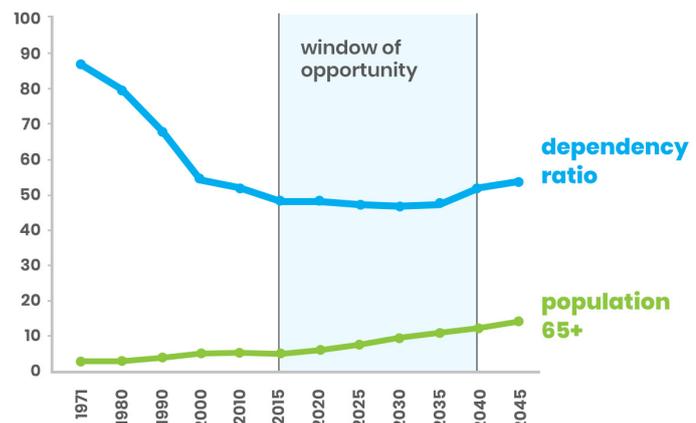
In the 1960s, Indonesia was in an era of extra numbers of extraordinary babies, known as baby booms. This period lasted until the initiation of the family planning program in the 1970s which then succeeded in suppressing population growth through birth. Improving the availability of food sources and improving health reduces the risk of disease and increases the life expectancy of the population. The results of these improvements, now bringing babies in the era of the baby boom, are aging, thus widening the pyramid of the elderly population group. This era is expected to continue, and by 2050 it is estimated that their number will reach 2.1 billion worldwide (UN, 2017).

This demographic change is undoubtedly also happening in Indonesia. As a result of the declining birthrate and an increasing number of productive age populations, Indonesia's population dependency ratio began to fall below 50 percent in 2015. At this time Indonesia began to enter the demographic bonus period, where the productive age population is at a higher number so the burden on the population dependency ratio is below 50 percent. The number is predicted to increase again above 50 percent in 2045, which also means a return to rising economic burdens. The increasing number of dependency is accompanied by the increasing number of the elderly population. A large number of elderly Indonesians in the future can certainly have positive or negative impacts.

Figure 1.1

Percentage of Population Aged 65 and Over,
Dependency Ratio, 1971-2045

Source: BPS, 2010 Population Census Results



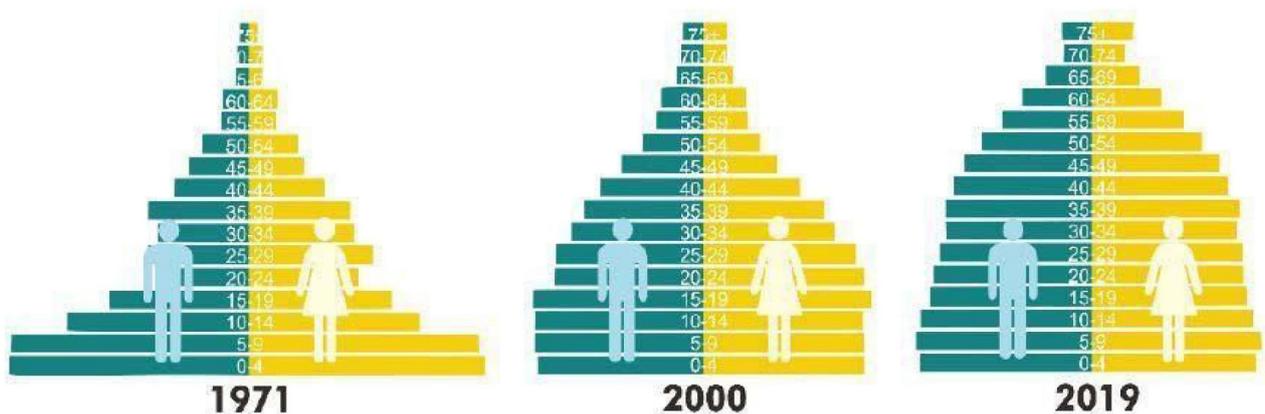
age structure

OF THE ELDERLY POPULATION

During the period 1971-2019, it was seen that the age structure of the Indonesian population continued to experience changes and began to shift towards old age. Those who previously were a bonus from demographics and were born in the baby boom era began to shift into productive residents who would later become elderly residents.

To be elderly means to occupy the top of the human life cycle and every phase in it is like an interrelated life chain. Therefore, the current situation of the elderly is determined by how they lived in the past. Preparing pra elderly to meet old age with a strong and productive need to be done early on by involving all levels of society. It is intended that around 17 percent of Indonesian pre-workers in 2019 will remain to have excellent health, high productivity, live a prosperous and happy life into the elderly.

Figure 1.2 Indonesian Population Pyramid in 1971, 2000, 2019



Sources: SP 1971, SP 2000, and Projection of Indonesian Population 2019

Over a period of nearly five decades (1971-2019), the percentage of Indonesia's elderly population has doubled. In 2019, the percentage of elderly will reach 9.60 percent or around 25.64 million people. This condition shows that Indonesia is transitioning towards population aging because the percentage of the population aged over 60 years reaches above 7 percent of the total population and will be a country with an aging population structure (aging population) if it is already more than 10 percent. This phenomenon is a reflection of the increasing life expectancy of the Indonesian population.

If balanced with the ability of elderly groups who can be independent, quality, and not become a burden on society, then the indirectly aging population will have a positive influence on national development.

The existence of the elderly population is spread both in urban and rural areas, where the elderly who live in urban areas are higher than rural areas (52.80 percent compared to 47.20 percent). The percentage of the elderly in Indonesia is dominated by

young elderly (age group 60–69 years) with a percentage reaching 63.82 percent, the rest are middle-aged people (age group 70–79 years) by 27.68 percent and elderly (age group 80+ years) by 8.50 percent as is which can be seen in Figure 1.3 below.

Figure 1.3 Distribution of the Elderly Population, 2019



Sources: BPS, Susenas March 2019

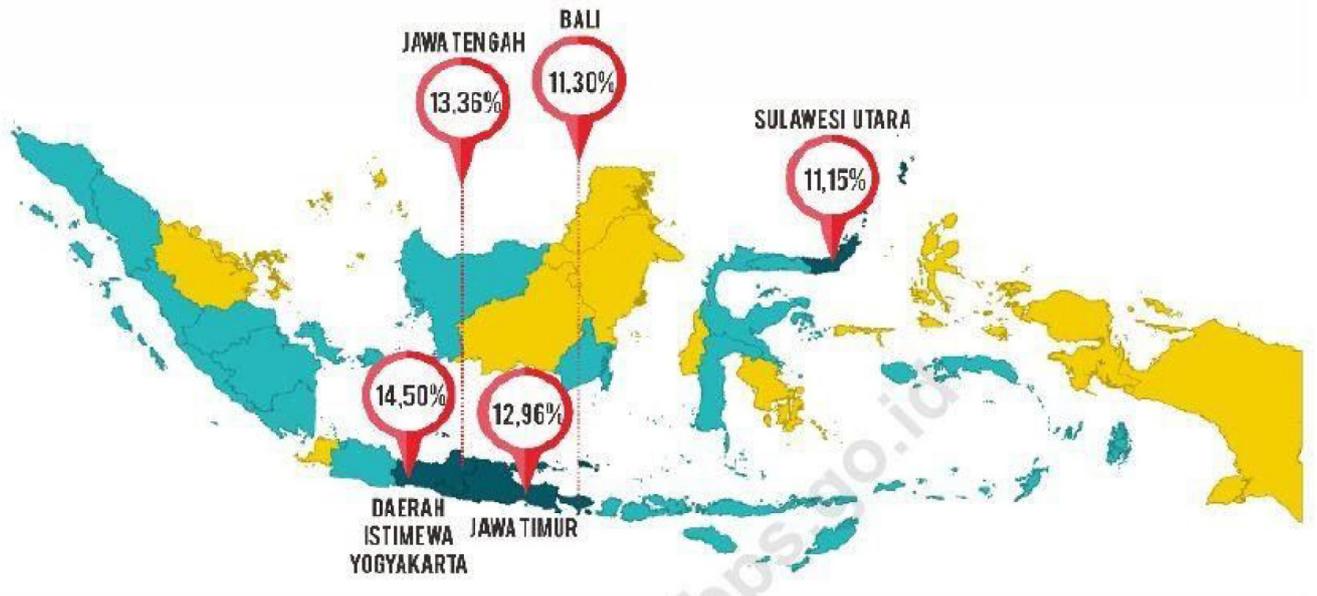
The elderly usually feel lonely in the community. These conditions will get worse if coupled with a difficult economy and social conditions that are not conducive, causing the elderly stress, depression, to schizophrenia. Biologically, the physical endurance of the population

the elderly are getting weaker, so they are more vulnerable to disease. This is due to a decrease in the structure and function of cells, tissues, and organ systems in the elderly body. Elderly involvement in economic resources, influence on decision making, and the extent of social relations are also declining.

The limitations of the elderly make them not have a wider choice of space so they tend to be more comfortable in a community with a relatively similar culture.

Susenas data for March 2019 shows that the province with the highest percentage of the elderly population in 2019 is Yogyakarta (14.50 percent), Central Java (13.36 percent), East Java (12.96 percent), Bali (11.30 percent), and North Sulawesi (11.15 percent). The five provinces are provinces that have an old population structure considering the percentage of their land is already above 10 percent.

Figure 1.4 Five Provinces with the Structure of Old Population in Indonesia, 2019



the method we use

IN THIS RESEARCH IS QUALITATIVE
DATA ANALYSIS

We use qualitative data analysis such as notes, documents, and text. We analyze the social lives of the participants in research studies and decode words and actions. Our statistical data is obtained from Badan Pusat Statistik (Statistics Indonesia)

main challenges

FOR THE ELDERLY
IN INDONESIA

The aging process of the population has an impact on various aspects of life, economic and social. Decreased bodily functions as humanity can lead to health problems, which increases the risk of disability. This condition presents the elderly with various additional needs in terms of health and assistance. Old age also shifts the elderly to retirement age, as part of an economically unproductive group. Elderly Indonesians, who are said to be 'old before rich', will certainly increase the dependency of the elderly on the productive age group. So that continuity and all its needs require the elderly family guarantor to get extra income to help meet those needs. This condition exposes the productive age population to be part of the sandwich generation. They must support their wife and children in the nuclear family, parents, and themselves. Including preparing for their retirement.

Economically, the elderly population is more often seen as a burden than as a resource. The elderly are considered unproductive and their lives depend on the younger generation. Some elderly people still play a role in the world of work, but their productivity has decreased.

From the social side, the presence of other household members, especially elderly life partners, means a lot to accompany and spend the rest of the journey of life. However, the shift in the structure of family life from extended family to nuclear family certainly becomes an obstacle for the life support needs of the elderly.

The various conditions of humanity are a human life cycle that can be addressed and prepared from an early age. How the condition of the elderly today is determined by their lifestyle in the past. Elderly people will become potential if they are healthy, independent, active, productive, and empowered.

integration of programs

RELATED TO THE ELDERLY

For developing countries like Indonesia, the challenges faced are far more complex than those in developed countries that have already entered the aging population. There are two main underlying reasons. First, population aging in developing countries is projected to develop much faster than in developed countries. Secondly, developing countries face aging populations when the level of economic development is lower than in developed countries. Policies related to the elderly in Indonesia are regulated in Law No. 13 of 1998 concerning Elderly Welfare which focuses on fulfilling the basic rights of the elderly which include religious services, health, employment opportunities, education, facilities, and services of public facilities and infrastructure as well as legal, social, and legal assistance. social protection. Then for the implementation of the issuance of Government Regulation No. 43 of 2004.



At present, issues related to the elderly that cover health, economy, social, and environment have been addressed by various stakeholders both at the central and regional levels. However, in practice, the programs that are carried out are still partial and run independently. Several programs related to the elderly in the community, such as BKL, Bina Keluarga Lansia (The Elderly Family Development) by BKKBN and Posyandu Elderly by the Ministry of Health of the Republic of Indonesia, these two programs tend not to be well integrated yet have the same goals. Even at the regional level, BKL activities tend to be minimal, not as extensive as those of the elderly Posyandu.

Based on the research results of the Population Research Center - LIPI (2018) in three provinces, namely the Provinces of East Java, West Nusa Tenggara, and North Sumatra, the majority of elderly Posyandu run routinely even though the coverage area depends on their respective regions. There are areas that have elderly Posyandu in every neighborhood (RW), although some are still only at the village level. The activities carried out focus on basic health checks, such as blood pressure.

As for BKL who are at the sub-district level, in addition to minimal activities, their presence is increasingly invisible. There are several cases of active BKL due to active cadre factors, but more are experiencing stagnation. The reason given so far is because BKL is more focused on family empowerment. How does the family play a role to look after the elderly? However, this has not yet seen its impact on the lives of the elderly. One of the reasons was alleged because BKL, which often took the form of socialization in the community, tended to pay less attention to the follow-up of the socialization activities. But what needs to be underlined from this problem is that the two programs are not complementary and not well integrated. Whereas the idea of the existence of this BKL if integrated with the Posyandu for the elderly would be very good in improving the quality of the elderly. Therefore, what needs to be considered at this time is how the existing programs can be well integrated. It is very important if each relevant stakeholder can work together in the same program but with different tasks according to the capacity of the institution for the creation of quality elderly in the future, namely the elderly who are physically and mentally healthy and independent in their lives.



Bali, Indonesia

The elderly talk show that was held in the area of the Bali Provincial Parliament (31 July 2019) is a series of the commemoration of the launch of the National Elderly Day. It is held every May 29 since 1996. Mrs. Putri Koster as the Chairperson of the Bali Province PKK TP attended and participated in the talk show. The Commemoration is a moment to increase public awareness and attention towards the elderly. This was realized by conducting socialization and campaigns on elderly welfare and health.

Commemoration of the National Elderly Day 2019 has been held in various forms of series of activities. Such as health workshops, Talk Show, Gymnastics, Influenza Vaccination, and Health Check. This activity was held in collaboration with various related organizations and agencies and supported by the Bali Provincial Health Office.

Bali Government Concern for the Welfare of the Elderly

Article 138 of Law No. 36 of 2009 concerning health stipulates that efforts to maintain health for the elderly. Aimed at keeping the elderly healthy and productive. Both socially and economically. For this reason, the Government is obliged to guarantee the availability of health service and facilitate the elderly to continue to live independently and be productive socially and economically. Besides the right to health, the elderly also have the same rights in social, national, and state life. Efforts to improve elderly welfare are directed so that the elderly remain empowered and they can play a role in development activities.

Tools and methodologies for teaching youth workers about the involvement of seniors:

1 “Facilitating” Method :

- Guides a group through an experience
- Uses different leadership styles when appropriate
- Encourages participation
- Keeps action going
- Can tolerate low points in action
- Is flexible
- Encourages participation by all
- Is generally low key
- Is a good listener
- Cares

2 Planning and reflection

It's powerful methods that promote youth engagement in planning, implementing, and evaluating activities and projects.

3 Support Group

A support group for the elderly and youth, providing a safe place for them to discuss any issues they are facing in life. There is a self-referral process or referrals can be made by a mentor, People wishing to set up a group will need to complete the training.

4 **Ask-Listen-Encourage.**

The workshop introduces various communication techniques that help the elderly and youth build more support. They will learn how to ask more effective questions, listen actively, and to offer youth and elderly encouragement.

5 **Cooperative Learning**

It is an excellent way to build community and keep things fun. This workshop equips participants with grouping strategies and ways to think about building cooperative learning into the program.

6 **The Voice**

This focused on providing meaningful choices within activities and opportunities for youth and elderly input within the program.

8 **Blending Generations**

The elderly and youth come together to share time and experiences. It's an intergenerational program and involves programs that increase cooperation, interaction, or exchange between any two generations. It involves the sharing of skills, knowledge, or experience between old and young. The goal is to mutually enrich each age group through meaningful interaction.

Intergenerational mentoring programs match senior citizen retirees with youth who need extra attention and will

benefit from forging a strong relationship with the elderly. Intergenerational programs can bring together younger and older persons in activities that break down the myths and stereotypes that result from the societal separation of the generations.

Volunteer work increases a senior's sense of purpose, which leads to greater self-esteem, often at a time in life when many elderly are depressed or isolated. By spending time mentoring young people, an elder has a chance to transfer their knowledge, skills, and values to the next generation. Intergenerational programs allow a retiree to continue being involved in the community – to give of their time and knowledge in exchange for the personal satisfaction that comes with volunteering.

The youth also benefit from increased self-esteem, knowledge, and skills. By spending time in a positive relationship with a senior citizen, the younger generation gains a better understanding of the process of aging. These programs also allow for increased collaboration with other community organizations.

By working together, youth and elders facilitate community collaboration, pooling of resources, and cooperative problem-solving. All participants learn from and respect each other's traditions and stories and learn to value and accept diversity. Communities gain awareness about issues affecting multiple generations. Programs enhance the ability of both public and private agencies to meet the needs of youth and elders.

Here are some ideas for the activities :

- **Storytelling.** Swapping stories is a great activity and can help build a connection.
- **Learning skills.** Many older adults have skills or talents that would be interesting for young people.
- **Reading to each other.**
- **Planning/preparing a meal (if applicable).**
- **Scrapbooking.** Establishing phone pals. This activity can connect older community members with young people.
- **Talking about ethnic heritage.** Share ethnic customs, discuss the meaning of a name in the native language, or relate special stories passed down about culture.
- **Planting seeds or gardening.** This illustrates the stages of the life cycle. A container garden can be created if bending or space is the issue.
- **Discussing hobbies and sharing examples.**
- **Young people teach seniors new technology.**
- **Yoga**

conclusion

From the results of research, observation, and discussion, we conclude that there are big opportunities between young people in Indonesia and the elderly to connect and cooperate. Each generation can learn from the other. Despite popular misconceptions, the elderly are capable of learning new skills. By interacting with and learning from youth, the elderly can have a better grasp of new information and expand the skills they already have. The elderly can also mentor younger people, which can give them a sense of purpose and accomplishment. We have the potential to create collaborative programs for young people and the elderly based on interests. An approach is needed to develop an increasingly open environment; involving young people and the elderly with various backgrounds, characteristics, abilities, status, conditions, ethnicity, culture, and others. An open program in the environmental concept of inclusion, so that both generations, the young and elderly feel safe and comfortable in collaborating.

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