

The Relationship Between Family Support and the Quality of Life for the Elderly in Pintubatu Village, Silaen District in 2022

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ABSTRACT

Family support is the attitude, action, acceptance of the family towards the individual and willing to provide assistance so as to provide a sense of physical and psychological security to the individual in everyday life. Family support has a great effect on the quality of life of the elderly. The elderly who live with their families become a source of support that gives importance to the lives of the elderly. The purpose of this study is to analyze the relationship between Family Support and Quality of Life for the Elderly at Pintubatu Village, Silaen District at 2022. The research method used was a correlation research design with a Cross Sectional approach. Sampling technique with simple random sampling technique with the number of respondents 72 people. The study uses research instruments based on WHOQOL-BREF. The results show that the majority of family support supported as many as 66 people (91,7%), and the quality of life of the majority was sufficient as many as 54 people (75,0%). The statistical test results of the Spearman Rank test with a p value of 0.000 ($p < 0.05$) indicate that there is a relationship between Family Support and Quality of Life for the Elderly. It is expected that families can maintain and improve personal/social relationships in the elderly so that family support and quality of life in the elderly are in good categories.

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1. INTRODUCTION

According to the Government Regulation of the Republic of Indonesia Number 43 of 2004, elderly is someone who has reached the age of 60 (sixty) years and over. the better (Ministry of Health of the Republic of Indonesia, 2017). . The aging process is a state of slowly diminishing the ability of cells to repair themselves or replace themselves and maintain their normal structure and function so that they cannot withstand infection and repair the damage suffered. In the elderly, there are many changes such as physical changes, mental changes, psychological changes, and diseases that are often found in the elderly (Irene R.N, 2017).

Based on the World Population Prospect (2019), the elderly aged 65 years or more globally number 703 million people (Ulfah et al., 2021).. While in Indonesia, based on statistics, the elderly population has doubled (1971-2019), namely to 9.6 percent (more than 25 million) where the young elderly (60-69 years) reached 63.82%, the middle elderly (70-79 years) and the elderly (80 years more) with each presentation of 8.50%. Based on population projection data, it is estimated that the number of elderly in 2019 (25.9 million), in 2020 (27.08 million) and 2021 (48.19 million) (Ministry of Health, RI 2020). Based on BPS North Sumatra (2018), the number of elderly is 1,046,110 people (7.3%), where male elderly are 478,377 people (45.7%), while female elderly are 567,733 people (54.3%).

According to the *World Health Organization Quality of Life (WHOQOL)* defines quality of life is the condition of individuals about their position in life including the cultural context and value system in which they live and that relates to the goals, expectations, standards and attention they receive (in Haugan et al., 2020).. One way to improve the quality of life of the elderly is with family support. In general, the elderly need someone to understand the condition that is being experienced. Families can be good listeners when the elderly tell stories. Family support is also an important element in increasing

self-confidence and as motivation for the elderly. Families can involve the elderly to make decisions and solve problems together, provide freedom in physical and mental changes, provide space and time from each family member (Panjaitan & Hidup, 2020).

From the results of the researchers' observations of the elderly living in Pintubatu Village as many as 72 people. When observed using quality of life interviews, it was found that out of 10 elderly people, 6 elderly people (60%) had a quality of life in the low category and 4 elderly people (40%) had a quality of life in the good category. Most of the elderly said they were not cared for when they were sick, their families did not make time to take the elderly for treatment, and their families did not listen to complaints said by the elderly about their illness. Based on the background above, the author is interested in conducting research on "The Relationship between Family Support and the Quality of Life of the Elderly in Pintubatu Village, Silaen District in 2022".

2. METHOD

The type of design used in this study is correlational with a *cross sectional* approach. *Cross sectional* approach is a type of research that emphasizes the time of measurement or observation of independent and dependent variable data only once at a time one time one time. *Cross-sectional* is able to describe a phenomenon and its relationship with other phenomena (Polit & Beck, 2012). The population in this study is all elderly aged 60 years and over in Pintubatu Village, Silaen District, in 2022 totaling 72 people (binapemdes, 2021).

The data collection method uses questionnaires that are distributed to respondents. The instrument of knowledge about family support was adopted from a questionnaire belonging to Esther Napitupulu (2016), in the form of a Guttman scale consisting of 15 questions and a standard quality of life questionnaire made by *researchers of The World Health Organization Quality of Life (WHOQOL)-BREF*, in the quality of life questionnaire there are 4 indicators, namely the physical health domain, the psychological domain, the social relationship domain, the environmental domain.

3. RESULTS AND DISCUSSION

Table 1. Distribution of Frequency and Percentage of Demographic Data in the Elderly in Pintubatu Village, Silaen District 2022 (n=72)

Karakteristik	Frequency (f)	Percentage(%)
Gender		
Women	40	55,6
Man	32	44,4
Total	72	100
Age (Years)		
a. 60-74 (elderly)	57	79,2
b. 75-90 (old age)	14	19,4
c. >90 (very old age)	1	1,4
Total	72	100
Marital status		
Marry	49	68,1
Widow	18	25,0
Widower	5	6,9
Unmarried	0	0
Total	72	100
Religion		
Christian	59	81,9
Catholic	13	18,1
Total	72	100
Education		
Elementary School	18	25,0
Junior High School	27	37,5

Senior High School	18	25,0
Not Going to School	5	6,9
University Graduate	4	5,6
Total	72	100

Table 1. Data obtained from 72 respondents based on gender more women amounted to 40 people (55.6%), and male sex 32 people (44.4%). Based on age range, the majority of 60-74 years old (elderly) amounted to 57 people (79.2%), at the age of 75-90 years (old age) as many as 14 people (19.4%), and >90 years old (very old age) as many as 1 person (4.2%). Based on status, the majority were married as many as 49 people (68.1%), widows as many as 18 people (25.0%), widowers as many as 5 people (6.9%) and unmarried none. Based on religion, the majority of Protestant Christians are 59 people (81.9%), and Catholics are 13 people (18.1%). Based on education, there were 27 junior high schools (37.5%), elementary and high schools with the same number of 18 people each (25.0%), 5 people did not go to school (6.9%) and 4 people were tertiary institutions (5.6%).

Table 2. Distribution of Frequency and Percentage of Elderly Family Dukungan in Pintubatu Village, Silaen District in 2022 (n=72)

Family Support	Frequency (f)	Percentage(%)
Support	62	86,1
Does not support	10	13,9
Total	72	100

Table 2. It was obtained from 72 respondents, that family support for the elderly in general was in the category of supporting 62 people (86.1%), and the minority did not support a number of 10 people (13.9%).

Table 3. Distribution of Frequency and Percentage of Elderly Living in Pintubatu Village, Silaen District 2022 (n=72)

Quality of life	Frequency (f)	Percentage (%)
Not good enough	5	6,9
Enough	51	70,8
Good	16	22,2
Total	72	100

Table 3. showed that the data obtained from 72 respondents of the quality of life of the elderly in general, the majority in the sufficient category as many as 51 people (70.8%), the good category as many as 16 people (22.2%) and the poor category as many as 5 people (6.9%).

Table 4. Results of the Correlation between Family Support and the Quality of Life of the Elderly in Pintubatu Village, Silaen District in 2022

Family Support	Kualitas hidup						Total	p- value	
	Not good enough		Enough		Good				
	F	%	F	%	F	%			
Does not support	5	0,7	5	7,1	0	2,2	10	10,0	0,000
Support	0	4,3	46	43,9	16	13,8	62	62,2	

Table 4. The results of the *Spearman Rank* test between family support and the quality of life of the elderly obtained a *p-value* of 0.000 variables there is a positive relationship, meaning that the better the family support, the quality of life of the elderly will be better. and the value of the coefficient (r) 0.454. This shows that there is a significant relationship between family support and the quality of life of the elderly in Pintubatu Village, Silaen District in 2022. And have a moderate degree of relationship.

1. Elderly Family Support in Pintubatu Village, Silaen District in 2022

Based on the results of data collection conducted on 72 respondents in Pintubatu Village in 2022, most of them were in the category of supporting as many as 62 people (86.1%), and those who had family support that did not support as many as 10 people (13.9%) . The results of the study obtained by researchers based on the elderly family support questionnaire in Pintubatu Village, Silaen District, in 2022, the majority in the category supported this because 93.1% of families supported the activities carried out by the elderly and 90.3% of families gave a positive response when the elderly gave complaints.

Lansia has support in the support category because the elderly live with their partners and families. Seniors who live with family will have more time to communicate. The family becomes a place to complain if the elderly have problems. Supported by the results of research by Nuraeni et al., (2020) good family support with a total of 45 people (51.1%).

Reinforced by Yenni's theory in Nuraeni et al., (2020) where family is the main influence, both on health status and on the health behavior of family members. The family plays an important role in the concept of healthy sick family members, where the family is a support system that provides direct care to sick family members. Individuals who have strong family support are more likely to use and maintain new health behaviors than individuals who do not have family support to change health behaviors.

2. Quality of Life of the Elderly in Pintubatu Village, Silaen District in 2022

Based on the results of data collection conducted on 72 respondents in Pintubatu Village in 2022 regarding the quality of life, more were obtained in the sufficient category as many as 51 people (70.8%), the good category as many as 16 people (22.2%) and the poor category as many as 5 people (6.9%). The results of the study obtained by researchers based on the quality of life questionnaire of the elderly in Pintubatu Village were mostly in the sufficient category. This is because (81%) the elderly often need medical therapy or treatment for the pain felt so that the elderly are limited when doing physical activity then the elderly will experience negative changes in their lives.

Where the physical domain can affect the quality of life of the elderly because if the elderly are not good physically caused by degenerative diseases and result in the elderly being unable to carry out activities independently, it will trigger a decrease in the quality of life in the elderly. The psychological dimension of the elderly in Pintubatu Village has a quality of life with a poor category of 1 person (1.4%) and a sufficient category of 72 people. This shows that the psychology of the elderly in the village is quite good. In Pintubatu village, most of the elderly enjoy their lives and are meaningful so that the elderly are responsible for themselves so they have to work to maintain their lives.

In line with research conducted by Medawati et al., (2020) it is said that most elderly who work as farmers have good psychology, especially in the aspect of self-acceptance because they have high successful aging. . The psychological well-being of the elderly who work as farmers is related to the activities of the elderly where the elderly are actively involved in social and productive activities in old age, thus creating feelings of satisfaction, happiness, and meaning, this has a relationship between the quality of life and psychological well-being of the elderly.

The domain of social relations of the elderly in Pintubatu Village has a quality of life with a poor category of 7 people (9.7%) and a sufficient category of 65 people (90%). The elderly environmental domain in Pintubatu Village has a quality of life with a poor category of 3 people (4.2%) and a sufficient category of 69 people (95.8%). This shows that social relations and the environment around the elderly in the village are quite good. The elderly in this village feel quite satisfied with their social activities because between residents uphold family values, respect each other and help family members if there are other residents who have difficulties.

3. The Relationship between Family Support and the Quality of Life of the Elderly in Pintubatu Village, Silaen District, in 2022

The results of the *Spearman Rank* statistical test on the relationship between family support and the quality of life of the elderly in Pintubatu Village, Silaen District in 2022 showed that from the 72 respondents studied, a P-value = 0.000 ($P < 0.05$) was obtained. Thus, H_0 failed to be accepted, which

means that there is a statistically meaningful relationship between family support and the quality of life of the elderly in Pintubatu Village, Silaen District, in 2022. The value of the correlation coefficient (r) is 0.454. This means having a moderate degree of relationship. There is no negative sign (-) in front of the correlation coefficient value indicating that the direction of the relationship between variables has a positive relationship, meaning that the better the family support, the better the quality of life of the elderly.

The results obtained from the research on the relationship between family support and the quality of life of the elderly are related to Pintubatu Village, Silaen District, in 2022, the majority of families provide support to the elderly, so the quality of life of the elderly is also sufficient. Supported by Nurliawati's research., (2017) in the Working Area of the Puskesmas Payung Sekaki Pekanbaru, it was obtained that family support with the quality of life of the elderly has a significant relationship with a p value of 0.005, this is because the family provides affection, provides facilities, reminds them to always implement health protocols, includes the elderly in family and family activities also does not prohibit the elderly from having contact with their friends through Mobile / online, this makes the elderly feel more happy and happy. So it can be concluded that if the elderly get good family support, the elderly will have a better quality of life.

Researchers assume families are expected to motivate the elderly to change behavior and healthy lifestyles so that the elderly can still maintain their health status by consuming healthy foods, taking vitamins, regular exercise at home and adequate rest. It can be said that with family support, the elderly will feel helped in facing problems and feel safe with family support, thus it can be concluded that good family support will result in a better quality of life.

4. CONCLUSION

Family support in Pintubatu Village, Silaen sub-district In 2022, it was found to have the support of the majority of families supporting 62 people (86.1 %). Quality of life of the elderly In Pintubatu Village, Silaen sub-district, in 2022, it was found that the majority had a sufficient quality of life of 50 people (70.8 %). The relationship between family support and the quality of life of the elderly in Pintubatu Village, Silaen sub-district In 2022 with the Spearman's rho test, p value = 0.000 with a coefficient value (r) of 0.454, this shows that there is a relationship between family support and the quality of life of the elderly.

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