

The Mediating Role of Positive Social Interaction in the Association between Disability and Depression among Community-Dwelling Older Adults (Interaksi Sosial Positif Sebagai Perantara di Antara Ketidakupayaan dan Kemurungan dalam Kalangan Warga Emas di Komuniti)

HUI FOH FOONG, TENGKU AIZAN HAMID, RAHIMAH IBRAHIM & SHARIFAH AZIZAH HARON

ABSTRACT

The relationship between disability and depression is complex, and previous studies showed that the relationship may be mediated by positive social interaction. The main objective of this study was to examine whether positive social interaction mediates the association between disability and depression in older adults. The data of this analysis were drawn from 2322 community-dwelling older adults aged 60 to 92 years in Peninsular Malaysia who participating in the baseline Neuroprotective Model for Health Longevity (TUA) study. Depression was measured by Geriatric Depression Scale, disability was assessed by World Health Organization Disability Assessment Schedule 2.0, and positive social interaction was measured by 4 items under the positive social interaction domain of The Medical Outcomes Study Social Support Survey. Hierarchical Multiple Linear Regression was performed by using SPSS version 23.0 to examine the mediation effect of positive social interaction. Next, Sobel Test was used to validate the mediation effect. Results showed that both disability ($\beta = 0.086, p < 0.001$) and positive social interaction ($\beta = -0.107, p < 0.001$) significantly predicted depression in the final model, after controlling for possible confounders (gender, marital status, year of education). Of most interest, positive social interaction was found partially mediated the association between disability and depression (from $\beta = 0.094, p < 0.001$ to $\beta = 0.086, p < 0.001$). Furthermore, significant Sobel Test ($z = 2.519, p = 0.012$) confirmed the mediation effect of positive social interaction. These findings reinforce the role of disability and positive social interaction in predicting mental health in old age. To prevent depression in old age, specific intervention to maximize the positive social interaction among disabled older adults is warranted.

Keywords: Disability; depression; positive social interaction; community-dwelling older adults

ABSTRAK

Hubungan antara ketidakupayaan dan kemurungan adalah rumit, dan kajian terdahulu menunjukkan hubungan itu mungkin disebabkan oleh kurangnya interaksi sosial yang positif. Objektif utama kajian ini adalah untuk mengkaji sama ada interaksi sosial positif mengantarkan hubungan antara ketidakupayaan dan kemurungan dalam kalangan warga emas di komuniti. Data peringkat pertama yang melibatkan 2322 warga emas berumur antara 60 hingga 92 tahun di Semenanjung Malaysia yang mengambil bahagian dalam kajian LRGSTUA telah digunakan dalam kajian ini. Kemurungan diukur oleh Skala Geriatrik Kemurungan, ketidakupayaan dinilai oleh World Health Organization Disability Assessment Schedule 2.0, dan interaksi sosial positif diukur oleh 4 soalan di bawah domain interaksi sosial positif dari The Medical Outcomes Study Social Support Survey. Regresi Linear Pelbagai Hierarki dilakukan dengan menggunakan SPSS versi 23.0 untuk mengkaji kesan perantara interaksi sosial positif. Seterusnya, Ujian Sobel digunakan untuk mengesahkan kesan perantara tersebut. Hasil kajian menunjukkan ketidakupayaan ($\beta = 0.086, p < 0.001$) dan interaksi sosial positif ($\beta = -0.107, p < 0.001$) meramalkan kemurungan secara signifikan dalam model yang terakhir, selepas mengawal pembolehubah kawalan (jantina, status perkahwinan, tahun pendidikan). Selain itu, interaksi sosial positif didapati mengantarkan hubungan antara kecacatan dan kemurungan secara separa (dari $\beta = 0.094, p < 0.001$ hingga $\beta = 0.086, p < 0.001$). Ujian Sobel yang signifikan ($z = 2.519, p = 0.012$) juga mengesahkan kesan perantara tersebut. Penemuan ini memperkuat peranan ketidakupayaan dan interaksi sosial positif dalam meramalkan kesihatan mental pada usia tua. Untuk mencegah kemurungan pada usia tua, intervensi khusus untuk memaksimumkan interaksi sosial yang positif dalam kalangan warga emas kurang upaya adalah diperlukan.

Kata kunci: Ketidakupayaan; kemurungan; interaksi sosial positif; warga emas di komuniti

Hui Foh Foong
Malaysian Research Institute on Ageing (MyAgeing)
Universiti Putra Malaysia,
43400 Serdang, Selangor, Malaysia

Tengku Aizan Hamid
Rahimah Ibrahim
Malaysian Research Institute on Ageing (MyAgeing)
Universiti Putra Malaysia,
43400 Serdang, Selangor, Malaysia.
Department of Human

Development and Family Studies, Faculty of Human Ecology,
Universiti Putra Malaysia 43400 Serdang, Selangor, Malaysia

Sharifah Azizah Haron
Malaysian Research Institute on Ageing (MyAgeing)
Universiti Putra Malaysia, 43400 Serdang, Selangor, Malaysia.

Department of Resource Management and Consumer Studies,
Faculty of Human Ecology, Universiti Putra Malaysia 43400
Serdang, Selangor, Malaysia

Corresponding author: Tengku Aizan Hamid
Email: aizan@upm.edu.my
Tel: +60389472750
Fax: +60389472738

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