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## Self Efficacy of Elderly Congregation in Building Learning Motivation (Study at Alif Lam Mim Kajen Islamic Boarding School)

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### ABSTRACT

*Someone who ages without mental preparation often experiences a decrease in quality of life. At an advanced stage, there are many psychosocial crises experienced by the elderly. The feeling of basic trust that develops in the elderly is more dominated by dystonic or “desperate” traits. Not all elderly people have efficacy or beliefs about good self-acceptance of deficiencies and changes that occur to them. The purpose of this research is to photograph a different reality, namely how the elderly are able to maintain their learning motivation through strengthening self-efficacy and what factors influence the level of self-efficacy of the elderly congregation. The method used in this research is qualitative method. This research is a field research with descriptive-analytic analysis. Based on data and analysis in the field, the results showed that the elderly congregation at the Alif Lam Mim Islamic Boarding School, had good self-efficacy. This can be seen from the enthusiasm and effort they put in even in the midst of deficiencies and disturbances both physically and psychologically. Self-efficacy in the elderly is influenced by things such as past experiences, modeling, self-esteem, and emotional states. This research is expected to be a review, consideration and support for community development and development strategies, especially in empowering the elderly.*

**Keywords:** *Self-efficacy, Ederly, Motivation to Learn*

### ABSTRAK

*Seseorang yang menua tanpa persiapan mental seringkali mengalami penurunan kualitas hidup. Pada tahap usia lanjut banyak terjadi krisis psikososial yang dialami oleh lansia. Perasaan kepercayaan dasar yang berkembang pada lansia lebih didominasi oleh sifat distonik atau “keputusasaan”. Tidak semua lansia memiliki efikasi atau keyakinan tentang penerimaan diri yang baik terhadap kekurangan dan perubahan yang terjadi*

*pada dirinya. Tujuan dari peneliti ini adalah untuk memotret realita yang berbeda yaitu bagaimana lansia mampu mempertahankan motivasi belajarnya melalui penguatan self-efficacy dan faktor apa saja yang mempengaruhi tingkat self-efficacy jamaah lansia. Metode yang digunakan dalam penelitian ini adalah metode kualitatif. Penelitian ini merupakan penelitian lapangan dengan analisis deskriptif-analitik. Berdasarkan data serta analisis di lapangan diperoleh hasil yang menunjukkan bahwa jamaah lansia di Pesantren Alif Lam Mim memiliki efikasi diri yang baik. Hal ini terlihat dari semangat dan usaha yang mereka lakukan meski di tengah kekurangan dan gangguan baik dari kondisi fisik maupun psikis. Efikasi diri pada lansia dipengaruhi oleh hal-hal seperti pengalaman masa lalu, modeling, penghargaan diri, dan keadaan emosional. Penelitian ini diharapkan dapat menjadi tinjauan, pertimbangan maupun penunjang strategi pengetasan dan pengembangan masyarakat khususnya dalam pemberdayaan lansia.*

**Kata kunci:** *Efikasi Diri, Lansia, Motivasi Belajar*

## 1. INTRODUCTION

Old age or commonly referred to as the elderly is an age group in the human life cycle that has entered the final stage of the phase of life. According to the Law of the Republic of Indonesia Number 13 of 1998 concerning the Welfare of the Elderly, an elderly person is defined as a person who has reached the age of 60 (sixty) years or more. Elderly is classified into three, namely young elderly (age 60-69 years), middle elderly (age 70-79 years), and old elderly (age 80 years and over)(BPS, 2021). Many declines and changes both physically, psychologically, and socially that occur in the elderly, all factors are interconnected and have the potential to cause physical and mental health problems.

Globally, the proportion of the population aged 65 years or over has increased from 6 percent in 1990 to 9.3 percent in 2020. Meanwhile, based on data from the Central Statistics Agency, the proportion of elderly people in 2021 in Indonesia will reach 29.3 million people or 10, 82 percent of the population (BPS, 2021). This shows a continuous increase either quickly or slowly. The high number of elderly people is not accompanied by a high level of education or income. This of course will exacerbate the problems faced by the elderly and their families such as the stigma that develops in the community. Seniors can be more productive by doing more useful activities in their free time that will make them happy. The growing perception of the elderly today as a vulnerable population who becomes a burden on families, communities and the state needs to be changed. One of the activities they can do is study. By continuing to learn, the elderly can improve their knowledge and behavior in order to stay healthy, improve their health with spiritual values, and increase life expectancy in a quality and efficient manner. However, the problem of the elderly is still not a common concern.

Cognitive function in the elderly has become a topic of research today, because it can increase the life expectancy of the elderly in the world and increase the prevalence of neurodegenerative

dementia. The decline in cognitive function in the elderly is the biggest cause of dependence on others in caring for themselves due to the inability to carry out daily activities (Vidyanti et al., 2020). From several studies conducted to assess cognitive function in the elderly, it was found that most of the elderly began to experience decreased cognitive function disorders and even some elderly experienced impaired cognitive function. Basically, a human being has the ability to think and manipulate his environment (Kaku & Paradiso, 1998). A person behaves reciprocally (reciprocally) depending on environmental conditions and cognitive abilities, especially on the belief that he is able to do something. According to Albert Bandura's theory, the perception of how well one can function in certain situations is called self-efficacy (Hakim & Luqman, 2015). Not all elderly have efficacy or belief about good self-acceptance of shortcomings and changes that occur in them. Self-efficacy refers to a person's belief about their ability to perform certain actions to achieve their goals. The theory of the effect of efficacy on a person's learning motivation is also strengthened by other research where the results show that a student's self-efficacy can help him in growing an attitude that encourages him to view his abilities so that students will be more persistent in carrying out academic activities, such as learning activities. (Dewi, 2021). In other studies it is also explained that self-efficacy, (according to Bandura), is a belief in a person's ability to encourage motivation, cognitive resources, and actions needed to meet the demands of existing circumstances. The phenomenon of belief in one's ability to do something can give hope and make the person to work hard and persevere until it is finished (Ningsih & Hayati, 2020). High fighting power, such as a strong feeling of life and a positive/optimistic outlook can affect a person's success. Learning outcomes will increase along with increasing one's self-efficacy and motivation to learn (Suryani et al., 2020). Most of the research that has been done on self-efficacy and learning motivation usually only focuses on students, namely individuals who do have the main task of learning. A student needs to learn to support his life in the future. Meanwhile, in contrast to the elderly, studies that juxtapose self-efficacy and learning motivation are still very minimal.

Previous studies have discussed more about how the elderly deal with disturbances from themselves, both physically and psychologically. Not all elderly people have a high motivation to live even to do other things that can maintain their quality of life (Ekasari et al., 2019). If learning is considered difficult by students, then there is a possibility that it will be even more difficult for older people. Decreased energy, poor vision, hearing loss, decreased cognitive abilities and so on are factors that are difficult to avoid. The object of this research is the elderly congregation who study at the Alif Lam Mim Islamic Boarding School in Kajen District, Pekalongan Regency. This congregation consists of adults and elderly women where in this condition they reveal an interesting reality to study. In this assembly, the elderly did not only look enthusiastic in every activity. Not only present in the assembly but there is participation and cognitive processes carried out. So with this, the Alif Lam Mim Islamic Boarding School was chosen as the research site.

The elderly mass associated with a decrease in the ability of human life is a process that takes place naturally and cannot be avoided (Triningtyas & Muhayati, 2018). However, this limitation is not something that must be accepted with resignation, but preventive and curative steps that can be sought to overcome it. The research wants to capture a different reality, namely how the elderly are able to maintain their learning motivation through strengthening self-efficacy and what factors

affect the level of self-efficacy of the elderly congregation. This research is important because the results of this study are expected to be used to maintain education standards for the elderly and have a strong fighting spirit, such as the spirit of life, as well as a strong sense of optimism towards success even at an advanced age. So that despite facing challenges, the elderly can hope to succeed. In addition, this research is expected to be used as a reference in building and strengthening self-efficacy and motivation, especially for the elderly and determining appropriate development and empowerment for the elderly.

## **2. METHOD**

The method used in this research is qualitative method. According to Creswell, qualitative research is a type of research that explores and understands the meaning of several individuals or groups of people originating from social problems (Fitrah, 2018). The analytical knife used to analyze the object of research on the theme/focus of the problem is Albert Bandura's theory of efficacy. The focus of this method is to describe and describe the condition of objects regarding their self-efficacy. This research is a field research using a descriptive-analytical analysis pattern, which is to describe or provide an overview of the object being studied as it is without the intention of making generally accepted conclusions. Research data comes from two main sources, namely primary data and secondary data. Primary data obtained from direct observation, interviews, and documentation approach. The location chosen is the Alif Lam Mim Islamic Boarding School. Here there are several guidance groups (majelis taklim) that come from various ages, from children to the elderly. So this location is considered to be a location that has the required criteria. Secondary data comes from books, journals, and articles or scientific works related to the research topic.

## **3. RESULTS AND DISCUSSION**

### **3.1 Self Efficacy**

According to Bandura, self-efficacy is a person's belief in the ability to organize and carry out actions to achieve set goals, and seeks to assess levels and strengths across activities and contexts (Ananda et al., 2022). Self-efficacy is an individual's evaluation of his or her ability or competence to perform tasks, achieve goals, or overcome challenges. Efficacy is a form of control over the functioning of the person itself or events in the environment. Humans who believe that they can do something that has the potential to change events in their environment, will be more likely to act and are more likely to be successful than humans who have low self-efficacy.

According to Bandura, a person's high and low self-efficacy in each task varies greatly. This is caused by several factors, namely, (a) Gender, (b) Age, (c) Education level, (d) and experience (Pohan, 2022). The development of self-efficacy is not only judged by the failures and successes that have been experienced (Azizah, 2018), it is also determined by errors in self-assessment. If in everyday life what is always remembered are appearances that are not good, then the conclusion about self will be low. Conversely, if failure is often experienced but continuously always tries to improve performance, self-efficacy will increase.

### **3.2 Self Efficacy of Elderly Congregation in Building Learning Motivation**

How people behave in certain situations certainly depends on the environment and their cognitive conditions, including self-efficacy or self-confidence in their own abilities in dealing with certain situations. So this will certainly be different for each person considering that everyone has a different personality system and has experiences in different environments. Researchers also found things that were in line with this in the field. The data shows that although everyone has the same goal, namely wanting to learn, the process of forming self-efficacy from the elderly congregation at the Alif Lam Mim Islamic Boarding School is different. This assembly consists of about 20 people ranging in age from adults to the elderly. With an age range of about 40 to 78 years.

Self-efficacy cannot be measured based on how smart the congregation is in reading the Qur'an. Each congregation has a different length of time to study, some are still early about two months, some have been around for two years. The elderly congregation admitted that they continued to go to the assembly even though in the midst of their busy lives, most of them were housewives. The orientation of the motivation of the elderly congregation at the Alif Lam Mim Islamic boarding school is more on spiritual beliefs. They said that they wanted to learn as a provision for them in the hereafter. The ignorance of the elderly about how to read the Qur'an properly and correctly finally makes them demand themselves to be able to. They are well aware of the importance of learning for themselves.

The elderly congregation at the Alif Lam Mim Islamic Boarding School has a high efficacy, this is evidenced by the efforts they make. Data in the field shows that even though the congregation experienced difficulties, they continued to want to learn and face the difficulties. Some of them have experienced physical problems, some are seen already wearing reading glasses, some also admit that they often experience knee pain, making it difficult to come and sit for long while studying. There are those who claim to have a stiff tongue so it is difficult to read the Qur'an fluently. In terms of time, some people also have difficulty, most of them say that since their children are studying online they must also be at home watching their children. From the various difficulties they face, they are not the least bit lazy. They believe that even though they are still in the basic stage of reading the Qur'an they will be able to. They also feel happy because they can gather in assemblies filled with people who are doing good. They are not the least bit ashamed to study at an old age because they realize learning is for themselves and has great benefits.

### **3.3 Factors Affecting Elderly Self-Efficacy Performance Experience**

Self efficacy is formed through a learning process that can occur anywhere (Saputera & Djauhari, 2021). Self efficacy is formed as a process of adaptation and learning that exists in the work situation. Personal experience in the past is a source of knowledge that comes from oneself. the most important thing is not how the experience but the conclusion from the existing experience. Experiences of struggle as a young person can also affect an elderly person's self-efficacy. Good self-acceptance about the past is an important factor. Individual thoughts reflected on self-efficacy determine how much effort will be devoted and how long the individual will persist in the face of obstacles or unpleasant experiences. The stories of the past become a special color for the elderly, for example the struggle to send their children to school in the midst of limited funds. One of the most prominent is the story of how he built his confidence to never give up through spiritual activities. The reflection of the story he tells is how he succeeded with an effort that cannot be separated from his faith in Allah Swt.

### **Vicar Experience**

This experience is gained through modeling. Observing the behavior and experiences of others as an individual learning process. Through this model, the individual's self-efficacy can increase, especially if he feels he has the same abilities or even feels better than the person who is the subject of his study (Falensa, 2021). Increased individual self-efficacy can increase motivation to achieve something. This increase in self-efficacy will be effective if the subject who becomes the learning model has similarities between the individual and the model. Individual self-efficacy will change with the influence of the relevant model. The experiences of others determine the perception of an individual's success or failure. The most influential figure in the elderly assembly of the Alif Lam Mim Islamic Boarding School is Mrs. Siti Khumaesiyah, the builder of this assembly. Mrs. Siti Khumaesiyah became the subject of study for her congregation. With high religious knowledge, being able to recite well, a pleasant and outgoing personality makes the congregation make it a learning model. This is of course considered good. The congregation revealed that they have learning models, both from the social and digital worlds. However, this does not become a necessity because some of the pilgrims claim that they do not have a model, they are learning by their own intentions. but social modeling can be a good supporting factor.

### **Social Persuasion**

The impact of social persuasion on increasing or decreasing self-efficacy is quite limited and must be in the right conditions. This condition is that a person must trust the party doing the persuasion. Social persuasion can weaken or strengthen the self-efficacy of the elderly. This persuasion can come from the appreciation given by others. Family support can be the key to increasing self-efficacy. This persuasion must be realistic so that there is a sense of trust that is created so as to be able to convince someone to try if the performance is proven successful.

## **4. CONCLUSION**

Based on the results of research conducted, it can be understood that self-efficacy in a person is very important. The data in the field shows that the elderly worshipers at the Alif Lam Mim Islamic Boarding School in Gejlik Village have good self-efficacy. In this case study, the elderly are humans who have had many experiences in life. At least even though not many of the elderly have a high education, they have learned from many experiences. In addition, the influence of the teacher as a model / subject of study also affects the spirit of learning of the elderly. Social support also contributes to the development of the elderly's self-efficacy so that in the midst of physical and psychological deficiencies and setbacks they are still able to maintain their enthusiasm for learning. So that self-efficacy can increase one's motivation and fighting spirit. Therefore, it can be concluded that self-efficacy in the elderly is also influenced by things such as past experiences, modeling, self-esteem of the elderly. On this occasion the author would like to thank Ustadz Ghulam Akhyar Rikza as the leader of the Alif Lam Mim Islamic Boarding School in Gejlik Village and Ms. Nyai Siti Khumaesiyah as the companion of the elderly congregational taklim assembly who have provided assistance and cooperation. Hopefully this research can be useful for many people.

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