

THE STATE'S RESPONSIBILITY TOWARDS THE ELDERLY FAMILY RESILIENCE (A COMPARATIVE STUDY OF INDONESIA, JAPAN, DENMARK)



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Uswatun Asiah*

Study program of
Government Science,
Faculty of Law, Jambi
University, Indonesia

*Correspondence email:
uswatunasiah@unja.ac.id

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Abstract

The increasing number of elderly people every year is observed in many countries, including Indonesia, and is projected to peak in 2050. The decline in physical function, limited income, and potential social isolation put the elderly at a vulnerable position regarding various problems; therefore, the government must play a role in ensuring welfare through policies implemented through programs. The objective of this research is to analyze the forms of responsibility in maintaining elderly resilience across three countries, from the perspectives of policy and social welfare. This research employs a qualitative approach, utilising literature study methods. The results show that responsibility towards the elderly in Indonesia involves policy-making and the establishment of integrated health posts (posyandu), social assistance, efforts to create age-friendly facilities, and the establishment of elderly schools, while in Japan, there are long-term care insurance (LTCI) programs, onsen facilities, and education on hobbies and in Denmark has a community-based health and social care system, efforts to reduce carbon emissions to create a clean environment, and the development of informal education in the fields of arts, culture, and recreational programs.

Keywords: State Responsibility, Elderly Resilience

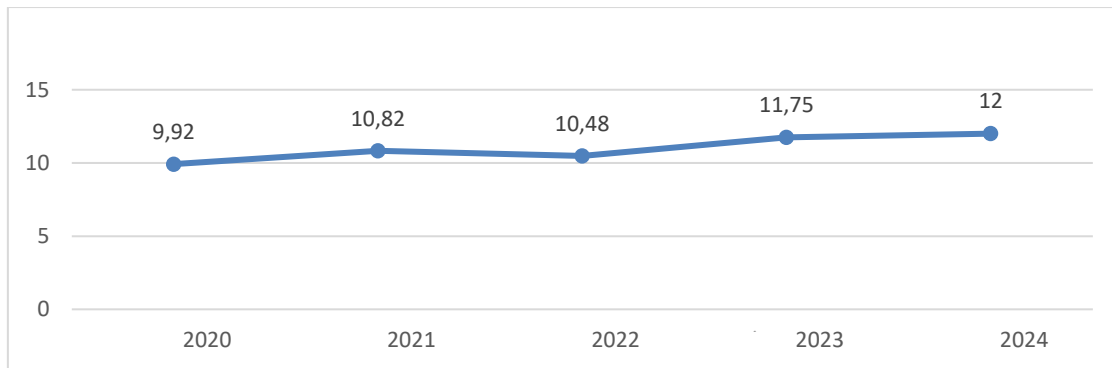
INTRODUCTION

Almost all countries in the world, including Indonesia, are experiencing an aging population characterized by an increasing number of elderly people. Since 2021, Indonesia has entered a phase of an aging population structure, where approximately 1 in 10 people is elderly (Ummah, 2024). The WHO states that population aging is important in achieving several SDG goals, such as ensuring healthy lives and supporting well-being for all ages, as it is a success in human history that shows significant developments in health, medicine, socio-economics, and its influence on disease control and the reduction of premature mortality (Styawan 2020). According to Law Number 13 of 1998, the term "elderly" refers to individuals who have reached the age of 60 years or older. At this age, a person's ability to perform various activities declines, as does their overall health, which may already be affected by complex diseases that render them dependent on others.

The elderly are a vulnerable group with special needs, in terms of health, social, economic, and psychological aspects. The decline in physical function, limited income, and potential social isolation put the elderly at risk of various problems. Generally, someone who has entered old age will spend time enjoying life by pursuing their hobbies such as gardening, learning new things, volunteering, or traveling. However, not all elderly individuals can enjoy their old age, as many still have to work full-time to meet their living needs. The lack of support and limited capabilities of families, the absence of old-age guarantees, and the insufficient attention and assistance from the government are factors that cause the elderly to continue working full-time amidst declining strength (Sibuea and Aloysius 2022).

In Indonesia, the elderly population is quite large, and there has been a continuous increase over the past five years. In 2024, the elderly population is estimated to be around 29 million people, with a percentage of elderly individuals at 12%. This number indicates that Indonesia has entered a phase of aging population structure, characterized by the proportion of elderly people exceeding 10% of the total population of Indonesia (Detiknews 2024).

Chart 1
Increase in the Number of Elderly



Source: BPS 2024

Based on the data above, the number of elderly people has increased every year, and it is projected to peak in 2050 (BPS, 2024). This increase will have both positive and negative impacts on Indonesia's development. Positively impacting the elderly population is healthy and productive, but negatively if they are no longer able to work and begin to depend on others. The current condition of the elderly is often positioned as a vulnerable group that is perceived as adding a burden, both for families and for the state. The presence of elders who are no longer economically productive can create its pressures, especially when they require long-term care, assistance with daily activities, or routine treatment due to chronic illnesses common in old age. This condition is even more burdensome for low-income families, who must divide their time and resources between economic needs, childcare, and caring for elderly family members. On the other hand, the increasing number of elderly people brings significant fiscal consequences.

The state must allocate a substantial budget for social security programs, health subsidies, and the development of adequate and friendly elderly care facilities. Elders are often viewed as a group of beneficiaries in the welfare system, making little to no economic contributions, which leads to the perception that they are a burden in the modern social and economic structure.

Figure 1
Projection of the Growth of the Elderly Population in 2050



Source : BPS 2024

From a sociological perspective on welfare theory, the state is viewed as the primary actor with a structural responsibility to ensure the welfare of all citizens, including vulnerable groups such as the elderly. Elderly resilience refers to the ability of older individuals to withstand and adapt physically, socially, economically, and psychologically in the face of life's changes and challenges. The concept of social welfare serves as a reference for the welfare of the elderly because it is an organized system, designed by the state and social institutions, to assist individuals in achieving adequate and dignified living standards (Kuhnle 2023). Based on the theory of welfare, the state has a responsibility to provide social protection and ensure access to various services for all citizens, including the elderly. The reality of the elderly in Indonesia still shows a state of hardship, with many neglected elderly proving the need for the government's role in improving their quality of life. Indonesia even needs to learn about elderly resilience from other countries like Japan and Denmark.

The author chooses Japan and Denmark for comparison because, first, Japan has the highest number of elderly people in the world, with approximately 30.2% of its population being elderly (Indonesia, 2024). As a country with the highest number of elderly people in the world, we will study how the Japanese government is responsible for advocating for the welfare of the elderly. Secondly, Denmark is chosen because the World Happiness Report 2024 reveals that Denmark is the happiest country for the elderly (Kompas, 2024). This means that Denmark has the best system for advocating for the welfare of its elderly, which can serve as a recommendation for Indonesia, enabling the elderly to live a prosperous life.

METHODS

This study explores the government's responsibility towards the resilience of the elderly. Its main objective is to analyze and provide an overview of the situation of the elderly in Indonesia and offer alternative solutions that can be provided by looking at the government's efforts in achieving elderly resilience in other countries. To examine the state's responsibility towards elderly resilience, the researcher used three indicators: healthcare services, age-friendly cities, and education for the elderly. The type of research used in this study is qualitative, employing library-based research methods. Qualitative research is descriptive in nature and tends to use analysis (Rita Fiantika, Wasil, and Jumiyati 2022). Library studies are used to reduce costs and improve efficiency without

sacrificing the data collected. The sources used are data sources taken from journals, articles, online news, and official documents.

RESULTS AND DISCUSSION

Results

1. The State's Responsibility Towards Elderly Resilience in Indonesia

a. Health and Social Services for the Elderly

The state's responsibility towards the elderly is part of the state's obligation to ensure the welfare of all its citizens, including vulnerable groups such as the elderly. This responsibility is rooted in the constitution, specifically stated in Law No. 13 of 1998 concerning the Welfare of the Elderly in Indonesia, which regulates the goals of improving the social welfare of the elderly, the rights of the elderly to enhance their social welfare, and the duties of the government and the responsibilities of various parties (government, society, and family) in improving the social welfare of the elderly. The fulfillment of the rights of the elderly based on this law includes: (1) religious and mental-spiritual services; (2) health services; (3) employment opportunities; (4) education and training services; (5) ease of access to facilities, public amenities, and infrastructure; (6) ease of legal services and assistance; (7) social protection; and (8) social assistance.

The Indonesian government has made numerous efforts through various policies to enhance the welfare of the elderly. For instance, in the aspect of health, the government recognizes that the health of the elderly is a priority for their resilience. Therefore, the government, through local governments, has established Integrated Service Posts (POSYANDU) for the elderly, aimed at maintaining and regularly monitoring their physical health. The recreational activities conducted by the elderly posyandu facilitators also indirectly have a positive impact on the mental health of the elderly, as they can interact with peers in the midst of their conditions where they have a lot of free time and loneliness (Cahyadi et al. 2022).

In 2024, three types of social assistance will be provided to the elderly community. First, the Conditional Cash Transfer (PKH) program provides assistance, where registered seniors in the PKH program will receive aid worth Rp2.4 million per year, disbursed in four stages of Rp600,000 each. To receive this assistance, seniors must undergo a health check at least once a year at a health facility or village health post in their village. The requirement for PKH recipients is that they must be elderly, aged 60 years or older, registered in the DTKS. Second, Elderly Food Assistance, which is provided to single

elderly individuals aged 70 and above who have physical and economic limitations. This assistance is not in cash form, but rather in the form of daily food supplies, provided twice a day, with a value of Rp21,000 per day, equivalent to Rp600,000 per month. This food is prepared by community groups (pokmas) in the village or sub-district. Third, Non-Cash Food Assistance (BPNT)/Staple Food. The staple food assistance, or BPNT, is provided in the form of a cash amounting to Rp600,000 every three months. This fund can be withdrawn through the Post Office. The requirements are that the elderly registered in BPNT must have a family card (KK) that is included in the DTKS and be at least 60 years old (Infosumbar 2024).

b. The Concept of Elderly-Friendly Cities

The welfare of the elderly community is not only measured by economic aspects, but also the space and freedom to carry out activities should be a concern for everyone. So far, there are still many areas that lack friendly spaces and facilities for the elderly, especially in urban areas where there is little green space for the elderly to enjoy clean air, small, uneven, and broken sidewalks which significantly disrupt the mobility of the elderly. Adding to that, rainy weather makes the roads slippery with cars often parked carelessly. The lack of lighting and resting places makes it increasingly difficult for the elderly to move around when they are tired, and this also becomes a problem and a duty for the state, so that both the central and regional governments need to create elderly-friendly city programs.

According to WHO standards (Institute 2022), to become an age-friendly city, at least eight indicators must be met. First, buildings and open spaces: The external environment has a tremendous impact on the movement, independence, and safety in the daily lives of the elderly. A clean city with well-maintained recreational areas, sufficient resting spots, pedestrian-friendly infrastructure, well-organized and safe buildings, and a secure environment provides an ideal living environment for the elderly to enjoy their later years. It has a positive impact on social integration across generations. Second, transportation: Transportation, especially public transportation, must be designed to be elderly-friendly, aiming to make it easier for the elderly to reach specific places, such as healthcare facilities, recreational areas, or other crowded places. Third, Housing: Appropriate housing design and its proximity to community and social services allow older residents to live comfortably and securely, while housing affordability provides them peace of mind. Fourth, Social Participation: Engaging in recreational, social, cultural, and spiritual activities in the community promotes the integration of the elderly

with society and helps them remain involved and stay informed.

Fifth, Respect and recognition from their social environment: Inclusive communities encourage older adults to participate more in the social, civic, and economic life of their city. This will promote active aging. Education about respecting the elderly should also start early to raise awareness about aging and related issues, so that people learn to appreciate their elders. Sixth: Participation and Employment: Age-friendly cities and communities offer numerous opportunities for older adults to engage in various activities, whether through volunteer work or paid employment, thereby keeping them involved in the political process. Seventh: Communication and Information: Cities must provide access to information for the elderly in accessible formats, taking into account the diverse needs and resources of the elderly. Eighth: Community Support and Healthcare Services: Accessible and affordable health and community services are crucial for maintaining the elderly's health, independence, and activity. This involves providing appropriate elder care services located near their residences, as well as requiring trained health and social workers to deliver these services.

Suppose we review the number of elderly people in 2024, which is 12% of the total population of Indonesia and is projected to peak in 2050. In that case, the government needs to innovate programs to prepare society, especially pre-elderly individuals (those aged 45-59), to become healthy, independent, productive, and active individuals. The National Population and Family Planning Agency (BKKBN) also established an Elderly School, which embodies the concept of lifelong learning. The fundamental concept developed in the Elderly School is lifelong education, which posits that education does not cease when individuals become adults, but instead continues throughout their lives. In a broader sense, lifelong education does not require the existence of formal educational institutions, but can take place through non-formal education, such as family and community, aimed at increasing knowledge to develop a better individual. The Elderly School not only focuses on learning about physical health aspects but also encompasses the interconnection between elements of physical, social, psychological, economic, and spiritual well-being. This concept aligns with the principles of successful aging. Therefore, the Elderly School is one of the non-formal education efforts conducted throughout life for the elderly (GOOD 2021).

In 2024, there are a total of 757 elderly schools spread throughout Indonesia, with Central Java setting a record by establishing 177 Elderly Schools. The number of students who have graduated from standard 1 is 2,613, and from standard 2 is 455

(TRIBUNNEWS, 2024). The purpose of establishing these elderly schools is as follows: (BKKBN 2021)

1. Improving the quality of BKL group activities in realizing Resilient Elderly.
2. Enhancing the understanding of the Elderly about the SMART concept within the scope of the 7 Dimensions of Resilient Elderly (spiritual, physical, emotional, intellectual, social, vocational professional, and environmental).
3. Increasing the knowledge of the elderly about the process of healthy and unhealthy aging.
4. Improving the knowledge, skills, and behavior of the elderly regarding physical and mental health.
5. Increasing the knowledge, skills, and behavior of the elderly concerning social and economic life.
6. Enhancing the knowledge, skills, and behaviors of the elderly in an environment that supports their quality of life.

Through the elderly school, pre-elderly and elderly communities will be able to become a healthy, independent, active, and productive society, eliminating the notion that the elderly are a burden to their families and the state, as the existence of productive elderly individuals becomes a second demographic bonus that can contribute to the economy and national development.

2. The Responsibility of the State Towards Elderly Resilience in Japan

Japan is a country with the most significant number of elderly people in the world. According to data from the United Nations Population Division in 2024, the number of individuals aged 65 and over in Japan has reached 36.2 million, accounting for approximately 30.2% of the total population (Harjadi 2024). This trend is likely to continue, potentially reaching nearly half of Japan's entire population. In response to the challenges posed by a rapidly growing elderly population, the Japanese Government has assumed the role traditionally played by families, taking on the responsibility of ensuring the welfare of its elderly citizens. In essence, care for elderly individuals is traditionally provided by the family, where the Japanese people have a long-standing tradition of respecting and obeying their elders. However, due to the dynamics of modernization, there have been socio-cultural changes within Japanese society.

Compared to Indonesia, the elderly category in Japan is higher at 65 years, due to Japan being a developed country with a hygienic environment, a healthy lifestyle among

its citizens, and advanced medical technology, which is why it is not surprising to have a large population of long-lived individuals. Moreover, previous research shows that the level of independence among the Japanese is higher. This is attributed to the fact that some elderly individuals remain physically and cognitively healthy, enabling them to carry out their daily activities independently or with minimal assistance from caregivers. Additionally, the efforts of the elderly to maintain their independence without needing full assistance from caregivers are also notable (Widiastuti, Sumarni, and Dwi Setyaningsih, 2021).

The productivity of the elderly population in Japan remains superior to that of the elderly in Indonesia, largely due to the country's low birth rate and the small number of workers in the productive age range. This forces the elderly to continue working to support Japan's economy and meet their own living needs. From a social standpoint, they remain productive in their old age, demonstrating their life satisfaction (Gita Buana, 2021). The following are the Japanese government's programs to realize the well-being of the elderly:

a. Health and Social Services for the Elderly in Japan

Long-Term Care Insurance (LTCI) is a policy issued by the Japanese government in 2000 for financing health insurance for the elderly aged 65 and above. This policy is specifically aimed at the elderly in long-term care/elderly who require long-term care, namely the elderly who are at high risk of dependence. There are 4 basic principles of Long-Term Care Insurance (LTCI):

1. All elderly people have the right to receive home care and access to care facilities according to their individual needs, regardless of their financial status or family situation.
2. The integration of the two existing systems for the elderly, namely the welfare system and the healthcare system for the elderly.
3. Encouragement for support from the private sector.
4. Introduction to the concept of care management, which aims to provide various services in an integrated manner.

This mandatory LTCI program requires all citizens aged 40 and above to contribute to premium payments, which will be allocated to the national insurance fund. For workers aged 40-64, the program will provide services in the event of disability. Additionally, general tax revenue will fund 50% of the program, with costs shared among the central and local governments (25% by the central government, 12.5% at the

prefectural/provincial level, and 12.5% at the local level, including cities, towns, and rural areas). Insurance beneficiaries are mostly frail elderly individuals who pay 10% (cost-sharing) for types of care that require nursing services. Under this long-term care insurance scheme, the central government, prefectures (provinces), and local levels (cities/towns and rural areas) are required to cooperate in implementing this long-term care program for the elderly (Cahyani 2022).

The Japanese government is actively implementing various policies to create elderly-friendly cities. These policies aim to create environments that support the elderly in remaining active, independent, and engaged in society. The government encourages local governments to create elderly-friendly cities, including the provision of safe and comfortable facilities, such as onsens (hot spring baths) equipped with special facilities for the elderly. One of the elderly-friendly cities in Japan is Akita, where the city government has introduced several new projects that encourage and motivate the elderly to participate in and engage socially within their community. Examples include a one-coin bus service that allows elderly people to ride the bus at an affordable price, making it more cost-effective for them to travel around the area. This service began in 2011, targeting individuals aged 70 and over. The age threshold was then lowered to 65 in 2017, resulting in over 62% of elderly residents holding a one-coin certificate that year.

Discounts and free drinks are offered by stores and bathhouses to anyone showing the certificate. Additional activities include a system that supports elderly people to volunteer and senior film festivals. Several private organizations have registered as Age-Friendly Partners and are involved in efforts to make Akita City a better place for everyone to age. The public-private collaboration between partners and government agencies includes the installation of more public benches, promotion of job opportunities for the elderly, and the installation of automated external defibrillators in offices and surrounding areas (World 2018)

b. Education for the Elderly in Japan

Since the 1960s, long before the government introduced the LTCI system, centers for the education of the elderly began to be established throughout Japan. For example, the Japanese Ministry of Education (Monkashou) established community centers (kouminkan), the Ministry of Health, Labor, and Welfare (Kouseishou) established health and welfare centers (houken fukushii sentaa), local governments (municipalities) created Universities for the Elderly (roujin daigaku / kotobuki daigaku / koureisha daigaku), and private companies established culture centers (culture center / karuchaa sentaa). This is a

form of implementation of the Central Government's policy in the field of education, based on the National Law on the Welfare of the Elderly of 1963, No. 133. The number of elderly people returning to study continues to show a steady increase. According to their needs, each elderly individual is free to choose educational activities to fill their leisure time.

In general, the programs offered are activities related to hobbies, such as Japanese calligraphy (*shoudou*), gardening (*engei*), and social dance (*odori*). Not only hobby education programs, but also elderly universities (*roujin daigaku*) and cultural centers offer a wider variety of applied sciences, such as history, culture, social sciences, and the environment. Regarding education costs, elderly universities are much cheaper. For this reason, the number of Elderly Universities continues to increase. A series of training programs for elderly graduates of *roujin daigaku* is an effort by the government to meet the interests of the elderly while also empowering the elderly to remain active members of society who can be beneficial to others (Cahyani 2021).

3. The Responsibility of the State Towards Elderly Resilience in Denmark

Denmark is famous and has been declared one of the happiest countries in the world. This assessment is based on several key criteria, including the country's condition and the physical and mental well-being of its citizens. This recognition is also supported by the community's ability to raise and educate children in a positive manner, making it reasonable that children in Denmark are devoted to their parents when they are elderly (Makarim 2022). The life expectancy in Denmark continues to rise and is expected to reach 87 years for women and 85 years for men in the next 30 years. Currently, the average retirement age in Denmark is 65 years and is set to increase to 68 years by 2030.

Denmark spends 8.1% of its GDP to fund a universal pension system, which consists of a basic pension and supplements, based on a survey conducted by the Nordic Welfare Center that collected data between 2003 and 2020. 61% of Danes aged between 65 and 74 reported high overall satisfaction with their health. Denmark is one of the countries with the shortest weekly working hours, at 37 hours, which gives Danish residents ample time to foster friendships and pursue interests in preparation for retirement. Referring to the Melbourne Mercer Global Pension Index (Geriatrici, 2024), Denmark is the country with the best pension system in the world. The average resident of this country retires at the age of 65.

a. Health Services for the Elderly in Denmark

Denmark is globally recognized for its community-based healthcare and social system. Dignified and high-quality healthcare services for the elderly are a key focus for this country, and Denmark has prioritized community-based care over nursing homes, emphasizing that seniors remain in the community whenever possible. Government policies, laws, and budgets support the preference for this community-focused care. Several regions in Denmark independently organize and provide care for the elderly, allowing for tailored solutions that reflect the unique needs of each community.

The elderly care model in Denmark aims to improve the quality of life and provide value by enabling older citizens to maintain their independence by living in their own homes for as long as possible. This model employs a citizen-centered approach that involves and empowers each citizen to take control of their lives through high levels of community participation and inclusion. Older citizens are encouraged and enabled to contribute to their care as much as possible.

The Danish model for community-based care combines several key approaches: preventive home visits, rehabilitation care, assistive technology, caregiver support, and social volunteer efforts. Preventive home visits are regularly offered to citizens aged 82 years and older, as well as elderly individuals in vulnerable conditions. In addition to home care services, which include personal care and practical assistance, municipal governments are required to identify and support citizens who may benefit from rehabilitation care and short-term rehabilitation. This type of care supports the maintenance or recovery of physical, mental, and social abilities through targeted activities and exercises. Assistive technology is increasingly used in homes to enable older citizens to become safer and more independent. Finally, several initiatives support informal caregivers and facilitate peer support and volunteer efforts.

If an elderly person reaches a point where they can no longer live at home, they are offered one of several options for residential care, such as nursing homes (Healthcare Denmark 2019). Elderly individuals without retirement guarantees can still receive comprehensive social assistance. This assistance includes a basic allowance, supplemental aid, and access to various social services and healthcare. Denmark has a strong welfare system that ensures support for all its citizens, including elderly individuals without a fixed income. Denmark provides full social security benefits to those who have lived in the country for at least 40 years between the ages of 15 and 65. Those who have lived there for less than 40 years receive 1/40 of the full amount for each year of residence between the ages of 15 and 65 (Nasuha 2024).

b. Elderly Friendly City in Denmark

Although Denmark is a small country, it has achieved significant milestones in environmental protection. Denmark has been crowned the cleanest and most environmentally friendly country, achieving a total score of 82.5 on the Environmental Performance Index, which evaluates 24 criteria including environmental health, ecosystem vitality, climate change, air quality, water quality, and others. Denmark has a perfect score in the wastewater treatment category (100) and the species protection index (100). Additionally, Denmark has high scores in the categories of greenhouse gas emissions (94.9), environmental health (93.6), and air quality (91.3) (Jandris 2023). Denmark demonstrates that with high awareness and cooperation, humans can coexist in harmony with nature and create a healthy, sustainable environment that is highly beneficial for the elderly.

The city's efforts to become environmentally friendly include reducing carbon emissions and facilitating its citizens to lead an eco-friendly lifestyle. Many Danes use bicycles as their primary mode of transportation, whether for commuting to work, school, or shopping. The public facilities provided by Denmark are also very friendly to the elderly, including easy access to public transportation and the presence of city buses that are exceptionally accommodating for seniors. All of them are low-floor buses, which feature a low step and almost no gap between the sidewalk and the bus. Likewise, the rail transport system can be accessed using an electric wheelchair. If there are elderly passengers who wish to get on or off, the train driver will be ready to assist and set up a special ramp for electric wheelchairs (Donna 2018).

On the other hand, the social environment of Danish society also supports this, as there are various interest or hobby-based social communities specifically for the elderly. The goal is for the elderly to continue to actualize themselves while also meeting peers of the same age who share similar interests. Typically, such communities are formed with the assistance of local government and nonprofit organizations. Through the State of Denmark, we must learn and uphold the principle that all of its citizens should have a guarantee of welfare, from newborns to the elderly, without exception.

c. Education for the Elderly in Denmark

The education system in Denmark is known as one of the best in the world, with a focus on the holistic development of students and an inclusive approach. Education in this country is free and compulsory for children aged 6 to 16, reflecting the government's commitment to providing equal access to education for all citizens (Natasya Nurul

Lathifa, Mislaini Mislaini, and Sri Handayani 2024). However, so far, the author has not found many studies related to education or schools for the elderly. In Denmark, there are no senior schools in the formal sense; however, the Danish government has already initiated programs designed to support the well-being and lifelong learning of the elderly, and many seniors enthusiastically participate in various activities organized by public or private institutions. For example, these programs encompass activities in the fields of arts, culture, and recreational programs (Scott 2024). Educational programs for the elderly in Denmark aim to enhance their quality of life, both physically and mentally, by incorporating activities that stimulate the brain, maintain social skills, and support independence.

Advantages and Disadvantages

From the efforts of the Japanese and Danish governments in realizing elderly resilience, there are advantages and disadvantages in each country. For example, one of the advantages of Japan's efforts is the integration of its Long-Term Care Insurance (LTCI) system, which provides comprehensive access to healthcare, home nursing, and long-term care facilities. However, this system has a disadvantage: the expensive long-term care program can create a high fiscal burden for the country, and the number of caregivers (elderly nurses) is not proportional to the increasing demand. Then in Denmark, known as the happiest country in the world, the Danish system has advantages in providing home services, food, and medical care based on individual assessments of the elderly, with services provided for free or fully subsidized by the state. There are block houses or living communities specifically designed for the elderly (senior housing schemes).

However, despite the Danish system being considered the best, the author argues that Denmark has several shortcomings, such as a high reliance on taxes and pushing the elderly to be independent too quickly, even though they are not fully ready. So, can the systems of these two countries be applied in Indonesia? According to researchers, several aspects can be emulated to enhance elderly resilience in Indonesia. From Japan, aspects of social and economic empowerment of the elderly can be applied, for example, by organizing skill training, productive communities, and creating simple technologies to support the independence of the elderly. From Denmark, improvements in public services for the elderly can be applied, particularly in large cities or through pilot projects in areas with adequate infrastructure.

There are several challenges faced by Indonesia when emulating the policies of these two countries, namely: 1. Limited funding (a system like Denmark's is costly and Indonesia does not yet have sufficient fiscal capacity), 2. Limited Infrastructure (home care services and special facilities for the elderly are still very limited in many regions), 3. Social Inequality (access to services is often unequal), 4. Cultural Values (the elderly in Indonesia are generally cared for by their families, and government intervention that is too large can lead to cultural resistance). The best strategy for Indonesia is a hybrid approach that combines the roles of family, community, and state, with gradual and contextually tailored interventions.

Table 1
Comparison of the Position of Countries Towards the Elderly in Three Countries

No	Aspect	Indonesia	Japan	Denmark
1	Main Responsibility	Family	States and Individuals	State
2	Culture of Caring for the Elderly	Moral Obligations of the Family	Independent, Not Burdensome	Citizen Rights
3	Hope for the Nation	Additional, Complementary Role of the Family	Formal Support System	Primary Needs Fulfillment
4	Trust in the State	Low - Medium	High	Very High

Source : Data processed by the author

Discussion

The state's responsibility towards the resilience of the elderly, when analyzed from a sociological perspective, is not merely an administrative or economic issue, but a social and moral commitment to building a just, inclusive, and humane society. The state plays a vital role as a social agent, ensuring that elders still have a place, meaning, and protection in community life. Indonesia can look to the policies of Japan and Denmark in caring for the elderly population; both Japan and Denmark have comprehensive and long-term service systems, and their pension schemes are national. In contrast, there are still many elderly people in Indonesia living in economically and socially vulnerable conditions, with protection programs being sectoral and not yet integrated into the social resilience system. According to the author, one factor contributing to the welfare of the elderly in Japan and Denmark is their approach, which places the elderly as active subjects, not just as recipients of aid, in line with a participatory sociological approach.

This article contributes to the expansion of the study of the sociology of welfare,

particularly by highlighting how the state as a social institution has the responsibility to ensure the resilience of the elderly (social resilience). In sociology, the state is understood not only as a manager of power but also as an actor that maintains social order and collective welfare. Furthermore, this article presents data and arguments that the resilience of the elderly is not solely the responsibility of the family, but is also part of the national welfare system.

CONCLUSION

The state has a responsibility to ensure the welfare of the elderly through the provision of adequate health services, social security, elderly-friendly facilities, education, and strengthening the roles of families and communities in caring for the elderly. Research findings conclude that the forms of state responsibility for elderly resilience in Indonesia can be seen from the government's efforts in establishing and running Posyandu Lansia, then providing social assistance, especially for the elderly who do not have retirement guarantees, and establishing elderly schools in various regions of Indonesia to create healthy, active, and productive elderly individuals. Furthermore, in Japan, the state's responsibility towards the elderly is reflected in the Long-Term Care Insurance (LTCI) program, which provides financing for health insurance for elderly individuals aged 65 and over.

This policy is specifically aimed at the elderly in long-term care or those who require long-term care, specifically seniors who are at high risk of dependence. In creating a senior-friendly city, the Japanese government encourages local governments to develop cities that are senior-friendly, including providing safe and comfortable facilities such as onsens (hot springs) equipped with special facilities for the elderly. In the field of education, programs typically offered include activities related to hobbies, such as Japanese calligraphy (shodo), gardening (engei), and social dance (odori). Not only hobby education programs, but universities for seniors (roujin daigaku) and cultural centers also offer a more varied range of applied sciences. Then, the form of the state's responsibility towards the elderly in Denmark.

Denmark offers a dignified and high-quality healthcare service for the elderly, which is a key focus for the country. Denmark has prioritized community-based care over nursing homes. The country has a senior-friendly environment, thanks to city efforts to promote environmental sustainability, including reducing carbon emissions and facilitating an environmentally friendly lifestyle for its citizens. In the field of education,

Denmark has initiated programs designed to support the well-being and lifelong learning of the elderly, including activities in the arts, culture, and recreation.

Based on the findings regarding the unprosperous condition of the elderly, the government is expected to develop policies that are more responsive and reach all elderly individuals without geographical, economic, and social discrimination. The required approach should be community-based, inclusive, and treat the elderly as active subjects in social development, rather than merely as a group that is served. The resilience of the elderly is not only related to survival but also to living with dignity, being productive, and empowered, which should be guaranteed through a just and sustainable social system.

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