

## **Family Involvement in Managing Work–Life Balance for Elderly Safety: A Case Study of Harapan Kita Nursing Home, Ogan Ilir, Indonesia**

**Herlina\***

Institut Agama Islam Al Qur'an Al Ittifaqiah Indralaya Sumatera Selatan, Indonesia

\*Corresponding Author: [herlinaherman26@gmail.com](mailto:herlinaherman26@gmail.com)

|| Received : 11-12-2024    || Accepted: 07-06-2025    || Published: 08-06-2025

### **Abstract**

The transfer of the care, treatment, and upbringing of elderly parents to nursing homes has become a trendy phenomenon today. Most of the reasons for this care are due to the busy work and routine activities of the family, especially children, so that the intensity of attention and affection for the parents who are entrusted. However, this reason is not justified in Islamic law as long as children and families are still able to take care of elderly parents. Many cases of neglect of the elderly in care or being cared for by others and maintenance do not meet physical and mental health standards. There needs to be intensive supervision of elderly people who are entrusted to nursing homes, especially physical, psychological, and spiritual security. This article examines how to control quality, efficient, and effective time so that the intensity and frequency of family visits, especially children to nursing homes, can be carried out properly. The analysis and measurement of research data uses a qualitative approach with a descriptive level of explanation and is field research. Cases that occur in the field reflect the need for quality, efficient, effective time management of routine activities and family work so that visiting activities can consistently be carried out every week. This is because attention and affection from children and family play an important role in the lives of the elderly. Time management must be arranged in such a way that children and families have a frequent schedule to visit parents who are entrusted to the nursing home. The remaining time must be utilized by children and parents so that the blessing of life is maintained properly and nobly.

*[Pengalihan pemeliharaan, perawatan dan pengasuhan orang tua lanjut usia ke panti jompo telah menjadi fenomena tren pada saat ini. Sebagian besar alasan penitipan ini dikarenakan oleh kesibukan bekerja dan aktivitas rutin keluarga, khususnya anak sehingga berkurangnya intensitas perhatian dan kasih sayang terhadap orang tua yang ditiptkan. Namun, alasan tersebut kurang dibenarkan dalam syariat Islam selama anak dan keluarga masih mampu mengurus orang tua lansia. Banyak kasus penelantaran lansia di penitipan atau dirawat oleh orang lain dan pemeliharaan kurang memenuhi standar kesehatan fisik serta mental. Perlu adanya pengawasan yang intensif terhadap orang tua yang ditiptkan di panti jompo, terutama keamanan fisik, psikis, dan spiritual. Artikel ini meneliti tentang cara mengendalikan waktu yang berkualitas, efisien dan efektif agar intensitas serta frekuensi kunjungan keluarga, khususnya anak ke panti wredha dapat terlaksana dengan sebaik-baiknya. Analisis dan pengukuran data penelitian menggunakan pendekatan Kualitatif dengan tingkat eksplanasi Deskriptif dan bersifat Field Research. Kasus yang terjadi di lapangan mencerminkan perlu*

*adanya manajemen waktu yang berkualitas, efisien, efektif terhadap aktivitas rutinitas dan kerja keluarga agar kegiatan berkunjung secara konsisten dapat dilakukan setiap minggu. Hal ini mengingat perhatian dan kasih sayang dari anak dan keluarga memiliki peran penting dalam kehidupan lansia. Manajemen waktu harus diatur sedemikian rupa sehingga anak dan keluarga memiliki jadwal yang sering untuk mengunjungi orang tua yang dititipkan di panti jompo. Waktu yang tersisa harus dimanfaatkan oleh anak dan orang tua agar keberkahan hidup tetap terjaga dengan baik dan mulia.]*

**Keywords:** Time, Quality, Efficiency, Effectiveness, Elderly Care.

**How to Cite:** Herlina, H. (2025). Family Involvement in Managing Work–Life Balance for Elderly Safety: A Case Study of Harapan Kita Nursing Home, Ogan Ilir, Indonesia. *Jurnal Mediasas: Media Ilmu Syari'ah Dan Ahwal Al-Syakhsyiah*, 8(2), 366–377. <https://doi.org/10.58824/mediasas.v8i2.242>



Copyright © 2025 by Author(s)

This work is licensed under a Creative Commons Attribution-ShareAlike 4.0 International License.

## INTRODUCTION

The care of elderly parents in nursing homes or nursing homes is a trendy phenomenon today. There are several factors that cause the care of the elderly, namely, children and families are unable to maintain and look after them because they are busy working and doing other activities so that they do not have enough time to pay attention. Another reason is the desire of the elderly themselves, who feel comfortable in nursing homes. The desire of the elderly to spend the remaining time in their lives by considering the presence of peers of the same age and one frequency of interaction. However, in filling activities in the remaining age, the elderly really need safe, comfortable, and serene protection, especially from children and family. The main problem of the elderly is that they often complain about the lack of attention and frequency of visits from the family, especially children.

In the study (Herlina et al., 2024), it was explained that in individualistic communities, elderly care was delegated to third parties. Meanwhile, in societies that adhere to Islamic teachings, it is highly recommended to take care of elderly parents as a form of filial piety to parents, in the form of returning the favor of parents according to the concept or theory of maqashid al-shari'ah. Meanwhile, the article (Anwar, 2023) explains that placing parents in nursing homes is a last resort or with the consideration that better and guaranteed care is carried out in institutions because the social and economic conditions of children or families do not allow it. Maintenance and care of elderly parents The elderly really need attention and affection from the surrounding environment, especially the family, so the intensity of family visit time should be given more attention. With the presence of the elderly in nursing homes, it has relieved children and families of taking care of and maintaining them in old age.

The study (Voie et al., 2024) analyzed the location of everyday time, places over time, and large-scale time interacting to shape older people's daily lives. This analysis uses reflective thematic. In an article written by Suharti et al. (2022), it is explained that elderly parents depend on others, especially their families and children, who have many limitations, and they themselves consider themselves useless to the surrounding environment. By providing facilities that support physical, social, and memorial activities, it increases self-confidence in the elderly by activating gardening and livestock activities.

An increase in life expectancy is the result of an increase in the number of elderly people, and this is an indicator of the success of a country's national development. The government is obliged to provide good and quality health facilities and services for the

elderly. With well-guaranteed facilities, an independent and productive elderly will be realized (Halimsetiono, 2021). The article (Lase & Souisa, 2021) discusses the role and support of family which is very important for the elderly. This research explains that most of the elderly are still neglected and do not get proper attention from the family. Meanwhile, a service study conducted by Febriansyah et al. (2023) stated that with increasing age, the body will experience changes in body function, so it is very important to carry out physical and social activities in the form of gymnastics to train and restore the mental health of the elderly to be well maintained. The article (Mulyadi et al., 2018) explains that basically the elderly will experience physical and mental changes. Along with these changes in conditions, there is a problem with the onset of disease, including hypertension.

With the physiological changes in the elderly in the form of physical, mental, and social health resulting in disruption of work and social roles. These changes cause the musculoskeletal system to decline and directly affect the ability of physical activity and sleep patterns in the elderly (Iriyani et al., 2023). In overcoming physical, mental, and social changes, the elderly need social support, and the concern of family and children for the elderly is needed by the elderly. Research conducted (Arini et al., 2016) explained that family social support has a large effect of 37.34% on shaping the quality of life of the elderly. There is a relationship that exceeds half of the respondents, namely 53.1%, between family support and elderly visits to the elderly posyandu (Friandi, 2022).

Elderly families, especially children, have their own busy lives, so the frequency of visits and the volume of attention and affection are reduced. Most adults, especially those who are married, have difficulty caring for and maintaining parents and children simultaneously due to their busy schedules and work routines (Haadi et al., 2023). Meanwhile, the article (Asnal et al., 2022) examines the creation of a position monitoring system that uses geofencing technology as a solution to monitor the presence and activities of the elderly due to the busyness of family members carrying out work activities, school, and so on.

The results of the analysis of the article (Muttakhidlah & Aryati, 2021) explain that caregivers must have a level of patience, thoroughness, and love in serving and caring for the elderly. The impact of this task causes a high level of stress on the caregiver. This research aims to determine the description of caregiver stress levels in caring for the elderly. The main cause of stress is that the elderly are very dependent on caregivers. In this case, elderly family members must maximize their role and support to reduce stress levels. Described in research conducted by Kumalasari et al. (2023), which focuses more on the background of family members' decisions, especially children who leave their parents in nursing homes, which are dominated by economic factors and busyness. The Elderly Community Shelter House project in Bogor, which is the place of research (Xena & Winata, 2021), is a place for the needs of the elderly to get attention, love and care, and maintenance in old age without having to leave home and family. Changes in the physical and psychological conditions of the elderly require more attention and diversion of mobility and community activities to stabilize and improve health. The busyness of children and family has a negative impact on the fulfillment of these needs. Entertainment, fitness, and therapy facilities are available in this halfway house as a means of retreat, recharge, and rebirth for the elderly.

In response to the above phenomenon, it is very necessary and important for children and family members to manage quality time in order to share attention and affection with elderly parents who are in nursing homes or similar elderly care. Time management by controlling as efficiently and well as possible so that the frequency of visits can be fulfilled properly and consistently. With the number of regular visits or at least by

means of telephone, cell phone, or other devices, monitoring elderly parents can make the spirit and support very meaningful for the elderly in the old phase, although not fully with children and family

## **METHOD**

Data analysis and measurement in this research is qualitative with a descriptive level of explanation. Based on the place, this research is classified as field research, using primary data in the form of key informants and several informants coordinated by the Herlina Herman Beroni Family Law and Sharia Consultant Institute. The research was conducted at Harapan Kita Social Home for the Elderly (Lansia) Indralaya Utara, Ogan Ilir district, South Sumatra, Indonesia. Viewed from the type and strategy of research findings is a case study. Data collection and analysis were carried out simultaneously and repeatedly until saturated data were obtained. Data collection is done by direct observation and a form of planned and structured interview. Secondary data used are books, articles, and other scientific literature.

## **RESULT AND DISCUSSION**

### **Condition and Situation of the Nursing Home**

Harapan Kita Elderly Social Home (PSLU) is a technical implementation unit in the field of fostering the social welfare of the elderly, which provides social welfare services for the elderly in the form of providing shelter, life guarantees such as food, drink, and clothing, health maintenance, and leisure activities, including social, mental, and spiritual guidance, so that they can enjoy old age in peace, physically and mentally. Overall, PS LU Harapan Kita has 4 (four) places, namely on Jl. Raya Lintas Timur KM. 32, Indralaya Utara, Ogan Ilir district; Jl. Social KM. 6, Palembang; Jl. Garuda, Lubuk Linggau city; and Jl. Mataram, Musi Rawas district, with a total of 200 elderly people. However, the elderly in North Indralaya, as many as 87 people, are the largest number compared to other areas. The nursing home was established in 1979/1980 and has a service goal with a decent level of quality of life and welfare for the elderly in the life of society and the state based on the noble values of the nation's culture so that in old age the elderly can enjoy inner and outer peace.

PSLU Harapan Kita has a target of neglected elderly people aged 60 years and over who have no provision for work or income and have no relatives who are able to meet the needs of life reasonably. Elderly people who have various problems related to housing and social security are another target. In addition, there are also elderly people who choose to live in institutions at their own request. This nursing home has strict rules and regulations for attracting the elderly, and there are regulations that must be obeyed.

In carrying out its daily activities, PS LU Harapan Kita has an organizational structure consisting of the Head of the Orphanage, the Administration Subdivision, the Assistance and Spiritual Development Section, and the Skills Channeling and Functional Position Groups. Each section has a job description, function, and description based on South Sumatra Governor Regulation number 18 of 2018. The implementation of work between sections looks solid and coordinated, supporting each other. While in terms of service to the elderly, it implied full devotion and compassion.

### **Physiological Changes and Meeting the Needs of the Elderly**

A person who has entered the last phase of his life or has aged 60 years and over is called elderly or elderly. The elderly phase experiences changes in physical, psychological, and psychological conditions, characterized by reduced vision, speech, and thinking and

frequent illnesses. The changes that occur in the elderly must be carried out to transfer activities to maintain health and increase their immune system. The implementation of these activities is in the form of age-appropriate mobility and community activities such as doing morning exercises or light exercise, attending health seminars, and developing hobbies.

With the rapidly increasing elderly population, nursing homes have been established in various regions. These homes can accommodate a number of elderly people who cannot be cared for by their family members or at the request of the elderly themselves. In these nursing homes, children and families fully surrender the care and maintenance of their parents to be taken over by caregivers, where the homes provide various facilities that can be used by the elderly for their elderly.physical and mental needs.

In fulfilling the needs of the elderly, the nursing home must understand all the physical and psychological changes of the elderly, including the need for attention and affection. But in reality, the elderly still really need attention and affection from their families, especially their children. The children and family should not completely leave the physical and mental needs of the elderly to the nursing home carers. Moral support and encouragement from the family mean a lot to the elderly in navigating the rest of their lives. Here are some narratives from the results of interviews with the elderly on meeting the needs of family attention:



The word cloud results show the dominant words: ‘Visit needs,’ ‘Intensity,’ ‘Noted,’ ‘Busyness,’ and ‘Gathering,’ which shows that the elderly as key informants representing other elderly people express that the need and intensity of family visits are needed for the elderly, and it would be better if the frequency of friendship were increased and paid attention to. In this case, family members, especially children, must be able to control their ‘busy’ activities by managing their time as well as possible and as efficiently as possible so that they have more quality time for their parents who are entrusted to the Wredha Home. The most important thing for biological children is that Birrul Walidain is a full obligation and responsibility in Islamic law, even if it is only limited to visiting and saving time for their parents who are in the orphanage. The situation of leaving the elderly without their own request indicates the inability of the family, especially children, to care for and maintain parents in their old age.

### Supervision of the Elderly and Control of Family Time

The main needs of the elderly are attention and affection, which are expressed in the form of intensive supervision from the family. In this case, family can be interpreted



broadly, that is, those from lineage, adoption, and the orphanage environment. Drastic changes can occur suddenly in the mental and physical health of the elderly, so it is very important to have special treatment from the surrounding environment.

In general, special treatment for the elderly is in accordance with the objectives of Islamic law to achieve a happy life in this world and the hereafter by providing benefits and preventing harm in the form of preventing threats to the safety of the elderly. This elderly care can be linked to the five objectives of Islamic law, or Maqashid Sharia, as follows:

1. Judging from Religion, the guidelines for life include 3 (three) components, namely creed, sharia, and morals. These three components must run in balance to realize a happy life in the hereafter, so as a believer, a human being must strive to pay attention to the environment and the surrounding community, especially children to parents and family to parents. The character of a good and faithful Muslim or Muslimah is to care and pay attention to fellow human beings as he treats himself.
2. Maintenance of the Soul: Islamic law must maintain human rights in maintaining their lives. The right of the elderly to live safely, peacefully, happily, and prosperously and the safety of the elderly soul should be at stake by protecting their souls.
3. In terms of Intellect, humans are given reason to think and act properly, sorting out activities that are beneficial and full of benefits. Humans who have good minds will always think of doing good for their lives and others. A good human being always feels happy if he treats others as well as he treats himself.
4. Perspective of Descent: Caring for, paying attention to, and looking after elderly parents directly or indirectly indicates that the maintenance of offspring has taken place properly and with quality.
5. Maintenance of Property: The care of the elderly carried out in nursing homes means that there is an inability and lack of ability of children and families in the maintenance and care of elderly parents. However, in terms of supervising the safety of the elderly and controlling working time, it can actually still be managed properly and consistently because it depends on the intentions of children and families. In carrying out their lives, humans are usually preoccupied with finding wealth so that sometimes they forget and are not aware of the blessing of the treasure itself. The wealth itself actually comes from the pleasure and answers to parents' prayers, but human lust is often uncontrollable with worldly preoccupations. Islamic law protects human rights to obtain wealth in a halal and blessed manner. Care and attention to elderly parents is closely related to the blessing of wealth.

Maintenance of the elderly in nursing homes can run well, effectively, and with quality with intensive interaction from the family, especially from children. In essence, the elderly really want a good quality of life (Setyowati et al., 2023). There needs to be continuous and consistent supervision in the old age of elderly parents because the aging process that occurs will affect their daily activities, so the family is the closest person who is expected to accompany them.

From the problems or issues faced by the elderly, there are various desires, needs, and complaints, so researchers conducted in-depth interviews with informants who are children and family members. The results of the interview can be presented in the form of a word cloud in the form of a summary with the help of the Analysis Tools N-Vivo 12 Plus application, as follows:



purposes, so that per week you can set aside 8 hours to visit and stay in touch with parents who are in elderly care.

By controlling time management in a disciplined and consistent manner, then busy work and so on have no reason not to meet in a week, at least being able to communicate with elderly parents. The 8 (eight) hours can be divided by visiting directly to the nursing home, communicating by telephone or making video calls, and taking parents on recreation outside the nursing home.

The use of quality time can be done routinely in a variety of ways, for example, visiting with grandchildren, friends, family, or parents' relations; taking elderly parents outside the home by inviting them to a meal with the nuclear family or extended family, which can be done at home or at a restaurant; involving them in seminars or panel discussions about health outside the home or providing input to the home management to hold a seminar in the home; or taking parents to a sports or tourist recreation center or a place of religious study. All of these activities aim to occupy and delight the elderly and provide positive energy that fuels their enthusiasm and passion for life.

This research is motivated by the fact that most of the facilities provided by the government for the elderly are nursing homes. Currently, there is a need for an alternative means of second housing for the elderly that provides recreational facilities to monitor the mental and physical health of the elderly as well as public services. This research focuses on the nursing home environment, the nursing home building, and the elderly recreation area at the nursing home.

Wisma Mulia Nursing Home has recreational facilities for the elderly to fulfill their refreshing, movement, and psychological needs independently (Santoni et al., 2020). This scientific study focuses on the selection of themes, circulation patterns, space processing, activities, facilities, and space forms. While the theory used includes the theory of the elderly, elderly psychology, elderly recreation, and the design of nursing homes and recreation areas. Families play an important role in providing care and support for regular recreation and refreshing. In the article, Annisa (2013) discusses the Elderly Park in the city of Bandung. In this elderly park, the recreational needs of the elderly are accommodated. Taman Lansia can be one of the family references to bring elderly parents for recreation and refreshment.

In addition to maintaining mental health through recreation and refreshment, families and children must also pay attention to the physical and mental health of the elderly by bringing them to a special integrated service post for the elderly. An article written by Cahyadi et al. (2022) examines the effectiveness of Posyandu Lansia in maintaining the physical and mental health of elderly parents and the various factors that influence the implementation of Posyandu Lansia. In maintaining physical and mental health, the elderly must be very concerned about the deterioration of physical, mental, psychosocial, and spiritual organs. Both size and function in the elderly are biological processes, so exercise is needed that involves training breathing, the heart, and other organs. This training can be overcome with aerobics and prayer movements (Dharma & Boy, 2020).

Quality time that can be given to elderly parents is by reminding them to get closer to Allah SWT. In the article (Achmalona et al., 2020), the effectiveness of singing recreation on improving daily activities in the elderly is described. However, in this case, researchers are more directing and prioritizing the activity of reciting the Koran rather than singing. With routine, consistent, and disciplined recitation, it is able to calm the human heart and soul, especially studying verse-by-verse interpretations, which remind us of the greatness and majesty of the Creator. Worship activities in the form of religious studies can be



carried out in open and green spaces, which aim to refresh the minds of the elderly. A scientific study (Ratnafury & Rahmafitria, 2018) identified recreational activities in green open spaces in the city of Bandung. Every corner of recreation in Green Open Space can function optimally for the elderly community. The article written by Sacharissa & Teh (2021) describes the existence of health and recreation facilities for other elderly people located in Pulogebang, East Jakarta, which is often called Home for Elderly People. This area is favored by the middle- to lower-class community, which consists of the Treatment Area, Productive Area, and Healing Area, with the concept of tramp, park, and age-friendly methods.

Another alternative tourist spot and cycling sport facility for the elderly is at Mertasari Beach, South Denpasar. The article (Kurniawan & Nyoman, 2022) suggests that the public open space in this tourist spot is an open field equipped with facilities for elderly recreation. When visiting, families should provide input to the elderly to always maintain health by doing light and regular exercise. Therapeutic exercise is one of the options that can provide enthusiasm and motivation. This therapeutic recreation is revealed in a scientific study (Suhartini, 2015), which explains that this sports model is very good for the elderly because it is exhilarating and useful for physical training and improving health.

The activity of visiting families in nursing homes becomes very meaningful if they are able to provide input and mobilize seminars or discussions about elderly health. The aging process of the elderly has an influence on the decline in body system functions, one of which is stroke. Stroke is the second leading cause of death in the world and the cause of disability in adults to elderly parents (Ramadhani et al., 2023). In this article, it is also stated that there is a need for training in early detection of health problems in the elderly as well as training in the prevention and treatment of neuromuscular problems in the elderly. The disease that is often suffered by the elderly is hypertension. The study (Salman et al., 2020) analyzed the factors that play the most role in the incidence of hypertension in the elderly. Elderly people who experience stress have the potential to develop hypertension. The elderly should fill their time with exercise and recreation, establish communication, and improve spiritual aspects to reduce stress levels.

The presence of family and children triggers motivation and enthusiasm in the lives of the elderly, so that time to meet, visit, and stay in touch becomes a very important factor. Family and children visits should be carried out regularly and consistently, considering that the elderly will no longer be with their families, especially those who are experiencing illness. Blessings will arise automatically in the lives of families and children if they pay attention to the time together with elderly parents. Consistency in visiting time should be made a separate schedule. This is necessary for quality, efficient, and effective time control. The work activities and routines of families and children who are very busy will be well organized if elderly parents are treated with care and affection. Grace, Ridha, and blessings will always accompany children who are devoted to their parents, especially in old age, who really need physical and mental support from the closest family.

The thing that needs to be underlined is that the togetherness that cannot be fully realized by the family and children with the existence of parental care will be very meaningful in the remaining age of the elderly. The last devotion of children to their parents should be done with sincerity and full responsibility. All the affairs of the world will be meaningless without quality time between parents and children. Parents are children in the final phase of life. The pleasure of Allah SWT lies in the pleasure of parents.

## CONCLUSION

Utilizing the remaining time is very valuable by setting aside time regularly and consistently and managing time in a disciplined manner for the benefit of elderly parents who are in care. Time control can be done by managing and organizing schedules in a disciplined and directed manner for the remaining routine time. In 1 (one) week there are 7 (seven) working days, and 1 (one) day = 24 hours, so the total time for a week is 168 hours. The utilization of a week's time with the aforementioned portion assumes 60 hours for routine and work activities, 40 hours for children's needs and quality time, 50 hours for self-rest, and 10 hours for other purposes, so that per week you can set aside 8 hours to visit and stay in touch with parents who are in elderly care.

Children and immediate family are the most important support system in the lives of elderly parents in nursing homes or similar care. Attention and affection from family are irreplaceable by others and become motivation and enthusiasm for life for the elderly. The most beautiful entertainment for the elderly in care is the presence of family, especially children. Make the best use of time as *Birrul Walidain* for parents in the final phase of life.

With all the limitations in presenting and discussing this elderly material, it is necessary to conduct further research on the continuity of operations in nursing homes and assistance efforts that have been, are, and will be carried out by the community and local government so that the lives of the elderly are guaranteed comfort.

## REFERENCES

- Achmalona, T., Sutomo, S. Y., & Wiguna, R. I. (2020). Efektivitas Rekreasi Bernyanyi Terhadap Peningkatan Activity Daily Living Pada Lansia di Panti Sosial Tresna Werdha Puspakarma Mataram. *Jurnal Kesehatan Qamarul Huda*, 8(2). <https://doi.org/10.37824/jkqh.v8i2.2020.215>
- Annisa, H. (2013). Identifikasi Karakteristik Tempat Rekreasi yang Menarik untuk Dikunjungi Para Lansia dari Segi Penawaran. *Journal of Regional and City Planning*, 23(2). <https://doi.org/10.5614/jpwk.2012.23.2.2>
- Anwar, S. (2023). Sending older parents to the nursing home from the perspective of islamic law. *IJISH (International Journal of Islamic Studies and Humanities)*, 6(2), 100–112. <https://doi.org/10.26555/ijish.v6i2.9280>
- Arini, D., Hamiyati, H., & Tarma, T. (2016). Pengaruh Dukungan Sosial Keluarga Terhadap Kualitas Hidup Lansia di Panti Werdha Ria Pembangunan Jakarta Timur. *JKKP (Jurnal Kesejahteraan Keluarga Dan Pendidikan)*, 3(2). <https://doi.org/10.21009/jkkp.032.04>
- Asnal, H., Mirnawati, K., Tashid, & Anam, M. K. (2022). Sistem Monitoring Position Lansia Menggunakan Teknologi Geofencing Berbasis Android. *SATIN - Sains Dan Teknologi Informasi*, 8(1). <https://doi.org/10.33372/stn.v8i1.830>
- Cahyadi, A., Mufidah, W., Susilowati, T., Susanti, H., & Dwi Anggraini, W. (2022). Menjaga Kesehatan Fisik Dan Mental Lanjut Usia Melalui Program Posyandu Lansia. *Jurnal Pengabdian Masyarakat Darul Ulum*, 1(1). <https://doi.org/10.32492/dimas.v1i1.568>
- Dharma, U. S., & Boy, E. (2020). Peranan Latihan Aerobik dan Gerakan Salat terhadap Kebugaran Jantung dan Paru Lansia. *MAGNA MEDICA: Berkala Ilmiah Kedokteran Dan Kesehatan*, 6(2). <https://doi.org/10.26714/magnamed.6.2.2019.122-129>
- Febriansyah, F., Dekasari, Y., Alfandi, O., Putra, M. I. S., Fernando, E., & Monaqo, D. (2023). Upaya Peningkatan Kesehatan Sekaligus Mengurangi Tingkat Depresi pada Masyarakat Lanjut Usia Desa Karang Anyar Melalui Program Senam Lansia. *Jurnal Abdi Masyarakat Saburai (JAMS)*, 4(01). <https://doi.org/10.24967/jams.v4i01.2290>
- Friandi, R. (2022). Hubungan Dukungan Keluarga Lansia Terhadap Kunjungan Lansia ke

- Posyandu Lansia di Wilayah Kerja Puskesmas Kumun Kota Sungai Penuh. *Malabayati Nursing Journal*, 5(2). <https://doi.org/10.33024/mnj.v5i2.5915>
- Haadi, M. A. Al, Setianingsih, C., & Purboyo, T. W. (2023). Monitoring System Of Elderly Daily Activities Based On Object Detection Using YOLO Algorithm. *E-Proceeding of Engineering*, 10(1).
- Halimsetiono, E. (2021). Pelayanan Kesehatan pada Warga Lanjut Usia. *KELUWTH: Jurnal Kesehatan Dan Kedokteran*, 3(1), 64–70. <https://doi.org/10.24123/kesdok.v3i1.4067>
- Herlina, H., Muyasaroh, M., Husaini, H., Bakhrum, B., & Zaimuddin, Z. (2024). Caring for Elderly Parents with Dementia in Indonesia: A MaqāSid al-Shari’ah Approach. *Samarah*, 8(2), 980–997. <https://doi.org/10.22373/sjhk.v8i2.22734>
- Iriyani, Safei, I., Basri, R. P. L., Rachman, M. E., & Dahliah. (2023). Hubungan Aktivitas Fisik dengan Pola Tidur pada Usia Lanjut. *Fakumi Medical Journal: Jurnal Mahasiswa Kedokteran*, 3(1). <https://doi.org/10.33096/fmj.v3i1.171>
- Kumalasari, A., Agustang, A., & Syukur, M. (2023). Fenomena Penitipan Orang Tua Lansia di Panti Sosial trsna Werdha Gau Mabaji, Kabupaten Gowa. *Phinisi Integration Review*, 6(1). <https://doi.org/10.26858/pir.v6i1.44837>
- Kurniawan, A., & Nyoman, N. A. (2022). Konsep Revitalisasi Kawasan Pantai Mertasari sebagai Daerah Ekowisata. *Jurnal Abdi Daya*, 2(1). <https://doi.org/10.22225/jad.2.1.2022.12-24>
- Lase, N. P., & Souisa, D. L. R. (2021). Peran Keluarga bagi Orang Usia Lanjut. *SUNDERMANN: Jurnal Ilmiah Teologi, Pendidikan, Sains, Humaniora Dan Kebudayaan*, 14(2). <https://doi.org/10.36588/sundermann.v14i2.76>
- Mulyadi, A., Putri, T. H., & Fahdi, F. K. (2018). Terapi Murottal Terhadap Perubahan Tekanan Darah Pada Lansia Penderita Hipertensi Di Panti Sosial Rehabilitasi Lanjut Usia Mulia Dharma Kabupaten Kubu Raya. *Jurnal ProNers*, 1(3).
- Muttakhidlah, U., & Aryati, D. P. (2021). Gambaran Tingkat Stres Caregiver yang Merawat Lansia: Literature Review. *Prosiding Seminar Nasional Kesehatan*, 1. <https://doi.org/10.48144/prosiding.v1i.764>
- Ramadhani, A. N., Romadhoni, D. L., & Husain, F. (2023). Peningkatan Pengetahuan Lansia dalam Mengenal Permasalahan Neuromuskuler Melalui Program Kelas Sehat Lansia. *Aksiologi: Jurnal Pengabdian Kepada Masyarakat*, 7(3). <https://doi.org/10.30651/aks.v7i3.9313>
- Ratnafury, D. I. N., & Rahmafitria, F. (2018). Analisis Fungsi Rekreasi di Ruang Terbuka Hijau Kota Bandung (Studi Kasus: Taman Lansia dan Teras Cikapundung). *Journal of Indonesian Tourism, Hospitality and Recreation*, 1(1). <https://doi.org/10.17509/jithor.v1i1.13283>
- Sacharissa, C., & Teh, S. W. (2021). Home for Elderly People - Fasilitas Kesehatan dan rekreasi Lansia di Pulogebang. *Jurnal Sains, Teknologi, Urban, Perancangan, Arsitektur (Stupa)*, 3(1). <https://doi.org/10.24912/stupa.v3i1.10856>
- Salman, Y., Sari, M., & Libri, O. (2020). Analisis Faktor Dominan terhadap Kejadian Hipertensi pada Lansia di Puskesmas Cempaka. *Jurnal Dunia Gizi*, 3(1). <https://doi.org/10.33085/jdg.v3i1.4640>
- Santoni, Yongsie, F., & Devi, E. (2020). Analisis kondisi lingkungan, bangunan dan tempat rekreasi lansia pada panti jompo, Studi kasus: Sasana Tresna Werdha Karya Bhakti Ria Pembangunan dan Panti Werda Wisma Mulia. *Arteks: Jurnal Teknik Arsitektur*, 5(2). <https://doi.org/10.30822/arteks.v5i2.380>
- Setyowati, S., Rahayu, B. A., Purnomo, P. S., Supatmi, S., & Purwaningsih, E. (2023). Hubungan Dukungan Keluarga dan Interaksi Sosial dengan Kualitas Hidup Lansia. *Jurnal Keperawatan*, 15(4). <https://doi.org/10.32583/keperawatan.v15i4.1862>

- Suharti, B., Noviera, F. R., Faizal, A. R., Zaimasuri, Z., & Ulhaq, A. W. (2022). Mengoptimalkan Komunikasi Sosial dan Aktivitas Sehat Para Lansia Melalui Rehabilitasi Taman Mini “Tresna .” *JMM (Jurnal Masyarakat Mandiri)*, 6(6). <https://doi.org/10.31764/jmm.v6i6.11209>
- Suhartini, B. (2015). Pemberdayaan Lansia dengan Aktivitas olahraga Rekreasi Therapuetik. *MEDIKORA*, 2. <https://doi.org/10.21831/medikora.v0i2.4676>
- Voie, K. S., Wiles, J., Mæhre, K. S., Kristiansen, M., Helgesen, A. K., & Blix, B. H. (2024). The timescapes of older adults living alone and receiving home care: An interview study. *Journal of Aging Studies*, 68(January), 101212. <https://doi.org/10.1016/j.jaging.2024.101212>
- Xena, C., & Winata, T. (2021). Rumah Singgah Komunitas Lansia di Bogor. *Jurnal Sains, Teknologi, Urban, Perancangan, Arsitektur (Stupa)*, 3(1). <https://doi.org/10.24912/stupa.v3i1.10798>