

## Violence Against the Elderly: A Systematic Review

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### Abstract

Violence against the elderly is not a new issue. Violence against the elderly exists in many forms but lack of exposure has made it difficult for the society to believe that there are elderly people who have become victims of violence. Although previous studies on violence against the elderly were not widespread, it is necessary to take proactive and immediate actions so that the welfare of this group is well taken care of. In fact, Islam encourages that the well-being of the elderly must always be preserved. This article aims to systematically review studies related to violence against the elderly, using the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) model. The qualitative study used the systematic review method founded by Moher et al. in 2009. Studies in the scope of violence against the elderly were identified, examined, and reviewed using the PRISMA model. This review has focused on four themes of violence against the elderly, namely the form of violence against the elderly, the factors of violence against the elderly, the effects of violence against the elderly, and the solutions in dealing with violence against the elderly. The review has also identified eleven forms of violence against the elderly, fourteen factors of violence against the elderly, two effects of violence against the elderly, and seven solutions to deal with violence against the elderly. The spiritual aspect was found to be an important element in dealing with violence against the elderly.

*Keywords:* Violence, elderly, form, review, systematic

### Abstrak

Keganasan terhadap golongan warga emas bukanlah isu baru. Keganasan terhadap warga emas wujud dalam pelbagai bentuk tetapi kekurangan pendedahan tentang isu ini menyebabkan masyarakat sukar mempercayai terdapat warga emas yang menjadi mangsa keganasan. Walaupun kajian tentang keganasan terhadap warga emas ini belum lagi meluas, adalah perlu tindakan segera dan proaktif diambil agar kebajikan golongan ini dapat dijaga dengan baik. Bahkan, Islam turut menggalakkan agar kesejahteraan golongan warga emas sentiasa dipelihara. Artikel ini bertujuan mengulas kajian berkenaan keganasan terhadap warga emas secara sistematik, menggunakan model *Preferred Reporting Items for Systematic Reviews and Meta-Analyses* (PRISMA). Kajian kualitatif ini menggunakan ulasan sistematik yang diasaskan oleh Moher et al. pada tahun 2009. Kajian skop keganasan terhadap warga emas dikenal pasti, diselidiki dan diulas menggunakan model PRISMA. Ulasan ini memfokuskan terhadap empat tema keganasan terhadap warga emas, iaitu, bentuk keganasan terhadap warga emas, faktor-faktor keganasan terhadap warga emas, kesan-kesan keganasan terhadap warga emas, serta kaedah penyelesaian untuk menangani keganasan terhadap warga emas. Kajian mendapati terdapat sebelas bentuk keganasan terhadap warga emas, empat belas faktor keganasan terhadap warga emas, dua kesan keganasan terhadap warga emas serta tujuh kaedah penyelesaian untuk menangani keganasan terhadap warga emas. Aspek kerohanian didapati merupakan elemen penting dalam menangani keganasan terhadap warga emas.

*Kata kunci:* Keganasan, warga emas, bentuk, ulasan, sistematik

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### 1.0 INTRODUCTION

Based on the “World Assembly on Aging 1982” in Vienna, the term “the elderly” refers to the people aged 60 years and above (Picton, 1982). The elderly is a significant group in the society as they play an important role and own a social right (Rahman et al., 2018). The elderly is also a group that experiences changes in their life, including the changes in physical, emotional, social, and mental aspects. The physical changes refer to the aging process such as a stooped body posture that they need to use a walking stick or wheelchair to support their movement. Emotional changes refer to the feelings of the elderly such as their perception that they are causing trouble to others because the deterioration of the function of their five senses such as poor hearing and unclear sight. Social changes refer to the position of the elderly that are highly regarded in society due to the experience and knowledge that they possess. Finally, mental changes refer to the senile condition in the elderly that causes the elderly to speak less clearly and to act and behave childishly (Rahman et al., 2018).

Violence refers to the use of physical force so as to injure, abuse, damage, or destroy (Merriam-Webster, n.d.). Violence can occur when the human mind is in an unhealthy state (Akhir & Ibrahim, 2019). Violence is the physical, mental, and sexual mistreatments and negligence of responsibilities, which happens because of the decisions and attitudes of the humans themselves (Akhir & Ibrahim, 2019).

Due to the lack of research and exposure about violence against the elderly, the community find it difficult to believe that there are elderly people who become victims of abuse and negligence. In fact, there are elderly people who are often left to live alone, and thus need to fend for themselves without the company of close family members. Worst, there are cases of the elderly being neglected, leading to their

death (Yusoff, 2009; Halim, Murad & Rahman, 2019; Omar, 2019; *Bernama*, 2019). The table below presents the overall prevalence of elderly abuse reported by Sooryanarayana et al. (2017). The Table 1 below shows the types of abuse such as psychological abuse, financial abuse, neglect abuse, physical abuse and sexual abuse.

**Table 1** Prevalence of all types of elder abuse

Table 1 Prevalence of all types of elder abuse in the last 12 months (n=1927)						
Type of abuse/ number of subtype experiences*	Male		Female		Total†	
	n	% (95% CI)	n	% (95% CI)	n	% (95% CI)
<b>Overall abuse</b>	<b>40</b>	<b>5.2 (3.7 to 7.4)</b>	<b>44</b>	<b>4.0 (2.8 to 5.6)</b>	<b>84</b>	<b>4.5 (3.5 to 5.7)</b>
0	716	94.8	1127	96.0	1843	95.6
1	19	2.1	18	1.5	37	1.7
≥2	21	3.1	26	2.5	47	2.7
<b>Psychological</b>	<b>16</b>	<b>2.2 (1.3 to 3.8)</b>	<b>22</b>	<b>2.3 (1.4 to 3.7)</b>	<b>38</b>	<b>2.2 (1.5 to 3.2)</b>
0	740	97.8	1149	97.7	1889	97.8
1	8	1.0	8	0.7	16	0.8
≥2	8	1.2	14	1.5	22	1.4
<b>Financial</b>	<b>16</b>	<b>2.1 (1.2 to 3.6)</b>	<b>19</b>	<b>2.0 (1.2 to 3.3)</b>	<b>35</b>	<b>2.0 (1.4 to 3.0)</b>
0	740	97.9	1152	98.0	1892	98.0
1	13	1.8	17	1.6	30	1.7
≥2	3	0.3	2	0.3	5	0.3
<b>Neglect abuse</b>	<b>10</b>	<b>1.6 (0.8 to 3.1)</b>	<b>11</b>	<b>0.8 (0.4 to 1.7)</b>	<b>21</b>	<b>1.1 (0.7 to 1.8)</b>
0	746	98.4	1160	99.2	1906	98.9
1	2	0.2	3	0.2	5	0.2
≥2	8	1.4	8	0.6	16	0.9
<b>Physical</b>	<b>5</b>	<b>0.4 (0.2 to 1.0)</b>	<b>6</b>	<b>0.6 (0.2 to 1.4)</b>	<b>11</b>	<b>0.5 (0.3 to 1.0)</b>
0	751	99.6	1165	99.4	1916	99.5
1	4	0.3	2	0.2	6	0.2
≥2	1	0.1	4	0.4	5	0.3
<b>Sexual</b>	<b>1</b>	<b>0.3 (0 to 2.1)</b>	<b>0</b>	<b>-</b>	<b>1</b>	<b>0.1 (0 to 0.8)</b>
0	755	99.7	1171	100.0	1926	99.9
1	1	0.3	0	0	1	0.1
≥2	0	0	0	0	0	0

\*Table percentages for number of experiences are columnar percentages.  
 †Weighted for enumeration block and living quarters as provided by Department of Statistics.  
 ‡Total for overall abuse is > total of each subtype of abuse as multiple subtypes of abuse may have been experienced by an abused elder.

Source: Sooryanarayana et al., 2017, p. 4

The dilemma that exists among the caregivers of the elderly can also lead to the negligence of duty towards the elderly, an event which can be the cause of unintentional violence. This situation can happen to the caregivers who are stressed when they have to take care of the elderly for a long period of time. This is common among informal caregivers such as close family members. The informal caregivers, or also called as family caregivers, are people who give care to family or friends usually without being paid. This situation needs to be refined since informal caregivers also need support, and the elderly heavily rely upon to their next of kin to take care of them when they fall ill. Not to mention, the number of frail and sick elderly is rising, and this situation also necessitates to increase the care aspects for these elderly people regardless of formal or informal care. Customarily, Malaysian society still choose to take care of their elderly family members themselves because the society members still have strong values to take care of their elderly parents and older family members (Ali & Aziz, 2018). Islam encourages all Muslims to be kind to the elderly, especially their parents. It is mentioned in the Holy Qur'an;

*And that you be dutiful to your parents. If one of them or both of them attain old age in your life, say not to them a word of disrespect, nor shout at them but address them in terms of honour. And lower unto them the wing of submission and humility through mercy, and say: "My Lord! Bestow on them Your Mercy as they did bring me up when I was small."* (Sūrah al-Isrā', verse 23-24)

Based on *tafsīr Fī Zilāl al-Qur'ān (In the Shade of the Qur'ān)* by Sayyid Quṭb (d. 1386AH/1966CE), the verse 23 refers to the commandment of God to remind all Muslims of their duties and obligations, such as maintaining kindness to one's parents. The Qur'an also enhances children's feelings of compassion towards their parents. Hence, as sons and daughters, the children need a strong sense of conscience so that they will reflect and take good care of their parents in return. The verse also describes an elderly person as being weakened by the advancing years, thus needing shelter and care. Sons and daughters must never use words which may suggest that they are feeling vexed or bothered by their parents or say anything that betrays or shows disrespect. On the contrary, they must "address them in terms of honour." This is a higher and more positive step. What sons and daughters say to their parents must always be coupled with genuine respect. In the verse 24, the Qur'an uses very tender words to touch the hearts and consciences. Mercy and compassion are so heightened that they border on humility, making the sons and daughters too respectful to look at their parents straight in the face, but are willing to obey them. It is as if such tenderness spreads wings over one's parents. This is followed by a prayer: "My Lord! Bestow on them Your Mercy as they did bring me up when I was small." The prayer recalls the care and love, exercised by parents for vulnerable children. Yet now it is the parents themselves who are similarly weak and in need of tender, loving care. Hence, the address to God to bestow His grace on them. Indeed, His grace is far greater, and His care is much more wide-ranging. He is better able to reward them for their kindness, while their children can never repay them for it (Quṭb n. d., pp. 118-120). Based on the explanation of the *tafsīr*, Islam encourages Muslims to treat their parents with tenderness, kindness, compassion and mercy. The priorities of taking care of the elderly parents have also been mentioned in *ḥadīth*;

Narrated 'Abdullāh bin 'Amr: *A man asked the Prophet (pbuh), "Shall I participate in jihād?" The Prophet (pbuh) said, "Are your parents living?" The man said, "Yes." The Prophet said, "Do jihād for their benefit."* (Ṣaḥīḥ al-Bukhārī 5972, 1997, p. 18)

Classical hadith specialist, Ibn Ḥajar al-'Asqalānī (d. 852AH/1449CE), has added a commentary to this hadith, in the *Ṣaḥīḥ al-Bukhārī* titled *Fath al-Bārī fī Sharḥ Ṣaḥīḥ al-Bukhārī*. According to Ibn Ḥajar, the meaning of this hadith refers to someone who still have both parents,

then he / she must strive to be kind to his / her father and mother, and doing good towards both of them, because the service for the parents is equal with the *jihad* against the enemy (Al-'Asqalānī, n.d., p. 14).

Based on the earlier discussion, violence against the elderly exists in many forms, but the disclosure about this matter is still absent in the radar of society, thus making them unaware about the seriousness/ graveness of this matter. The society also finds it difficult to believe that there are elderly people who become victims of violence. In fact, Islam also recommends that the elderly must be always well looked after / taken care of. Hence, the main objective of this study is to systematically review the studies related to violence against the elderly, using the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) model, which focuses on four themes of violence against the elderly, so that the evident understanding can be developed regarding this matter and immediate further action can be taken.

## ■ 2.0 LITERATURE REVIEW

Previous studies have associated elder neglect as a form of emotional violence against the elderly. Negligence means an act or instance of being negligent (Merriam-Webster, n.d.) This negligence of responsibility derives from the perception that the elderly is a burden in the family. This situation causes the elderly to think that they are really a burden in the family (Rahman et al., 2018). The health problems that often haunt the elderly due to their old age and physical and mental disabilities also lead to the elder neglect. In this regard, an early intervention from the social workers is suggested to avoid escalating the problem of elder neglect in the future (Husin & Alavi, 2016; Ryan & Bonython, 2018).

Moreover, previous studies have also highlighted that the elder neglect exists in various forms. For example, the care problems that exist when the children are living far away from the elderly that makes them difficult to take care of their parents. Besides that, the job of the children makes it difficult for them to look after their parents. For the children with low incomes, they face the difficulties to bear the responsibility of financially taking care of their parents, especially to cover the high costs of living and medical costs (Nawi et al., 2016; Alavi, 2007). In this case, emotional abuse can occur if the elderly feels burdened when their children or their next of kin have to struggle to take care of them.

Another previous study found that the elder neglect also occurs when the mental health of the elderly is ignored by their next of kin. Active elderly's daily activities can be limited when their memory deteriorated. When the memory deteriorates and is not given due attention instantly, the elderly becomes tired and depressed because they are stuck at home and can only do limited activities (James et al., 2011). They are also worried because they must rely on their children or next of kin because they cannot be independent on their own (Sombuling et al., 2017). However, the engagement and involvement in social activities can help improve the memory of the elderly.

In addition, elder neglect also occurs in the elderly who is seeking treatments at the hospitals. For instance, there were cases involving the elderly who was stranded at the hospital because no caregivers were available to look after the elderly while warded and to manage the matters regarding discharge of the elderly from the ward (Husin & Alavi, 2016).

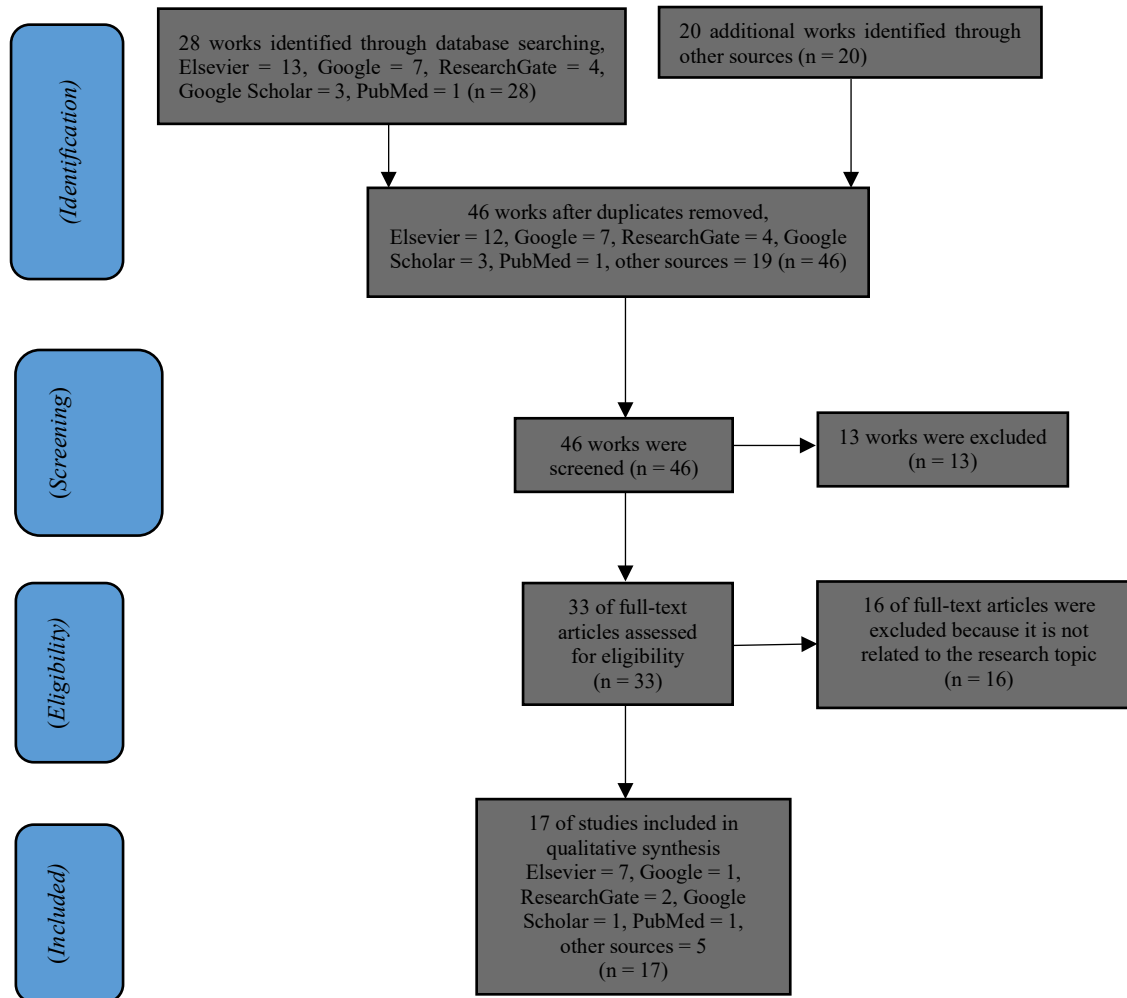
Therefore, it can be concluded that previous studies have found elder neglect cases perceived as violence against the elderly. This issue in the community calls for further studies to help this population in the society. However, the literature that specifically and systematically reviews the previous studies on the elderly is lacking. Thus, this systematic review was conducted to fill this gap. Therefore, this review was conducted to examine the works and literatures in the scope of violence against the elderly. The Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) model was used to analyze the studies in violence against the elderly in only four themes namely forms, factors, and effects of violence against the elderly as well as the solutions taken in dealing with violence against the elderly.

## ■ 3.0 METHODOLOGY

This qualitative study used the systematic review founded by Moher et al. (2009). The studies in the scope of violence against the elderly were identified, examined, and reviewed using the PRISMA model. The scope of this review only focused on the four themes of violence against the elderly, namely the forms of violence against the elderly, the factors of violence against the elderly, the effects of violence against the elderly, and the solutions in dealing with violence against the elderly.

Relevant studies related to the research topic were searched and collected from the databases such as Scopus (Elsevier), Google, ResearchGate, Google Scholar, and PubMed. The keywords used when searching for the studies related to violence against the elderly in the database were "elderly," "spirituality," "violence," "abuse," "elderly abuse," "spiritual," "elderly spirituality," "spiritual violent," "spiritual violence," "spiritual abuse," "violence against the elderly," "violence against older adults," "older adults," "spiritual abuse and neglect," "religious and spiritual violence," "elderly negligence," "neglect / negligence," and "elderly violence."

There were several inclusion criteria in this systematic review. First, the publication year limit in searching for the works related to violence against the elderly was 20 years from year 2000 to 2020. This was to examine the variety of studies about violence against the elderly in this 20-year period. Second, the studies must be fully accessible to be downloaded. Third, the languages used in the studies were English or Malay. On the other hand, the exclusion criteria were books and reports. Then, the studies not directly related to the research topic were removed. The following flowchart in Figure 1 shows the phases in this systematic review..



**Figure 1** PRISMA Model  
Source: Moher et al., 2009, p. 3

#### 4.0 RESULTS

A total of forty-eight studies were identified based on the outlined criteria. From these studies, seventeen studies were selected, consisting of two theses as well as fifteen articles with full text for this systematic review. The seventeen studies were systematically examined and reviewed based on four themes set by the researcher, namely the forms of violence, the factors of violence, the effects of violence, and the solutions to deal with violence against the elderly.

##### 4.1 Forms Of Violence Against The Elderly

Several forms of violence against the elderly were identified, namely intimate partner violence (Ljunggren, 2011/2012; Verdejo & Calvo, 2014) specifically involving elderly women. Meanwhile, other forms of violence against the elderly were physical violence, emotional/psychological violence, financial violence, carelessness, and negligence (Sani et al. 2018; Lahe 2011), which usually involved both genders. Besides that, there was also domestic violence, which usually involved the elderly in general and elderly women who were incapacitated (Frazão et al., 2014; Calleja-Agius & Calleja, 2021). Other forms of violence were sexual abuse, self-neglect, misuse of medical treatment (Lahe 2011), as well as abusing and elder neglect in terms of physical, emotional, financial, and material (Sooryanarayana, 2016; Sharif et al., 2015). In total, there were eleven forms of violence against the elderly identified in the previous works, namely intimate partner violence, physical violence, emotional violence, financial violence, carelessness/negligence/rejection, domestic violence, sexual abuse, self-neglect, misuse of medical treatment, abuse, and negligence (in terms of physical, emotional, financial, and material). This discussion is summarized in the following table 2.

**Table 2:** Forms of violence against the elderly

No.	Author (s) (Year)	Forms of violence	Victim of violence
1.	Ljunggren (2011/2012)	Intimate partner violence	Elderly women
2.	Verdejo & Calvo (2014)	Intimate partner violence	Elderly women
3.	Sani et al. (2018)	Four forms of violence: i) Physical violence ii) Emotional / psychological violence iii) Financial / economy violence (forced to sign a will) iv) Carelessness and negligence / neglect	Elderly
4.	Frazão et al. (2014)	Domestic violence	Incapacitated elderly women
5.	Calleja-Agius & Calleja (2021)	Domestic violence	Elderly
6.	Lahe (2011)	Abusing and violence such as: i) Causing bodily harm or physical abusing ii) Mental and physical abusing (preventing the elderly from communicating with other parties such as other family members and friends) iii) Carelessness and rejection iv) Material and financial defalcation (signature forgery) v) Sexual abuse vi) Self-neglect vii) Misuse of medical treatment (prescription of unnecessary drugs such as sedatives)	Elderly
7.	Sooryanarayana (2016)	Elderly's abusing and neglecting	Elderly
8.	Sharif et al. (2015)	Neglect in term of physical, emotional, financial and material	Elderly

#### 4.2 Factors Of Violence Against The Elderly

Several factors leading to violence against the elderly were identified, including aging process that made the elderly to be considered weak, unable to be helped, and unable to be independent (Lahe, 2011). In addition, their next of kin or children were living far away due to their job requirements. There were also communication gaps between the elderly and their next of kin or children, trust issue, the habit or whim of the elderly, financial problems, and the health status of the elderly (Sharif et al., 2015). These factors contributed to the elder neglect. In addition, the violence against the elderly also occurred because they were considered incapacitated (Frazão et al., 2014). Other than that, the factors of violence against the elderly happened because of fighting over property, disturbing the peace or security of the elderly, discrimination, and addiction to narcotic drugs and alcohols by the perpetrators of violence (Rodrigues et al., 2019). Violence also occurred due to diverse social relationships and low levels of support from spouses, children, and family (Guedes et al., 2015). In total, there were fourteen factors of violence against the elderly, namely aging factor, next of kin or children who prioritized their careers or lived far away, lack of communication, trust issue, habit of the elderly, financial problems, health status of the elderly, disability of the elderly, disputes over property, disturbing the peace of the elderly, discrimination, addiction to narcotic drugs and alcohol, diverse social relationships, and low levels of support from spouses, children and family. This discussion is summarized in the following table 3.

**Table 3:** Factors of violence against the elderly

No.	Author (s) (Year)	Factors of violence
1.	Lahe (2011)	Aging process
2.	Sharif et al. (2015)	i) Their next of kin / children prioritize career / living far away ii) Communication gap iii) Trust issue iv) The habit / whim of elderly v) The financial problems vi) The health status of the elderly
3.	Frazão et al. (2014)	Elderly disability
4.	Rodrigues et al. (2019)	i) Property dispute ii) Disturbing the peace of the elderly iii) Discrimination iv) Addiction to narcotic drugs and alcohol
5.	Guedes et al. (2015)	i) Diverse social relationships such as multi-family living arrangements ii) Low levels of support from spouses, children and family

#### 4.3 Effects Of Violence Against The Elderly

Several effects of violence against the elderly were reported in the previous studies including emotional distress and feeling sad (Lahe, 2011). The elderly also experienced high levels of anxiety (Sani et al., 2018). For the elderly who experienced physical violence, they faced facial injuries (Sousa et al., 2016). Besides that, the elderly also suffered injuries such as multiple fractures, bruising, dehydration, malnutrition

(Russo et al., 2019), and head and neck injuries (Frazão et al., 2014). In some serious cases, violence can be fatal for the elderly (Beauregard et al., 2020). Therefore, the effects of violence against the elderly were found in two aspects namely internal and external. The internal aspect refers to the feelings of the elderly who suffered, felt sad, and experienced anxiety due to the violence. The external aspect refers to the external injuries due to violence such as face, head, neck injuries, fractures, bruises, dehydration, lack of nutrition, as well as violence that can be fatal. This discussion is summarized in the following table 4.

**Table 4:** Effects of violence against the elderly

No.	Author (s) (Year)	The effects of violence
1.	Lahe (2011)	Emotional suffering and sadness
2.	Sani et al. (2018)	The high level of anxiety
3.	Sousa et al. (2016)	Facial injuries (facial trauma)
4.	Russo et al. (2019) Frazão et al. (2014)	Injuries; i) Multiple fractures ii) Bruising iii) Dehydration iv) Lack of nutrition v) Head and neck injuries
5.	Beauregard et al. (2020)	Death

#### 4.4 Methods to solve violence against the elderly

Several solutions were carried out in dealing with violence against the elderly. For abused elderly people, the application of spiritual practices can treat the elderly's inner feelings after experiencing violence. In addition, family, culture, and community support can also help elderly women who dealt with intimate partner violence (Ljunggren, 2011/2012). Meanwhile, Lahe (2011) suggested that violence can be prevented by being aware of the violence existence and the forms of the violence. Ljunggren (2011/2012) and Silva et al. (2018) also suggested spiritual practices for caregivers of the elderly. Meanwhile, Jacinto et al. (2010) also found spiritual and religious practices as a part of the healing process for the survivors of the domestic violence. Protection from the legal aspects for the elderly who experienced domestic violence involving emotional and psychological suffering was suggested by Ahmad (2018). In addition, to prevent violence from becoming out of hand, effective communication with the elderly was intensified so that the information can be conveyed clearly to avoid misunderstandings between the elderly and the communicators (e.g., informal caregivers, social or health workers) (Alavi & Mahbob, 2017). Therefore, there were seven solutions in dealing with violence against the elderly, namely spiritual/religious practices, family, culture, community, preventing violence by being aware of it, protection from legal aspects, as well as effective communication with the elderly. This discussion is summarized in the following table 5.

**Table 5:** Methods to solve violence against the elderly

No.	Author (s) (Year)	Solution methods of violence
1.	Ljunggren (2011/2012)	i) Spiritual/religious practices ii) Family iii) Culture iv) Community support
2.	Lahe (2011)	Preventing violence by being aware of it
3.	Silva et al. (2018)	Spiritual practices
4.	Jacinto et al. (2010)	Spiritual/religious practices
5.	Ahmad (2018)	Legal protection
6.	Alavi & Mahbob (2017)	Effective communication

## 5.0 DISCUSSION AND RECOMMENDATION

The study found that there were eleven forms of violence against the elderly, namely intimate partner violence, physical violence, emotional violence, financial violence, negligence/neglect/rejection, domestic violence, sexual abuse, self-neglect, misuse of medical treatment, abuse, and neglect (physical, emotional, financial, and material). This finding confirmed the results from previous studies regarding the forms of violence in the forms of physical, sexual, and psychological violence. Similarly, a previous studies reported that domestic violence involved perpetrators of violence who were members of their own family such as spouses and adult children (Nelson, 2002; Halicka et al., 2015; Acierno, 2003). Previous studies also confirmed that psychological violence was the most stereotyped form of violence and abuse (Bolsoni et al., 2016; Ilie et al., 2017; Paiva & Tavares, 2015; Martins et al., 2014).

The study also found that there were fourteen factors of violence against the elderly, namely the aging factor, their next of kin or children placing importance on careers or living far away, communication gap, trust issue, the habit or whim of the elderly, financial problems, health level of the elderly, the disability of the elderly, property disputes, disturbing the peace or security of the elderly, discrimination, narcotic drug and alcohol addiction, diverse social relationships, and low levels of support from spouses, children, and family. This finding is parallel with a previous study regarding the drug defalcation in family members that also contributed to the violence against the elderly (Goldhagen & Davidtz, 2020). Other than that, previous studies confirmed that loss social status, the disability of the elderly and the anxiety of caregivers can lead to the possibility of violence / abusive act against the elderly (Martins et al., 2014; Smetanová, 2016; Dong et al., 2013).



The findings of the study revealed that there were two aspects of the effects of violence against the elderly, namely the internal and external aspects. The internal aspect refers to the emotions of the elderly who suffered, felt sad, and experienced anxiety due to the violence that they suffered from. The external aspect refers to the effects of obvious external injuries due to violence such as face, head, and neck injuries, fractures, bruises, dehydration, lack of nutrition, as well as violence that can be fatal. This finding is in line with the results from a previous study regarding the effects of violence that can bring fear and shame, besides being considered taboo to report the violence cases to higher authorities (Fraga, 2016, p.78). The earlier studies also confirmed the impact of violence against the elderly causes unnecessary suffering, injuries, pain and loss, higher possibility to have lower psychological health and low subjective well-being (Bolsoni et al., 2016; Srivastava & Muhammad, 2020; Gurm et al., 2020).

The results of the study also found the seven methods to solve violence against the elderly, namely spiritual/religious practices, family, culture, community, preventing violence by being aware of it, protection from legal aspects, as well as effective communication with the elderly. This finding is consistent with the results from a previous study that also suggested spiritual practices as a method of preventing and dealing with violence (Akhir & Ibrahim, 2019; Sa'ari, 2002). Other prior studies also recommended intervention strategies to reduce violence against the elderly such as promotion of health and family functioning, to formulate policies on how to avoid this intolerable phenomenon in the future, early discovery of domestic violence, raising awareness, prioritizing funding, and caregiver interventions (Martins et al., 2014; Smetanová, 2016; Paiva & Tavares, 2015; Rosen et al., 2019; WHO, 2022).

This study recommends further research. This study used a systematic review approach in discussing the aspects of violence. Further studies can use field research methods to obtain real research data about violence that occurs among the elderly.

## 6.0 CONCLUSION

The study found that violence against the elderly does exist in the forms, factors, and effects of violence identified. The solutions to deal with violence against the elderly were also discovered. Spiritual practices were found to have a significant role in dealing with violence against the elderly. Islam is very concerned about this issue and indirectly shows the seriousness of Islam in dealing with any human problem, including the elderly. The violence against the elderly in these four themes can give a clearer understanding to the society, thus further and more appropriate actions can be taken to ensure that the welfare of the elderly will be well taken care of.

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