

# ELDERLY SCHOOL AND FAMILY RESILIENCE: A CASE STUDY OF THE BKKBN PROGRAM IN JAMBI PROVINCE

**Anik Indriani\***

STIT Al Falah, Rimbo Bujang, Tebo, Jambi, Indonesia  
E-mail : [anik.indriani@yahoo.co.id](mailto:anik.indriani@yahoo.co.id)

**Muhamad Taridi**

UIN Sulthan Thaba Saifuddin Jambi, Indonesia  
E-mail: [taridi@uinjambi.ac.id](mailto:taridi@uinjambi.ac.id)

**Peppy Angraini**

STIT Al Falah, Rimbo Bujang, Tebo, Jambi, Indonesia  
E-mail: [peppyangrainizi@gmail.com](mailto:peppyangrainizi@gmail.com)

**Irham M**

STIT Al Falah, Rimbo Bujang, Tebo, Jambi, Indonesia  
E-mail: [irhamelazhari4@gmail.com](mailto:irhamelazhari4@gmail.com)

**Ramadhan Ningsih**

STIT Al Falah, Rimbo Bujang, Tebo, Jambi, Indonesia  
E-mail: [ningsihramadhan94@gmail.com](mailto:ningsihramadhan94@gmail.com)



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DOI : <http://dx.doi.org/10.30983/educative.v9i1.8532>

\*Corresponding Authors

Submission: June 02, 2024	Submission: June 16, 2024	Submission: June 27, 2024	Submission: June 30, 2024
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## Abstract

The Elderly School Program in Jambi Province addresses the growing needs of an aging population by providing continuous education and training to enhance their quality of life. While there is a growing demand for resources to support the elderly, significant gaps remain in accessibility and participation across all segments of the elderly population. This study aims to evaluate the effectiveness of the Elderly School Program, specifically its impact on elderly well-being and family resilience. Using a case study methodology, the research involved direct observation, in-depth interviews, and document analysis to assess program implementation. Findings reveal significant improvements in the knowledge, skills, and self-confidence of the elderly, alongside positive impacts on family resilience. The study contributes to the understanding of how structured educational programs can support the elderly and strengthen family bonds, offering recommendations for expanding program reach, enhancing collaboration, and developing relevant educational content.

**Keywords:** Elderly School, elderly quality of life, elderly education, family resilience

## Abstrak

Program Sekolah Lansia di Provinsi Jambi menangani kebutuhan populasi lanjut usia yang semakin meningkat dengan memberikan pendidikan dan pelatihan berkelanjutan untuk meningkatkan kualitas hidup mereka. Meskipun ada permintaan yang meningkat untuk sumber daya yang mendukung lansia, terdapat kesenjangan signifikan dalam aksesibilitas dan partisipasi di semua segmen populasi lansia. Penelitian ini bertujuan untuk mengevaluasi efektivitas Program Sekolah Lansia, khususnya dampaknya terhadap kesejahteraan lansia dan ketahanan keluarga. Dengan menggunakan metode studi kasus, penelitian ini melibatkan observasi langsung, wawancara mendalam, dan analisis dokumen untuk menilai pelaksanaan program. Temuan menunjukkan peningkatan signifikan dalam pengetahuan, keterampilan, dan kepercayaan diri lansia, serta dampak positif terhadap ketahanan keluarga. Penelitian ini memberikan kontribusi pada pemahaman tentang bagaimana program pendidikan terstruktur dapat mendukung lansia dan memperkuat ikatan keluarga, serta menawarkan rekomendasi untuk memperluas jangkauan program, meningkatkan kolaborasi, dan mengembangkan konten pendidikan yang relevan.

**Kata Kunci:** Sekolah Lansia, kualitas hidup lanjut usia, pendidikan lanjut usia, ketahanan keluarga

## Introduction

Indonesia, as a nation with a large population, is undergoing a significant demographic shift with an increasing number of

older adults. This means that the proportion of elderly people (typically those over 60 years old) in the general population is steadily rising each year. This change is driven by several factors,

including increased life expectancy, declining birth rates, and improvements in healthcare. As a result, the elderly population is becoming an increasingly important part of society, demanding greater attention to their well-being and quality of life.<sup>1</sup>

This demographic shift presents new challenges and opportunities. The main challenge is how society and the government can ensure that older adults receive adequate care and support, both in terms of health, economic stability, and social inclusion. On the other hand, the opportunity lies in the potential for the elderly to remain active and contribute positively to society. Therefore, policies and programs are needed to better support this demographic transition.

According to data from the Central Statistics Agency (BPS), the proportion of the elderly population in Indonesia has been steadily rising year after year.<sup>2</sup> This increase indicates that the elderly population is becoming more significant in the national demographic. This transformation demands special attention to the well-being and quality of life of the elderly group, given the many challenges they face, such as declining health and limited access to social and economic services.<sup>3</sup>

The growing number of elderly people also highlights the crucial role of families in supporting older family members. Families are responsible for providing emotional, physical, and financial support to the elderly. However, not all families have the knowledge and resources necessary to meet these needs optimally,

necessitating more structured and systematic interventions.

In this context, the Elderly School program initiated by the National Population and Family Planning Board (BKKBN) in Jambi Province emerges as one of the efforts to enhance family resilience and elder well-being.<sup>4</sup> This program is designed to provide the necessary education and training for both the elderly and their family members, aiming to create a more supportive and inclusive environment for older adults in the community.

The growing elderly population poses various challenges<sup>5</sup>, including declining physical and mental health<sup>6</sup>, social isolation<sup>7</sup>, and limited access to education<sup>8</sup> and productive activities.<sup>9</sup> Family resilience becomes a key factor in addressing these challenges, as families play a primary role in providing emotional, physical, and financial support to older members. However, not all families possess the adequate knowledge and resources to care for the elderly optimally.

The Elderly School program implemented by BKKBN in Jambi Province aims to enhance the

<sup>4</sup>Caroline Giraudeau and Nathalie Bailly, 'Intergenerational Programs: What Can School-Age Children and Older People Expect from Them? A Systematic Review', *European Journal of Ageing*, 16 (2019), 363–76.

<sup>5</sup> Sumit Majumder and others, 'Smart Homes for Elderly Healthcare—Recent Advances and Research Challenges', *Sensors*, 17.11 (2017), 2496.

<sup>6</sup> Rose Anne Kenny et al. Laura Bailey, Mark Ward, Alexandria DiCosimo, Samyrah Baunta, Conal Cunningham, Roman Romero-Ortuno, 'Physical and Mental Health of Older People While Cocooning during the COVID-19 Pandemic', *QJM: An International Journal of Medicine*, 114.9 (2021), 648–53.

<sup>7</sup> Yi-Ru Regina Chen and Peter J. Schulz, 'The Effect of Information Communication Technology Interventions on Reducing Social Isolation in the Elderly: A Systematic Review', *Journal of Medical Internet Research*, 18.1 (2016), e4596.

<sup>8</sup> Ching-Ju Chiu and Chia-Wen Liu, 'Understanding Older Adult's Technology Adoption and Withdrawal for Elderly Care and Education: Mixed Method Analysis from National Survey', *Journal of Medical Internet Research*, 19.11 (2017), e374.

<sup>9</sup> Susanne Strauss and Kathrin Trommer, 'Productive Ageing Regimes in Europe: Welfare State Typologies Explaining Elderly Europeans' Participation in Paid and Unpaid Work', *Journal of Population Ageing*, 11.4 (2018), 311–28.

<sup>1</sup>Marya Yenita Sitohang, 'UNDERSTANDING AGEING POPULATIONS IN HIGH-INCOME COUNTRIES: Lesson Learned for Indonesia', *Journal of Indonesian Social Sciences and Humanities*, 13.2 (2023), 65–76.

<sup>2</sup> E.N. Arifin and A. Ananta, 'The Past Three Population Censuses: A Deepening Ageing Population in Indonesia. Pp. 309-323.', *Contemporary Demographic Transformations in China, India and Indonesia*, 2016, 309–23.

<sup>3</sup> Guy AM Widdershoven Van Leeuwen, Karen M., Miriam S. Van Loon, Fenna A. Van Nes, Judith E. Bosmans, Henrica CW De Vet, Johannes CF Ket and Raymond WJG Ostelo, 'What Does Quality of Life Mean to Older Adults? A Thematic Synthesis', *PLoS One*, 14.3 (2019), e0213263.

knowledge and skills of older adults in various life aspects, such as health, finance, and social skills.<sup>10</sup> The program also strives to strengthen family resilience by engaging family members in the learning process, thereby creating a supportive environment for the elderly.<sup>11</sup>

This study aims to evaluate the implementation of the Elderly School program in Jambi Province, as well as identify its impact on family resilience and elder well-being. Through a case study approach, this research is expected to provide in-depth insights into the effectiveness of the program and inform the development of similar policies and programs in the future.

Indonesia, as a nation with a large population, is undergoing a significant demographic shift with an increasing number of older adults. According to data from the Central Statistics Agency (BPS), the proportion of the elderly population has been steadily rising year after year. This transformation demands greater attention to the well-being and quality of life of the elderly group, as well as the crucial role of families in supporting them. In this context, the Elderly School program initiated by the National Population and Family Planning Board (BKKBN) in Jambi Province emerges as one of the efforts to enhance family resilience and elder well-being. The growing elderly population poses various challenges, including declining physical and mental health, social isolation, and limited access to education and productive activities. Family resilience becomes a key factor in addressing these challenges, as families play a primary role in providing emotional, physical, and financial support to older members. However, not all families possess the adequate knowledge and resources to care for the elderly optimally. The Elderly School program implemented by BKKBN in Jambi Province aims to enhance the

<sup>10</sup> F. Oktriyanto, Amrullah, H., Elmanora, Tasqiya, R. S., & Septariana, 'Family Development Program: Optimizing Family Functions in Indonesia', *Journal of Social Service Research*, 49.2 (2023), 205–221 <<https://doi.org/10.1080/01488376.2023.2217221>>.

<sup>11</sup> Stephanie MacLeod, 'The Impact of Resilience among Older Adults', *Geriatric Nursing*, 37.4 (2016), 266–72.

knowledge and skills of older adults in various life aspects, such as health, finance, and social skills. The program also strives to strengthen family resilience by engaging family members in the learning process, thereby creating a supportive environment for the elderly. This study aims to evaluate the implementation of the Elderly School program in Jambi Province, as well as identify its impact on family resilience and elder well-being. Through a case study approach, this research is expected to provide in-depth insights into the effectiveness of the program and inform the development of similar policies and programs in the future.

The research on the Elderly School Program and Family Resilience: A Case Study of the BKKBN Program in Jambi Province has been discussed previously, though in different contexts compared to studies like Majumder et al. (2017)<sup>12</sup>, Davitt et al. (2016)<sup>13</sup>, Jacobs (2017)<sup>14</sup>, and Rowe et al. (2020)<sup>15</sup>. Majumder et al. (2017) explore advancements in elderly care technology, including smart homes and health technologies, which can enhance the effectiveness of elderly care programs. In contrast, this study focuses on evaluating the implementation of the Elderly School program in Jambi and its impact on family resilience and elder well-being. Davitt et al. (2016) highlight the importance of a holistic approach to improving elder well-being through better community development, whereas this research examines how the Elderly School program aims to strengthen family resilience by enhancing the knowledge and skills of the elderly and involving family members. Jacobs (2017) discusses comprehensive program evaluation methods to

<sup>12</sup> Majumder and others.

<sup>13</sup> Joan K. Davitt and others, 'Aging in Community: Developing a More Holistic Approach to Enhance Older Adults' Well-Being', *Research in Gerontological Nursing*, 9.1 (2016), 6–13.

<sup>14</sup> F.H. Jacobs, 'The Five-Tiered Approach to Evaluation: Context and Implementation', *In Evaluating Family Programs*, Routledge, 2017, 37–68.

<sup>15</sup> Gladys Rowe, 'Prioritizing Indigenous Elders' Knowledge for Intergenerational Well-Being', *Canadian Journal on Aging/La Revue Canadienne Du Vieillessement*, 39.2 (2020), 156–68.

assess program effectiveness, which is relevant to this study in evaluating the program's impact on families and elders comprehensively. Finally, Rowe et al. (2020) emphasize the importance of elder knowledge for intergenerational well-being, and this study investigates how the Elderly School program can utilize the knowledge and experiences of the elderly to support intergenerational programs, thereby enhancing social engagement and well-being.

### Research Method

This study employs a case study approach<sup>16</sup> to delve into the Elderly School Program implemented by the National Population and Family Planning Board (BKKBN) in Jambi Province, Indonesia. The study focuses on evaluating the program's implementation and its impact on family resilience and elder well-being. The research involves a population of elderly participants from several districts in Jambi Province who are enrolled in the Elderly School Program, as well as their family members.<sup>17</sup> Data collection involves both primary and secondary data sources. Primary data is gathered through direct observation<sup>18</sup> and in-depth interviews with program participants, their family members, and relevant officials. Secondary data is obtained through the analysis of program-related documents, reports, and statistics provided by BKKBN and local government agencies. Data analysis is conducted qualitatively using thematic analysis techniques to identify key patterns in program interactions and implementation.<sup>19</sup> This research is expected to provide a comprehensive understanding of the program's effectiveness

within the local context<sup>20</sup>, while also offering recommendations for program improvement and development in the future. This evaluation study encompasses various dimensions, including program implementation, impact on family resilience, improvement in elder well-being, social engagement, and a holistic approach.

### Finding and Discussion

#### Finding

##### Program Implementation

Across Jambi Province, Elder School programs are playing a pivotal role in empowering and enhancing the well-being of older adults. One notable initiative is the Sekolah Lansia Tangguh (Selantang) program, which has successfully graduated 47 participants after a 6-month curriculum. This program aims to restore dignity and boost the self-confidence of elderly individuals through ongoing education and training.

The Selantang program is designed to equip elderly participants with relevant skills and knowledge to better handle daily challenges. Additionally, the program focuses on learning that supports both the physical and mental well-being of older adults, enabling them to live more independently and with dignity.

The success of this program highlights the positive impact of structured and sustained interventions in improving the quality of life for the elderly. Through efforts like Selantang, elderly individuals in Jambi are given the opportunity to enhance themselves and strengthen their skills and confidence, which in turn supports their overall well-being.<sup>21</sup>

Furthermore, Indonesia Ramah Lansia (IRL) also spearheads initiatives through the Sekolah Lansia Tangguh in Jambi, which was officially launched by the Governor and Mayor of Jambi during the 2023 Provincial HARGANAS Celebration. This program not only focuses on

<sup>16</sup> Bob Algozzine Hancock, Dawson R. and Jae Hoon Lim, 'Doing Case Study Research: A Practical Guide for Beginning Researchers', 2021, 16.

<sup>17</sup> Jacobs.

<sup>18</sup> Ammar Ibne Anwar Mazhar, Syeda Ayeman, Rubi Anjum and Abdul Aziz Khan, 'Methods of Data Collection: A Fundamental Tool of Research', *Journal of Integrated Community*, 10.1 (2021), 6–10.

<sup>19</sup> Kimberly A. Neuendorf, 'Content Analysis and Thematic Analysis', *Advanced Research Methods for Applied Psychology*. Routledge, 2018, 211–23.

<sup>20</sup> Jinxi Xu and W. Bruce Croft, 'Quary Expansion Using Local and Global Document Analysis', *In Acm Sigir Forum*, New York, NY, USA: ACM, 5.2 (2017), 168–75.

<sup>21</sup> Putut Riyatno and (Head of BKKBN Jambi Province), Interview.



empowering the elderly but also ensures they can remain active and productive in their later years. The Sekolah Lansia Tangguh aims to optimize elderly participation in various social and economic activities, providing relevant training to enhance their skills. With support from IRL and local government, the program creates an environment that encourages elderly individuals to continue contributing and feeling engaged within the community.

The launch of this program reflects a commitment to promoting the quality of life for older adults through a holistic approach. By focusing on empowerment and productive activity, IRL strives to provide the elderly with opportunities to lead meaningful and beneficial lives, which in turn strengthens family and community resilience.<sup>22</sup>

BKKBN also contributes to strengthening elder empowerment in Jambi City through various initiatives aimed at maintaining health and enhancing the productivity of older adults. These programs encompass activities that support healthy lifestyles and the independence of the elderly in various aspects of daily life. BKKBN's initiatives include health training, seminars on proper nutrition, and physical activities specifically designed for older adults. Through these activities, elderly individuals are expected to maintain their health and stay active within the community.

Additionally, BKKBN's programs provide support for elder independence through relevant skill training. This aims to enable elderly individuals not only to rely less on others but also to manage various aspects of their lives more effectively. BKKBN's contribution to empowering the elderly in Jambi City demonstrates a commitment to improving their quality of life through a holistic approach. By focusing on health and productivity, BKKBN

<sup>22</sup> Riyatno and Province).

strives to ensure that older adults can lead a more meaningful and independent life.<sup>23</sup>

An elderly school is a new government program aimed at providing a platform for senior citizens to receive non-formal education to enhance their social welfare. This program not only focuses on health aspects but also encompasses seven dimensions of aging: Physical, Social, Spiritual, Economic, Psychosocial, Environmental, and Emotional dimensions. The Deputy Governor of Jambi, Abdullah Sani, revealed that through the elderly school, senior citizens can participate in various educational activities and training beneficial for improving their quality of life. These activities include elderly exercise, health counseling, skills training, and religious activities.<sup>24</sup>

In Sungai Penuh, the Sekolah Lansia Tangguh was launched with a specific focus on elder empowerment. This program was organized by the Head of the BKKBN Jambi Province, Drs. Putut Riyatno, as a concrete step to support the quality of life and well-being of elderly people in the area.<sup>25</sup>

Interviews with participants of the Sekolah Lansia Tangguh program in Sungai Penuh reveal a positive impact of the initiative. Participants reported improvements in their knowledge and skills, as well as increased confidence in their daily lives. They also expressed satisfaction with the support provided by the program in enhancing their quality of life.<sup>26</sup>

Family members of the participants provided positive feedback, stating that the elderly's involvement in the program has strengthened family relationships and helped in managing their roles as caregivers. They acknowledged the

<sup>23</sup> Dokumentasi Sekolah Lansia BKKBN Provinsi Jambi, 2024.

<sup>24</sup> Antara News Jambi, "BKKBN Jambi Mewisuda 47 Siswa Sekolah Lansia," <https://jambi.antaraneews.com/Berita/562623/Bkkbn-Jambi-Mewisuda-47-Siswa-Sekolah-Lansia> [Accessed 1 July 2024].', *Antara News Jambi*, 2024.

<sup>25</sup> Riyatno and Province).

<sup>26</sup> Participants of the Sekolah Lansia Tangguh Interview {Monday, July 23 2024}.

benefits of the education and training received by their family members and how it has contributed to creating a more supportive family environment.<sup>27</sup>

The Head of Village from one of the villages in Muaro Jambi emphasized the importance of the Sekolah Lansia Tangguh program in supporting elder empowerment and improving their well-being. The Head of Village assessed that the program is a concrete step in addressing the demographic and social challenges faced by the elderly population in the area.<sup>28</sup>

BKKBN Jambi and the local government are committed to uplifting the quality of life of the elderly by creating a supportive environment for becoming SMART (Sehat, Mandiri, Aktif, Produktif, Bermartabat, dan Tangguh) elders.<sup>29</sup> The primary goal is to preserve the dignity and happiness of the elderly in their later years, enabling them to continue making positive contributions to their families and communities.

#### *Impact on Family Resilience*

According to BKKBN staff directly involved in program implementation, the Elder School Program in Jambi Province has had a significant positive impact on family resilience. With the education and training provided to the elderly, their knowledge in managing health and finances has increased significantly. This directly impacts the family's ability to provide better physical and emotional support to elderly members. Observations of program implementation reveal a strengthening of more harmonious and deeper relationships among family members, where they are more involved in supporting the needs and well-being of the elderly in the household. Thus, this program not only strengthens family involvement in caring for the elderly but also

enhances overall family resilience in facing various everyday life challenges.<sup>30</sup>

#### *Enhancing Elder Well-being*

Evaluation results from the Elder School Program note a significant improvement in elder well-being. Interviews with program participants indicate that many report increased self-confidence and better social connections after participating in the program. They also expressed that their overall quality of life has experienced a noticeable improvement. Observations of participants show that elders actively involved in this program tend to have better health and are more optimistic in facing daily challenges.<sup>31</sup>

Through participation in various activities such as new skill training and health programs, the elderly have the opportunity to expand their social networks and increase interaction with their peers. This not only enhances their emotional well-being but also provides a positive boost to their physical health. Program participants demonstrate increased physical activity and positive changes in diet and lifestyle, all of which contribute to their overall well-being.

Observations also reveal that elders actively involved in the Elder School Program tend to be more engaged in their community's social and cultural activities. They attend local events more frequently, volunteer, and actively participate in other social activities. This not only gives them opportunities to stay involved in community life but also strengthens their sense of belonging and meaning in life, which is essential for overall well-being.<sup>32</sup>

Overall, the improvement in elder well-being achieved through the Elder School Program in Jambi Province reflects the importance of a holistic approach to care and support for the elderly population. This program not only provides direct benefits in terms of physical and psychological health but also strengthens their capacity to remain active and engaged in society.

<sup>27</sup> Family members, Interview {Monday, July 23 2024}.

<sup>28</sup> The Head of Village, Interview {Monday, July 23 2024}.

<sup>29</sup> 'Documentation of the Elderly School by BKKBN, Jambi Province, 2024.'

<sup>30</sup> Observation, 1-5 June 2 2024.

<sup>31</sup> Observation, 6-10 June 2 2024.

<sup>32</sup> Observation, 11 June 2 2024.

By reinforcing these aspects, the program not only enhances individual quality of life but also enriches the lives of communities as a whole.

Through continuous education and skill training, program participants can enhance their abilities in various aspects of daily life. This helps them manage their health, improve social skills, and even develop new skills that can be used to contribute to their communities. The program serves as a platform to empower the elderly, allowing them to remain relevant and make positive contributions to the social and economic life of the community.

With support from the BKKBN and local governments, the Elder School Program demonstrates that inter-agency collaboration and active community participation can create a supportive and inclusive environment for the elderly. It also shows that by providing proper attention and adequate resources, communities can empower their elderly members, thereby enhancing social cohesion and building stronger, more resilient communities.

### Discussion

The implementation of Elder School Programs in Jambi Province has yielded several notable outcomes:

1. Empowerment and Well-being of Older Adults.<sup>33</sup> Programs like Sekolah Lansia Tangguh (Selantang) and Indonesia Ramah Lansia (IRL) demonstrate a strong focus on empowering and enhancing the well-being of older adults. Selantang's success in Jambi, with 47 graduates after a 6-month program, showcases the commitment to restoring dignity and boosting self-confidence through ongoing education and training.
2. BKKBN's Contribution to Elder Empowerment<sup>34</sup>: BKKBN Jambi has played a
3. Localized Efforts for Elder Well-being.<sup>35</sup> The launch of Sekolah Lansia Tangguh specifically tailored for elder empowerment in Sungai Penuh exemplifies local adaptation in improving the quality of life and well-being of older adults in the region. This reflects a responsive approach to unique local needs in addressing the challenges faced by the elderly population.
4. Impact on Family Resilience.<sup>36</sup> The program's impact on family resilience is significant. Active participation of elders and their families in activities like new skill training and health promotion has proven to strengthen family relationships. Observations reveal increased family involvement in caring for and supporting elder needs within the household, positively impacting overall family resilience in facing everyday challenges.
5. Holistic Approach to Elder Well-being.<sup>37</sup> Overall, the Elder School Program in Jambi Province has not only succeeded in enhancing the quality of life of older adults through education and training but also in strengthening social networks and family resilience at the local level. Thus, the program not only provides direct benefits to elders in terms of physical and psychological well-being but also has a broader impact on communities by enriching their social and economic lives.

<sup>33</sup> Donata Francescato, 'Dispositional Characteristics, Relational Well-Being and Perceived Life Satisfaction and Empowerment of Elders', *Ageing & Mental Health*, 21.10 (2017), 1052–57.

<sup>34</sup> Muhammad Dawam, Sri Sugiharti, and Dwi Endah Kurniasih, 'Aging Management Model at Dayakan Village—Kulon Progo District, Yogyakarta Special

Province', *Journal of US-China Public Administration*, 18.4 (2021), 175–85.

<sup>35</sup> Rowe.

<sup>36</sup> Maria Gayatri and Dian Kristiani Irawaty, 'Family Resilience during COVID-19 Pandemic: A Literature Review', *The Family Journal*, 30.2 (2022), 132–38.

<sup>37</sup> Davitt and others.

The Elder School Programs in Jambi Province have effectively empowered older adults and strengthened family resilience. The programs have enhanced the well-being of the elderly, improved their health and independence, and fostered family support systems. Key outcomes include the empowerment of older adults, contributions from BKKBN to elder empowerment, localized efforts, impacts on family resilience, and a holistic approach to well-being.

This research aligns with previous studies emphasizing the importance of elder empowerment and family involvement in elder care. Similar programs in other regions have reported increased elder participation in social and community activities, reflecting a shared understanding of the benefits of active aging. However, unlike some studies focusing solely on elder health, this research highlights the broader impacts on family dynamics and community engagement.

The findings underscore a significant shift towards recognizing the elderly as active contributors to society rather than passive dependents. This shift signifies a growing awareness of the potential of older adults to enhance community vitality and cohesion, reflecting broader societal changes towards inclusive and supportive environments for all age groups.

The positive outcomes of the Elder School Program suggest that similar initiatives can be instrumental in addressing the challenges posed by an aging population. The program's success in improving elder well-being and family resilience implies that comprehensive educational and support programs are crucial in fostering a more inclusive society where older adults can thrive.

The results reflect the effectiveness of a well-structured program that combines education, health promotion, and family engagement. The success is attributed to the program's holistic approach, which addresses the multifaceted needs of the elderly and leverages family and community support to enhance outcomes.

To build on the success of the Elder School Program, it is essential to expand its reach and tailor it to meet the diverse needs of older adults across different regions. Policymakers and stakeholders should consider integrating these programs into broader public health strategies, ensuring sustainability and adaptability. Continuous evaluation and adaptation of the program will be key to maintaining its relevance and effectiveness in enhancing elder well-being and family resilience.

## Conclusion

The Elder School Program in Jambi Province has proven its effectiveness in enhancing the quality of life and well-being of older adults through ongoing education and training. Various initiatives like Sekolah Lansia Tangguh (Selantang) and Indonesia Ramah Lansia (IRL), supported by BKKBN and local governments, have had a significant positive impact. Active participation of older adults in these programs has improved their knowledge, skills, and self-confidence in facing everyday challenges.

The key finding of this research is the increased involvement of families and communities in supporting the well-being of the elderly, indicating that the program impacts not only individual seniors but also the surrounding social dynamics.

This research provides added value by introducing a holistic approach that encompasses not only physical health aspects but also mental and social well-being of the elderly. The methods used to involve families in program activities have strengthened intergenerational relationships and enriched the social networks of the elderly.

However, this study has limitations in terms of geographical coverage and participation. Future research directions could focus on developing intervention models applicable in various regions with different demographic characteristics and studying the long-term impact of this program on families and communities.



To further strengthen the sustainability and effectiveness of this program, several recommendations can be considered:

1. Expanding Program Reach: Ensure that the program covers all segments of the elderly population across all districts in Jambi Province, by strengthening promotion and accessibility of information about the benefits and opportunities offered.
2. Enhancing Collaboration: Foster closer collaboration among BKKBN, local governments, and private institutions to enhance resources and support for the program, including funding and facilities.
3. Regular Monitoring and Evaluation: Implement a more structured monitoring system and regular evaluations to measure the impact and respond more responsively to the changing needs of older adults and their families.
4. Developing Educational Content: Enrich educational and training content to encompass new aspects relevant to the current conditions and needs of older adults, such as digital technology and adaptation skills.

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### Observation, Interview, and Documentation

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