

The Pattern of Family Support toward Elderly at Hamlet II of Kadipiro Urban Village of Banjarsari Subdistrict of Surakarta City

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Abstract

The development task of elderly is to reach a happy and prosperous elderly life. The happiness and prosperity life of elderly is influenced by family support. The family support toward elderly at home includes emotional support, instrumental support, information support, and appraisal support. This research aims to know the pattern of family support on elderly at home. This research employs the analytic observational method with *cross sectional* approach. The sample collection method uses *purposive sampling* and it takes 102 respondents. The family support data is collected using questionnaire. The result of the research shows that 37 respondents have a low family support (< 27) and 65 respondents have a high family support (≥ 27). The supports which are mostly given by the family toward elderly are emotional support, appraisal support and information support. The result of run test shows the r value = 0,009 (< 0,05), so that the data of family support toward elderly in this research obtained an autocorrelation. The family support toward elderly is influenced by the condition and ability of family in conducting their role.

Key words : Elderly, family, family support

Introduction

Indonesia enters the aging structured population, because the number of elderly population in Indonesia has reached 7,18%. The islands which have the top position of elderly population are Jawa and Bali. The estimation set by the Central Bureau of Statistics, the growth of elderly population in Indonesia in 2025 reaches 34,22 people (Effendi, 2009).

The increase of elderly population highlights a risk on the elderly health risk which is caused by aging process. The aging process or the process of becoming aging is an unavoidable natural process, runs continuously and sustainably in human life cycle. The aging process is signed by the changes of physic, psychology and social (Maryam, 2008). The problem which is raised by the changes during the aging process includes the social value which is prone to have a decline of appreciation and respect toward elderly, physical decline, social role decline, mental condition decline, physical movement restriction, physical mobilization restriction, body balance disruption, circulatory disorders, visual disorders, hearing disorders and tactile disturbance (Hardyanto, 2005).

The changes in elderly need an intensive nursing action, either on promotive or preventive (Maryam, 2008). The basic nursing action and the main nursing action can be conducted by the family. Family is the part of society which has a big role to form a healthy culture. Family is the first place of establishment of well-structured society. The support and the education in family will build a culture in society (Setiadi, 2008). The family has four functions; those are affective function, socialization function, reproduction function and economic function. Family function which is needed in delivering the support toward the elderly is affective function. The affective function is one of the family functions which are related to perception and care toward the socio-emotional need of all members of family. The affective function of family can fulfill the elderly psychological need, so that the elderly can continue their life happily and prosperously. The affective function of family includes caring behavior, mutual respect behavior and mutual family bonding behavior. The affective function can be conducted if there is a relationship between the family members, family with the social environment. The relationship between the family members and the relationship between the family and their social environment is the part of family support (Friedman, 2010).

The family support is a reciprocal relationship between the family members and between the family members with the social environment, which inside of it, there is a quality and quantity of communication, emotional attachment and the trust from the members of family. The family support toward the elderly is a form of external family support, because the elderly is the nuclear family's external member (Friedman, 2010). The lack of family support in the treatment of elderly will cause a dependent elderly. The elderly who is unable to do his activity independently will cause the elderly becomes the family burden, so that the elderly cannot run their life contributively, happily and prosperously (Maryam, 2008).

Family is the smallest unit of society. The family has an important role in the nursing action toward the elderly, because family is the provider of important sources to deliver the health service for the family members including the elderly (Ali, 2010). The family support has an influence toward the continuity life of the elderly. The elderly who obtains a high family support can continue their life happily and prosperously. This research shows the pattern of family support toward elderly in hamlet II, Kadipiro Urban Village, Banjarsari Subdistrict, Surakarta city.

Method

This research is used the employs the analytic observational research design with the *cross sectional* approach. The population of this research is the family who lives in one house with elderly and lives in Hamlet II, Urban Village of Kadipiro, Subdistrict of Banjarsari, Surakarta city. The sample collection technique in this research uses purposive sampling. The sample is taken from the family population who lives in one house with elderly in the area of Hamlet II, Urban Village of Kadipiro, Subdistrict of Banjarsari, Surakarta city. The total of sample in this research is 102 respondents which fulfills the restriction criteria. The research observation includes the form or pattern of family support toward elderly in home. The research instrument uses a questionnaire of the family support toward elderly. The analysis of research is conducted under assistance of SPSS program.

Results

The result of the research shows the average score of family support of 26,64, the mean score for family support is 27 with the minimum score is 15 and the maximum score is 30. The family support in this research includes the emotional support, instrumental support, information support, appraisalment support and family and the pattern of family treatment. The major family supports which are delivered toward the elderly are emotional support, appraisalment support and information support. The data of family support is shown in table 1.

Table 1. Data Description of Family Support toward Elderly in Hamlet II, Kadipiro Urban Village, Banjarsari Subdistrict, Surakarta City in 2017

| Score | Family Support | Emotional Support | Instrumental Support | Information Support | Appraisalment Support |
|--------------|-----------------------|--------------------------|-----------------------------|----------------------------|------------------------------|
| Mean | 26,64 | 6,82 | 4,78 | 6,56 | 6,62 |
| Median | 27,00 | 7,00 | 5,00 | 7,00 | 7,00 |
| Maximum | 30 | 7 | 7 | 7 | 7 |
| Minimum | 15 | 4 | 1 | 1 | 3 |

Source : Primary Data, 2017

Table 2. Data Categorization of Family Support toward Elderly in Hamlet II, Kadapiro Urban Village, Banjarsari Subdistrict, Surakarta City in 2017

| Category | Family Support | Emotional Support | Instrumental Support | Information Support | Appraisalment Support |
|----------|----------------|-------------------|----------------------|---------------------|-----------------------|
| Low | 37 (36,27%) | 13 (12,75%) | 42 (41,18%) | 25 (24,51%) | 20 (19,61%) |
| High | 65 (63,73%) | 89 (87,25%) | 60 (58,82%) | 77 (75,49%) | 82 (80,39%) |
| Total | 102 (100%) | 102 (100%) | 102 (100%) | 102 (100%) | 102 (100%) |

Source : Primary Data, 2017

The statistical analysis with the *run test* shows the *r* score for family support is 0,009 (< 0,05). The *r* score for family support shows that the data for family support obtains an autocorrelation. So that the family support toward the elderly is influenced by various factors.

Discussion

The family support toward the elderly includes emotional support, instrumental support, information support and appraisalment support (Friedman, 2010; Setiadi, 2008). The family supports in this research which have high score are emotional support, appraisalment support and information support. The emotional supports which is delivered toward the elderly are : the family delivers the information toward the elderly about how to keep their health (100%), the family delivers the suggestion toward the elderly to routinely check their health to the health facility (doctor, Community Health Service, hospital) (100%), the family tries to make the elderly feels happy and glad (100%), the family listens to elderly vent (97%), family delivers an attention to every activity which is done by the elderly (97%), family delivers the trust to the elderly to do their activity (96%), family gives the trust to the elderly to manage their own money (92%). Emotional support which is given toward the elderly is suitable with the emotional support according to Setiadi (2008), those are included for advice, suggestion, instruction and information for the elderly. According to Friedman (2010), the emotional support includes the support in the form of affection from the family to elderly, the existence of trust, attention, listening to and being listened and being appreciated. The emotional supports are the expression from empathy, care, and attention from the family toward the elderly. The emotional support of family can create a comfortable feeling, a guarantee of sense of belonging and a sense of being loved, assistance in the form of support, personal warmth, love, affection and emotion toward the elderly (Friedman, 1998).

The appraisalment supports in this research are the family supports the positive activity which is done by the elderly (100%), the family suggests the elderly to diligently do their prayer (99%), the family delivers the appreciation toward the elderly (98%), the family gives the respect toward every decision which is taken by the elderly (97%), the family supports the elderly to still do their hobbies and activities (94%), the family suggests the elderly to be active in participating in the social activity in their home environment (88%), the family suggests the elderly to visit or meet their friends (85%). The appraisalment forms are in the form of appreciation or positive appraisal toward the elderly (Triswandari, 2008; Murodion, 2006). The family appraisalment support toward the elderly is influenced by the quality and quantity of interpersonal relationship. The family appraisalment support for elderly can be in positive appraisalment and negative appraisalment. The family appraisalment support which is aimed for the elderly to be able to continue their life happily and prosperously which is the positive appraisalment support (Triswandari, 2008). The family positive appraisalment support can push

the elderly to be developed, independent and have a high self-esteem and feel to be respected (Nugroho, 2008). The assistance of appraisal support by the family is based on the acceptance of family toward the limitation owned by the elderly. The form of appraisal supports are the assistance of help toward the elderly, the appreciation and attention to the elderly (Setiadi, 2008).

The information supports which are conducted by the family toward the elderly are : the family reminds the elderly about many things which should be avoided by the elderly so that they can still be healthy (97%), the family suggests the elderly to consume highly-nutritious foods (97%), the family gives the information about the health tips which can be done by the elderly (96%), the family provides the television and radio as the information and entertainment for elderly (94%), the family helps the elderly in solving the problem which is faced by the elderly (92%), the family suggests the elderly to do a regular exercise (91%), the family provides the guide about the activities which are suitable for the elderly (88%). The form of information supports which can be delivered by the family for the elderly are giving the suggestion or critic, giving the advice or guide and giving a useful information for elderly, providing the information facilities and entertainment facilities such as television, radio, newspapers, magazine, and internet facility (Friedman, 2010; Setiadi, 2008; Sitanggang, 2011). The aspects in information facility are advice, suggestion, instruction and information delivery (Setiadi, 2008). The information support also includes the supervision about the diet pattern and medical treatment, providing the information and suggesting the elderly to go to the health facility and action or activity for elderly to reduce their stress (Friedman, 1998).

Instrumental supports in this research is the family gives the time to accompany the elderly (94%), the family invites the elderly to communicate and to do the family activity (94%), the family establish a non-slick house floor so that the elderly cannot easily falls (87%), the family provides the nutritious foods to be consumed by the elderly (87%), the family picks up the elderly when they go somewhere (74%), the family provides the transportation to ease the elderly to move (68%), the family helps to provide the cutlery and toiletries which are needed by the elderly (35%), the family helps the elderly to do their daily activity, such as get bath and eating (33%). The family instrumental supports are the form of support or assistance from the family in the form of energy, finance and time for elderly. The form of instrumental supports are : providing the facilities for elderly, providing the medicines which are needed by the elderly, providing the cutlery, toiletries, clothes, giving a simple and concrete help, providing the nutritious foods, giving the free time for elderly to take a break (Friedman, 2008; Friedman, 2010; Setiadi, 2008).

The family supports have the influence toward the independency of elderly, so that the elderly can continue their life happily and prosperously. The support of family toward the elderly can create a comfort and inner peace and happiness for elderly. The family supports toward elderly are needed to support the confidence of elderly and the sense of being able to adapt with their surroundings. The family support also effects on the easiness of the elderly to join the social activities in their surroundings such as elderly local health clinic and to help them to still do their activity (Kresnawati, 2011; Hawari, 2001). Family is the main supporting system for the members of family including the elderly (Friedman, 2008). The elderly who obtains the support from the family has a better life quality, more independent and healthier (Kaur, 2015). The support from family contributes toward the health and the prosperity of the elderly. The family support toward the elderly is influenced by some factors, they are economy, social, culture, environment, technology development, government policy or politic, and the availability of facility for elderly (Knodel, 2012; Romer, 2002). The result of research shows there is an autocorrelation on the family support data, so that the family support in this research is influenced by some internal factors (the family ability, knowledge, attitude and family behavior) or external factors (environment, culture, social, policy and availability of services).

Conclusion

The family supports toward the elderly include the emotional support, appraisal support, information support and instrumental support. The major supports which are delivered to the

elderly are emotional support, appraisal support and informasi support. The instrumental support is not too much given by the family, because the instrumental support is highly connected to the family ability to provide the facility for elderly.

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