

Cultivating the Utmost Value in Life: Learning **Inter-(In)dependency** concept from the Elders In Surakarta, Indonesia

Erayanti Saloko *

Cahaya Buwana **

*Surakarta Health Polytechnic – Ministry of Health Republic of Indonesia **Indonesian Health Council

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Background



The study is rooted in the life experiences and meaningful occupations shared by a community of elders in **Surakarta, Central Java, Indonesia**

Elders – experienced, theoretically essential
Indonesia - World happiness report 2024
Inter-independence:

Initially: exploration on independency and meaning

*"I am not merely independent nor dependent; I am **inter-related**, and it is this bond that gives me a reason to get dressed and embrace each new day with a grateful heart." (P.23)*

“How is Inter-Independence experienced and constructed by older adults in their everyday lives, and how does this phenomenon contribute to their happiness and well-being?”

Methodology

Qualitative grounded theory research
theoretical sampling (n=45)

Data Collection: 04/2023 – 09/2024

the process involved bi-monthly group-based fun activities followed by FGDs

Constant comparative analysis to ensure the theoretical formulation was grounded in the participants' lived experiences and meaningful occupations.

Result

n=45

Gender	Male	14 (31%)
	Female	31 (69%)
Age	60+ years	11 (24.4%)
	65-74 years	18 (40%)
	75-84 years	11 (24.4%)
	85+ years	5 (11%)
Marriage	Married	17 (37.7%)
	Single	28 (62.2%)
Status of income	Pension	21 (46.6%)
	Saving	8 (17.7%)
	Self-employment	10 (22.2%)
	Depends on family	6 (13.3%)

Education	Diploma and higher	13 (28.8%)
	Under diploma	32 (71.1%)
Routine Physical activity*)	Yes	20 (44.4%)
	No	25 (55.5%)
Routine Health Check**)	Yes	33 (73.3%)
	No	12 (26.6%)
Living	Alone	2 (4.4%)
	With spouse	17 (37.7%)
	With family	25 (54.4%)
	Senior Living/daycare	1 (2%)
Having chronic disease	Yes	23 (51.1%)
	No	22 (48.8%)

*) minimum total of 150 mins moderate or 75 mins vigorous per week

***) minimum blood pressure & blood sugar, once a month

1. Self Sufficiency

The ability to maintain personal capability and perform tasks for basic need and to be beneficial for others

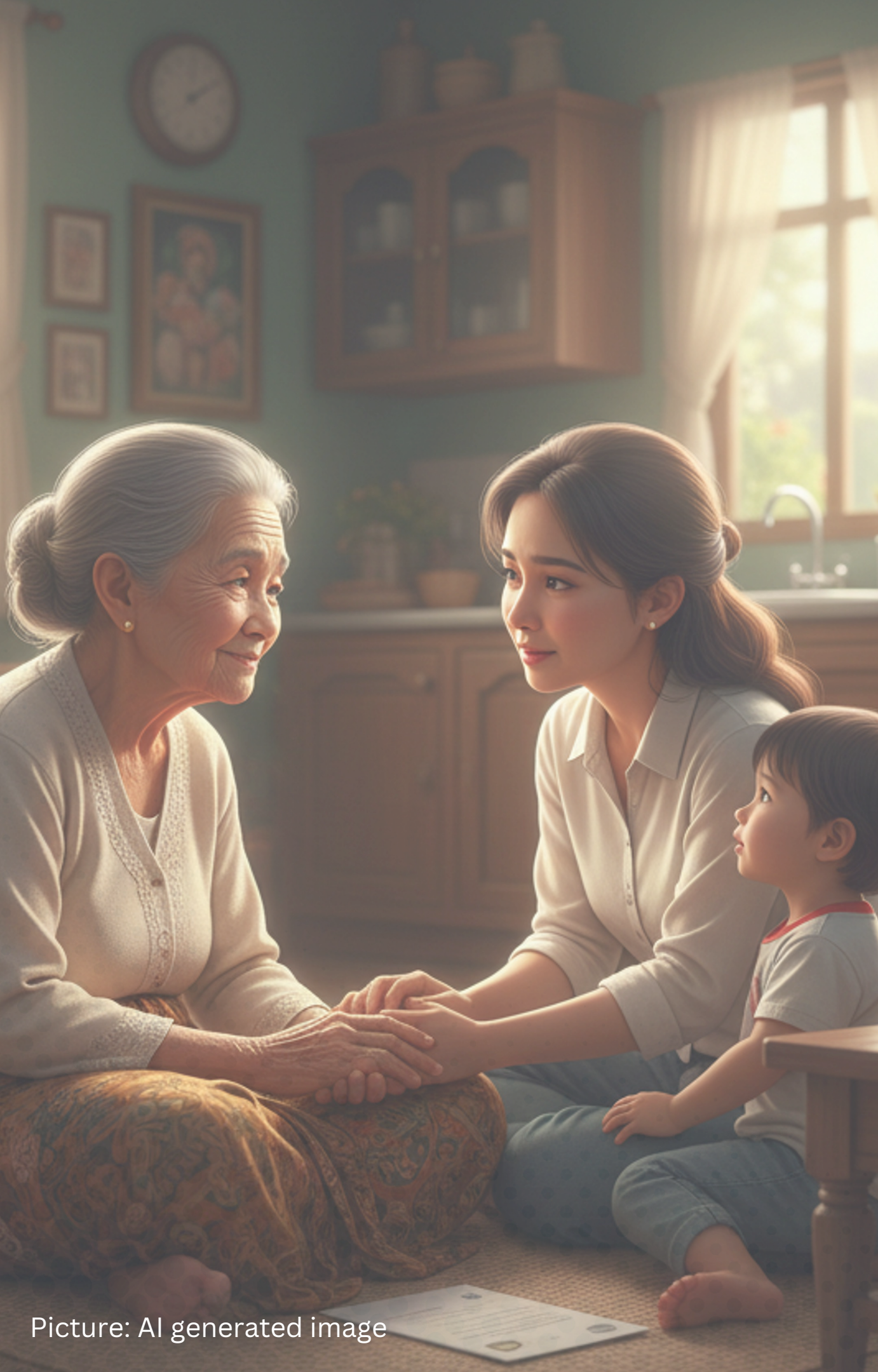
- Quotation: ***"I still wake up early and offer myself to take my grandson to elementary school; It means to me that I have morning routine and I take part in caring for my family."*** (P 39)



2. Meaningful Reciprocity

A balanced exchange where the elder **receives and provides** support, creating a sense of social value.

- **Quotation: "My daughter helps me with my doctor visits, but she still comes to me for advice on raising her children. We take care of each other." (P.7)**



3. Contextual Adaptability

The capacity to adjust lifestyle and expectations according to one's changing environment, health, or social situation.

- **Quotation: “As my legs became weaker and climbing stairs grew difficult, my family relocated my bedroom to the first floor. This allowed me to greet neighbors through the window, and since then, they often come to visit.” (P.21)**



4. Sustainable Engagement

Sustainable Engagement is defined as the long-term, consistent involvement in meaningful occupations that support an elder's ongoing role within their community and family

- ***Quotation: "I have been part of this community group for years. Being here gives me a rhythm and a reason to get dressed and go out." (P.24)***

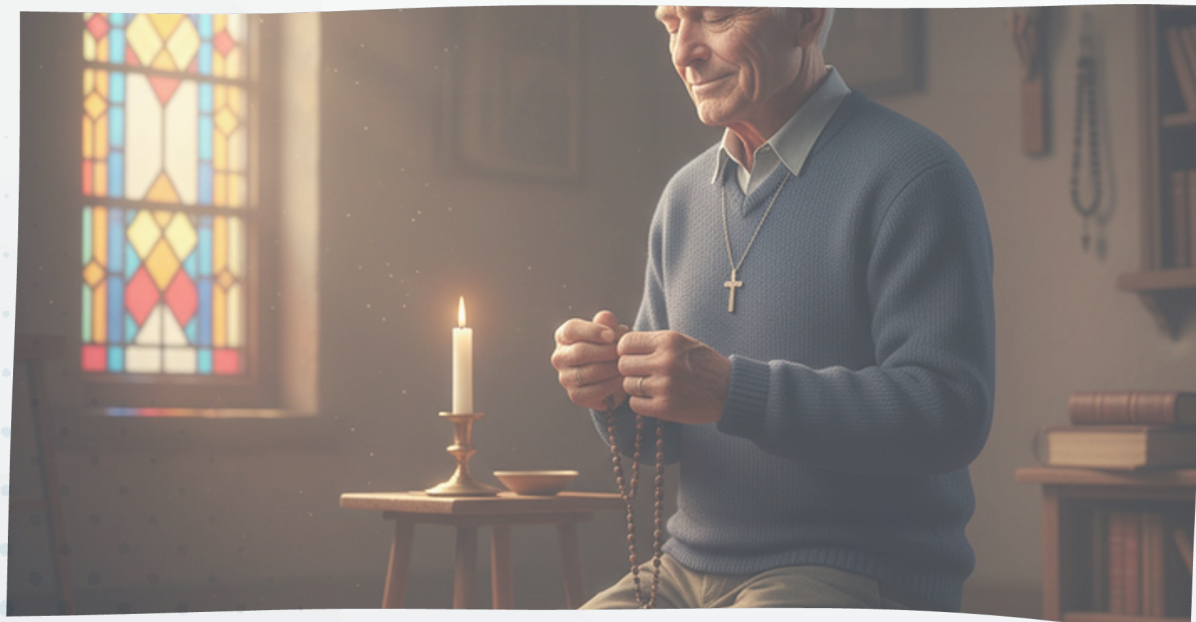


5. Spiritual Grounding

spirituality as a source of inner peace, acceptance, and gratitude, particularly in the context of material limitations, health changes, and life uncertainties.

- **Quotation: "I am grateful for all that I have and what I don't. I am not rich, but contented. My heart is at peace because I leave my worries in the hands of God. " (P.41)**

- **Meaning: well-being was no longer dependent on external factors or physical independence, but was rooted in acceptance and meaning**



Discussion

Shifting :
from “independence/dependence”
to “inter-related”

Concept

Spiritual grounding

Self-Sufficiency

Meaningful Reciprocity

Contextual Adaptability

Sustainable Engagement

Function

Primary drives – why engagement

Functional Basis – “feeling capable enough”

Social Bond - "exchange" that validates social worth

Flexibility - "adjustment" with surrounding

Life Rhythm – “consistency”

a dynamic, interconnected system

*Inspiring
Change,
Innovating
Futures*



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Thank You
