ABSTRACT

Social Participation, Depressive Symptoms, and Positive Affect among Older Adults in Indonesia: Implications for Community Resilience and Healthy Ageing

Resti Pujihasvuty, Indang Trihandini, Meirina Ayumi Malamassam

Correspondence E-mail : rest017@brin.go.id

Background : Social participation is a modifiable community resource for healthy ageing, but its links with depressive symptoms and positive mental health may differ

Objective : To examine associations of social participation with depressive symptoms and positive affect among older adults in Indonesia

Research Methods/ Implementation Methods : We conducted a cross-sectional analysis of the Indonesia Longitudinal Aging Survey 2023 among 1,563 self-responding adults aged 60 years or older in nine provinces. A 3–15 index summed the frequency of volunteering, non-religious organization meetings, and social outings. CES-D-10 items yielded depressive symptoms (eight negative items, 0–24; primary outcome), positive affect (two positive items, 0–6), and the full score (0–30). Linear regression adjusted for age, sex, residence, marital status, and education, with standard errors clustered on 144 enumeration areas. Survey weights were unavailable in the released files.

Results : Per one-point higher index, depressive symptoms did not differ (β=−0.025; 95% CI −0.078 to 0.028; p=0.354), whereas positive affect was higher (β=0.072; 95% CI 0.039 to 0.106; p<0.001). The full-score association (β=−0.097; 95% CI −0.166 to −0.029; p=0.006) appeared to reflect the positive items. Both subscale findings persisted after further adjustment for self-rated health, and for province and household type

Conclusion/Lesson Learned : Social participation was associated with greater positive affect, not fewer depressive symptoms. Supporting participation may be relevant to positive mental health and community resilience, but these findings do not support it as a strategy for reducing depressive symptoms. The cross-sectional, unweighted design precludes causal and population-level inference.

Keyword : older adults; social participation; depressive symptoms; positive affect; community resilience;