



Implementation of a Holistic Nursing Approach to Improve the Quality of Life of Elderly Residents in Sukolilo Village, Tuban

Dyah Pitaloka^{1)*}, Suhartono²⁾, Hyan Oktodia Basuki³⁾, Mohammad Nurhadi⁴⁾

^{1,2,3,4}Institut Ilmu Kesehatan Nahdlatul Ulama Tuban

email: dyahpitaloka385@gmail.com

Article Info:

Submitted: 10 June

2025

Accepted: 1 Sept

2025

Published: 12 Nov

2025

ABSTRACT

Handling Editor:

Keywords:

Holistic nursing; elderly well-being; community-based intervention; quality of life; rural health programs

This community service program aimed to enhance the quality of life of elderly residents in Sukolilo Village, Tuban, through the application of a holistic nursing approach. A total of 54 older adults participated in a series of integrated interventions covering physical, psychological, social, and spiritual dimensions of well-being. The program began with a baseline assessment, followed by guided exercises, breathing practices, relaxation sessions, group discussions, and culturally aligned spiritual reflection. Post-intervention findings showed clear improvements in mobility, emotional stability, social connectedness, and overall life satisfaction among the participants. These results highlight the effectiveness of holistic nursing as a community-based strategy, especially in rural areas where access to health resources is limited. The program demonstrates that empowering older adults through comprehensive, person-centered care can foster healthier aging and strengthen community resilience. This initiative also provides a model that can be sustained and adapted for broader elderly care programs in similar settings.

1. INTRODUCTION

The elderly population is among the most vulnerable groups experiencing progressive declines in physical, psychological, and social functioning.¹ Many older adults face increasingly complex challenges, including chronic illnesses, reduced mobility, emotional distress, social isolation, and unmet spiritual needs.² These conditions often lead to a decreased quality of life when not addressed through a comprehensive and person-centered approach.³ For this reason, holistic nursing has become highly relevant, as it emphasizes integrated care that considers physical, emotional, cognitive, social, and spiritual dimensions of health.⁴

In rural areas, such as Sukolilo Village in Tuban, issues related to elderly health present

unique challenges.⁵ Limited access to healthcare services, low health literacy, and the absence of structured self-care routines mean that many older adults rely heavily on family members for daily assistance.⁶ However, families may not always possess adequate knowledge or skills to provide effective and holistic care.⁷ At the same time, reduced social interaction after retirement often contributes to feelings of loneliness, anxiety, and decreased self-esteem among the elderly.⁸

As a designated community development village, Sukolilo offers strong potential for implementing empowerment-based health programs due to its supportive community and openness to educational initiatives.⁹ A holistic nursing approach can serve as an effective



strategy to enhance the well-being of older adults through a combination of health education, guided physical activities, emotional support, relaxation techniques, and the strengthening of spiritual and social engagement.¹⁰

This community service program is designed to improve the quality of life of older adults by delivering interventions that are comprehensive, responsive, and culturally appropriate.¹¹ The activities focus not only on disease management or medication adherence but also on stress reduction, suitable exercise, self-care practices, and the creation of a more supportive social environment.¹² Through this program, elderly individuals in Sukolilo Village are expected to become more independent, healthier, emotionally stable, and socially engaged, ultimately experiencing a more meaningful and fulfilling daily life.¹³

2. METODE

This community service program employed a community-based holistic nursing approach designed to actively engage older adults in improving their overall well-being. The activity was carried out in Sukolilo Village, Tuban, and involved a total of 54 elderly participants selected based on their willingness to join the program, their ability to participate in light physical activities, and their availability during the implementation period. Prior to the intervention, coordination was conducted with village officials, local health cadres, and the posyandu lansia to ensure that the program aligned with the needs and conditions of the community. The team also developed assessment instruments and educational materials focusing on physical, psychological, social, and spiritual aspects of holistic health.¹⁴

Before the intervention began, each participant underwent an initial assessment to establish their baseline condition. This assessment included vital sign measurements, screening for pain levels, evaluation of mobility and balance, and a brief exploration of emotional well-being, including stress or anxiety symptoms. Spiritual needs and daily practices were also identified to ensure that the interventions

remained culturally relevant and personally meaningful. The 54 elderly participants were then divided into three smaller groups to facilitate more focused guidance and hands-on assistance throughout the activities.¹⁵

The holistic nursing intervention consisted of integrated physical, psychological, social, and spiritual components. The physical component included elderly-friendly exercise sessions, light stretching, breathing exercises, and simple self-massage techniques aimed at improving circulation and reducing discomfort. Psychological support was provided through guided relaxation, imagery exercises, and short group discussions that encouraged participants to express their feelings and strengthen emotional resilience. Social and spiritual elements were incorporated through meaningful reflection activities, small-group sharing, and culturally appropriate spiritual guidance delivered in collaboration with local community figures. These components were designed to complement each other, creating a supportive environment where participants could strengthen both their physical and emotional well-being.¹⁶

Throughout the implementation, each group of participants was accompanied by facilitators who monitored their responses, ensured safety during physical exercises, and provided individualized assistance when needed. Observations and field notes were taken continuously to document progress and identify any challenges encountered during the sessions. At the end of the program, a post-assessment was conducted using the same instruments as the initial evaluation. This allowed the team to measure changes in mobility, comfort levels, emotional state, and participants' perceptions of their overall quality of life.¹⁷

All activities were documented through photographs, attendance records, and qualitative notes, which were later compiled into a comprehensive report. The results of the evaluation provided insights into the effectiveness of holistic nursing interventions in enhancing the well-being of elderly individuals in



Sukolilo Village and offered recommendations for sustaining similar initiatives in the future.¹⁸

3. RESULTS AND DISCUSSION

Result

The community service program involving 54 elderly participants in Sukolilo Village showed a notable improvement in various aspects of their physical, psychological, social, and spiritual well-being after the holistic nursing intervention. The post-assessment results indicated measurable positive changes when compared to the initial baseline data. Most participants reported feeling physically lighter and more energized after taking part in the elderly-friendly exercises, breathing practices, and self-massage routines. Observations during the sessions showed that participants were increasingly able to perform stretching movements with better balance and coordination. Several individuals who initially expressed difficulty standing for longer periods demonstrated improved stability by the end of the program.

Psychologically, the guided relaxation activities brought a noticeable shift in the emotional state of the participants. Many of them mentioned feeling calmer, less tense, and more optimistic after the sessions. Responses collected through short reflective interviews revealed that participants appreciated having a structured space to express their worries and share their experiences with others. This emotional outlet helped reduce feelings of loneliness and stress that several participants had previously expressed during the pre-assessment.

Social engagement also improved significantly throughout the intervention. At the start of the program, many participants tended to sit quietly and interact only when prompted; however, as the sessions progressed, the atmosphere became more lively and open. Participants began initiating conversations, offering support to one another during the exercises, and showing enthusiasm during group activities. This increase in social connection contributed to a stronger sense of belonging and community among the elderly in Sukolilo.

From a spiritual perspective, the reflective activities and discussions facilitated a deeper sense of inner peace for many participants. Several elderly individuals expressed that they felt more grounded and spiritually connected after the sessions. The integration of culturally relevant spiritual guidance was particularly well-received, with participants stating that it helped them align their physical and emotional improvements with their personal beliefs and values.

Overall, the comparison between pre- and post-assessments showed an increase in perceived quality of life among the participants. They reported improved sleep quality, reduced body stiffness, better mood stability, and a heightened sense of purpose. The facilitators' field notes also highlighted high levels of participation and enthusiasm during the activities. Taken together, these results indicate that the holistic nursing approach implemented in this program effectively supported the well-being of elderly residents in Sukolilo Village and demonstrated the potential for continued community-based initiatives of this kind.

Discussion

The findings of this community service program highlight the effectiveness of applying a holistic nursing approach to enhance the overall well-being of older adults in Sukolilo Village. The improvements observed across physical, psychological, social, and spiritual dimensions reinforce the idea that elderly care cannot rely solely on biomedical interventions. Instead, it requires a more comprehensive strategy that recognizes the interconnectedness of body, mind, and social environment.¹⁹

One of the strongest outcomes of the program was the noticeable improvement in physical mobility and comfort. These results align with existing evidence indicating that low-impact physical activity and structured breathing exercises can significantly enhance functional capacity in older adults.²⁰ The participants' increased balance and range of motion suggest that even short-term interventions—when delivered consistently and with proper guidance—can make meaningful contributions to



mobility and independence in everyday life. This is particularly important in rural settings where access to physiotherapy or rehabilitation services is limited.²¹

The psychological benefits observed in the study further emphasize the value of integrating emotional support into elderly care. Many participants initially reported stress, worry, and a general sense of loneliness.²² Through guided relaxation and group sharing, the program created a safe space that encouraged emotional expression and reduced psychological tension. This outcome is consistent with holistic care literature, which suggests that emotional well-being is a critical protective factor against age-related mental health challenges.²³ The shift from quiet, passive behavior to more active engagement during activities also shows how emotional support can translate into increased confidence and motivation among older adults.²⁴

Social interaction emerged as another key element influencing the success of the intervention. The strengthening of social bonds throughout the program points to the importance of communal spaces for elderly individuals, especially in rural areas where daily routines may not encourage extensive socializing. The collaborative nature of the activities helped participants reconnect with each other and feel more valued within their community.²⁵ This increased social participation has potential long-term benefits, as strong social networks have been shown to improve mental resilience and reduce the risk of cognitive decline in older populations.²⁶

Spiritually, the program's integration of reflective exercises and culturally appropriate guidance was received positively by the participants. This indicates that spiritual health remains a central component of well-being among elderly individuals, especially in communities with strong cultural and religious values.²⁷ The sense of inner peace and connection expressed by participants highlights the importance of acknowledging spirituality in holistic nursing frameworks, not as an add-on, but as an essential part of what makes care meaningful.²⁸

Overall, the results demonstrate that holistic nursing interventions can be successfully implemented at the community level and can produce real, observable improvements within a relatively short period.²⁹ The outcomes also suggest that empowering local cadres and utilizing existing community structures—like *posyandu lansia*—can enhance sustainability and long-term impact. While this program delivered promising results, future initiatives may benefit from extended intervention periods, follow-up assessments, and more personalized care plans to strengthen long-term outcomes.³⁰

4. CONCLUSION

The implementation of holistic nursing interventions in Sukolilo Village demonstrated meaningful improvements in the overall well-being of the 54 elderly participants involved in the program. By integrating physical exercise, psychological support, social engagement, and spiritual reflection, the program successfully addressed the multifaceted needs of older adults in a way that traditional biomedical approaches alone often cannot achieve. The participants showed notable progress in mobility, emotional stability, social interaction, and inner spiritual balance, reflecting the value of a comprehensive care model tailored to the realities of rural communities.

The outcomes of this program underscore the potential of community-based holistic nursing to enhance the quality of life among elderly individuals, particularly in areas with limited access to formal health services. The supportive environment created through collaboration with local leaders, health cadres, and community members played a crucial role in strengthening participation and ensuring the cultural relevance of the activities. These findings suggest that holistic nursing approaches can be sustained and scaled through continuous community engagement and capacity building.

Overall, this program highlights the importance of seeing elderly care through a broader lens—one that recognizes the interconnectedness of physical health, emotional resilience, social belonging, and spiritual



fulfillment. The positive results observed in Sukolilo Village provide a strong foundation for future initiatives aimed at promoting healthy aging, empowering communities, and fostering a more compassionate and inclusive approach to elderly care.

5. ACKNOWLEDGMENTS

The team would like to express sincere appreciation to the community of Sukolilo Village, Tuban, for their warm welcome and active participation throughout the program. Special thanks are extended to the village officials, local health cadres, and the Posyandu Lansia team, whose support made the implementation of this community service activity possible. We are also deeply grateful to the 54 elderly participants who enthusiastically took part in every session and shared their experiences with openness and sincerity. Their spirit and cooperation played a major role in the success of this holistic nursing intervention. Lastly, we acknowledge the contributions of all facilitators and volunteers who dedicated their time, energy, and commitment to ensuring that each activity ran smoothly and meaningfully for the community.

6. REFERENCES

1. Kusumawardani LH, Hasra A, Triyanto E, ... Elderly Self-Help Groups: A Community-Based Education and Peer Support Program for Hypertension Control, Supporting SDG 3 on Health and Well-being. *E3S Web* Published online 2025. https://www.e3s-conferences.org/articles/e3sconf/abs/2025/09/e3sconf_icma-sure2024_04005/e3sconf_icma-sure2024_04005.html
2. Espinel-Jara VM, Tapia-Paguay MX, Tito-Pineda AP, ... Humanized and community-based nursing for geriatric care: impact, clinical contributions, and implementation barriers. *Nurs Reports*. Published online 2025.

<https://www.mdpi.com/2039-4403/15/8/302>

3. Tucker CM, Wippold GM, Roncoroni J, ... Impact of the health-smart holistic health program: a CBPR approach to improve health and prevent adverse outcomes for black older adults. ... *Heal* Published online 2022. doi:10.1177/26320770221099586
4. Giebel C, Shrestha N, Reilly S, White RG, Zuluaga MI, ... Community-based mental health and well-being interventions for older adults in low-and middle-income countries: a systematic review and meta-analysis. *BMC Geriatr*. Published online 2022. doi:10.1186/s12877-022-03453-1
5. Silawan T, Powwattana A, Ponsen P, ... Promoting the wellness of older adults through integrated health-promoting programs and supportive peers: A quasi-experimental study in semi-urban communities of *community Heal*. Published online 2024. doi:10.1177/21501319241241456
6. Wong AKC, Bayuo J, Wong FKY, Yuen WS, ... Effects of a nurse-led telehealth self-care promotion program on the quality of life of community-dwelling older adults: systematic review and meta-analysis. *J Med* Published online 2022. <https://www.jmir.org/2022/3/e31912/>
7. Samal A, Manchana V. Healthy and active aging exercise program for functional health and wellbeing among rural adults: implementation and evaluation at primary care in *J Educ Heal* Published online 2025. https://journals.lww.com/jehp/fulltext/2025/03280/healthy_and_active_aging_exercise_program_for.98.aspx
8. Ma W, Shen Z. Impact of community care services on the health of older adults: evidence from China. *Front Public Heal*. Published online 2023.



- doi:10.3389/fpubh.2023.1160151
9. Gu S, Jia C, Shen F, Wang X, Wang X, Gu H. The effects of community-based home health care on the physical and mental health of older adults with chronic diseases. *Qual Life Res*. Published online 2024. doi:10.1007/s11136-023-03555-2
 10. Kim H, Choi H, Jung Y, Kim E, Lee W, Yi JY. Evaluation of a technology-enhanced, integrated community health and wellness program for seniors (HWEPS): protocol of a non-randomized comparison trial. *BMC Public Health*. Published online 2023. doi:10.1186/s12889-022-14921-z
 11. Hughes MC, Vernon E, Hainstock A. The effectiveness of community-based palliative care programme components: a systematic review. *Age Ageing*. Published online 2023. <https://academic.oup.com/ageing/article-abstract/52/9/afad175/7275526>
 12. Menhas R, Yang L, Nisar RD. Community-based social healthcare practices in China for healthy aging: a social prescription perspective analysis. *Front Public Heal*. Published online 2023. doi:10.3389/fpubh.2023.1252157
 13. Dolapo DC, Musa J, Kayode T, Singh M, Rodriguez R. Promoting healthy aging: A review of community-based interventions to support active aging and independence. Published online 2025. https://www.researchgate.net/profile/Mallika-Singh-18/publication/394337097_Promoting_healthy_aging_A_review_of_community-based_interventions_to_support_active_aging_and_independence/links/689b4666592005365733c520/Promoting-healthy-aging-A-review-of-community-based-interventions-to-support-active-aging-and-independence.pdf
 14. Pizzi M, Amir M. *Interprofessional Perspectives for Community Practice: Promoting Health, Well-Being, and Quality of Life*. books.google.com; 2024. <https://books.google.com/books?hl=en&lr=&id=gdsLEQAAQBAJ&oi=fnd&pg=PT9&dq=holistic+nursing+elderly+%22well+being%22+%22community+based%22+intervention+quality+of+life+rural+health+programs&ots=gUZnt7PD-q&sig=TCAAPh2iXfdy83fCyHrORt9gebU>
 15. Kasa AS, Traynor V, Drury P. Measuring the effects of nurse-led frailty intervention on community-dwelling older people in Ethiopia: a quasi-experimental study. *BMC Geriatr*. Published online 2024. doi:10.1186/s12877-024-04909-2
 16. Suragarn U, Hain D, Pfaff G. Approaches to enhance social connection in older adults: An integrative review of literature. *Aging Heal Res*. Published online 2021. <https://www.sciencedirect.com/science/article/pii/S2667032121000275>
 17. Rony MKK, Parvin MR, ... Challenges and advancements in the health-related quality of life of older people. ... *Public Heal*. Published online 2024. doi:10.1155/2024/8839631
 18. Mekonnen HS, Lindgren H, Geda B, Azale T, ... Satisfaction with life and associated factors among elderly people living in two cities in northwest Ethiopia: a community-based cross-sectional study. *BMJ Open*. Published online 2022. <https://bmjopen.bmj.com/content/12/9/e061931.abstract>
 19. Thompson C, Halcomb E, ... The contribution of primary care practitioners to interventions reducing loneliness and social isolation in older people—an integrative review. *Scand J ...*. Published online 2023. doi:10.1111/scs.13151
 20. Zhou W, Zhang X, Lyu X. Monitoring utilisation patterns of home-and



- community-based services for healthy ageing: a cross-sectional study. *BMC Geriatr*. Published online 2025. doi:10.1186/s12877-025-05918-5
21. Bar-Tur L. Fostering well-being in the elderly: Translating theories on positive aging to practical approaches. *Front Med*. Published online 2021. doi:10.3389/fmed.2021.517226
22. Wong AKC, Wong FKY, Wong MCS, Chow KKS, ... A community-based health-social partnership program for community-dwelling older adults: a hybrid effectiveness-implementation pilot study. *BMC Geriatr*. Published online 2022. doi:10.1186/s12877-022-03463-z
23. Plaza MAP de, Gulyani A, Bulto LN, ... Telehealth as a Care Solution for Homebound People: Systematic Review and Meta-Analysis of Healthcare Utilization, Quality of Life, and Well-Being Outcomes. *Heal Soc Care* Published online 2025. doi:10.1155/hsc/7224151
24. Sharpe D, Rajabi M, Mesa LG, Hanafiah A, ... An exploratory cross-cultural study of community-based health literacy interventions to promote the mental well-being of disadvantaged and disabled young *Front* Published online 2024. doi:10.3389/fpsy.2024.1424836
25. Aung MN, Koyanagi Y, Ueno S, Tiraphat S, ... Age-friendly environment and community-based social innovation in Japan: A mixed-method study. Published online 2022. <https://academic.oup.com/gerontologist/article-abstract/62/1/89/6348958>
26. Purcell N, Zamora K, Bertenthal D, ... How VA whole health coaching can impact veterans' health and quality of life: a mixed-methods pilot program evaluation. ... *Adv Heal* Published online 2021. doi:10.1177/2164956121998283
27. Kikuchi M, Onishi R, Takashima R, ... Effects of a 'social activity program that encourages interaction' on rural older people's psychosocial health: Mixed-methods research. ... *older people Nurs*. Published online 2023. doi:10.1111/opn.12534
28. Almeida AS, Paguia A, Neves AP. Nursing interventions to empower family caregivers to manage the risk of falling in older adults: A scoping review. ... *Res Public Heal*. Published online 2024. <https://www.mdpi.com/1660-4601/21/3/246>
29. Yadav UN, Ghimire S, Mehta R, Karmacharya I, ... Exploring the pathways between depression, anxiety, stress, and quality of life on life satisfaction: a path analysis approach. *BMC Geriatr*. Published online 2024. doi:10.1186/s12877-024-05618-6
30. Tay MRJ, Wong CJ, Aw HZ. Assessment of Health-Related Quality of Life and Distress in an Asian Community-Based Cancer Rehabilitation Program. *Curr Oncol*. Published online 2022. <https://www.mdpi.com/1718-7729/29/10/551>