



Correlation of Family Support with The Independence of Elderly in Fulfilling The Daily Needs

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Abstract. Every human being will physiologically process or a degenerative process. These a degenerative process occur from the physical, biological and psychosocial, this causes many of the elderly to become dependent on others. Dependence of the elderly can be reduced if there is support from the family, but there are still many needs of the elderly who have not been cared for and supported by family members. This is due to busy family members. The aim of the study was to find out the relationship between family support and the independence of the elderly in fulfilling daily activities in RW 02 Karah Surabaya. Analytical research design with cross sectional approach. The total population of all elderly in RW 02 Karah Surabaya are 52 elderly, large sample 42 by using probability sampling with accidental sampling technique. Independent variables of family support and dependent independenc of the elderly in fulfilling the daily needs. The research instrument used a questionnaire and also used SPSS version 16 (Mann Whitney statistical) with test of significance level ($\alpha = 0.05$). The results of the study of 42 respondents there were good family support almost half (45.23%) have good family support and also they have independence to fulfill their daily needs. Mann Whitney test showed $\rho = 0.001$ and the value of $\alpha = 0.05$ means that there was a family support relationship with the independence of the elderly in fulfilling daily needs. Therefore families are expected to be able to provide good support to the elderly in fulfilling their daily needs, so that the elderly can carry out their lives optimally

Introduction

Every human being will physiologically experience a degenerative process. This setback occurs starting from physical, biological and psychosocial, this causes many of the elderly to become dependent on others. Dependence of the elderly can be reduced if there is support from the family, but there are still many needs of the elderly who have not been cared for and supported by family members. Whereas according to Kozir (2004) independence is very important to take care of themselves in meeting basic human needs, but in reality the community in RW 02 Karah Surabaya, there are still many healthy elderly people who depend on others, for example in fulfilling their daily needs such as bathing, eating, walking, treatment, etc. The Central Bureau of Statistics in east Java (2010) shows that the dependency ratio of East Java's elderly population is 46.33%. According to the Rasjid (2017) study, there is a relationship between health conditions and the independence of the elderly. Then based on preliminary data taken at RW 02 Karah Surabaya on April 20, 2018, out of 10 elderly respondents with families, 7 elderly people who needed family assistance in fulfilling their daily needs and 3 elderly people were able to meet their needs independently. Of the 7 elderly who were not independent, 5 of them were not considered and supported by their families. According to Ismail, dkk (2015) Factors that affect the independence of the elderly are age, health conditions,

economic conditions and social conditions (family support). Family support is very important for the elderly, especially when physical, psychological and social conditions begin to decline, support from the family is highly expected. Support can be provided in the form of informational support, assessment support (appreciating opinions), instrumental support (such as helping to eat, drink, and emotional support (attention and willing to listen to complaints). Based on the description above, the researchers are interested in researching the correlation of family support with the independence of the elderly in fulfilling daily activities in RW 02 Karah Surabaya". The purpose of this study is to find out the relationship of family support with the independence of the elderly in fulfilling their daily needs in RW 02 Karah Surabaya

Research Methods

The research design used was analytical with a cross sectional approach. The population of this study were all elderly in RW 02 Karah Surabaya, with a total of 52 elderly, with a total sample of 42 elderly. Sampling was taken by probability sampling with accidental sampling technique. The time of the study was conducted in April 2018. Data analysis with SPSS 16 used the Mann Whitney test with $\alpha = 0.05$.

Result

From the result of the research, the frequency distribution data is obtained as follow

Tabel 1. Distribution of frequency variable

Variabel		(n)	(%)
Age	middle age (45-59)	12	28,6
	elderly (60-74)	26	61,9
	old (75-90)	4	9,5
	very old (>90)	0	0
Gender	Male	16	38,1
	Female	26	61,9
Family's Job	Unemployed	14	33,3
	Employed	28	66,7
Family relationship who takecare the elderly	Husband	9	22,2
	wife	13	30,1
	children	20	47,7
Education Level	Elementary School	40	95,4
	Junior-Senior high school	1	2,3
	University Student	1	2,3

Based on Table 2 shows that the results of the study from 42 respondents, there were most (61.9%) of respondents aged 60-74 years, almost all (95.4%) of respondents had primary education (SD-SMP), 61.9% of respondents female sex, almost half (47.7%) of elderly respondents were cared for by their children, and most (66.7%) respondents worked.

Table 2. The Cross Tabulation and Correlation of Family Support with the Independence Of The Elderly in Fulfilling their Daily Needs

Family Support	Independence				Total	
	dependence		independence		Σ	%
	Frekuensi (n)	Presentase (%)	Frekuensi (n)	Presentase (%)		
Less	15	35,8	0	0	15	35,8
Middle/ enough	4	9,6	3	7,14	7	16,6
Good	1	2,2	19	45,23	20	47,6
Jumlah	20	47.6	22	52,4	42	100

Mann Whitney the value of p = 0.001

Based on table 2 shows that out of 42 respondents, there were 19 respondents with good family support almost half (45.23%) of independent respondents. Based on the results of the Mann Whitney statistical test using the SPSS version 16.00 program, the value of $p = 0.001$ and the value of $\alpha = 0.05$ means $P < \alpha$, meaning that there is a family support relationship with the independence of the elderly in fulfilling their daily needs

Discussion

The results of this study show that a significant correlation between family support and the independence of the elderly in meeting their daily needs. This means that if family support is good, the elderly will become more independent. Base on the results of cross tabulation that 19 (45.23%) of the elderly who got good family support, they would be independent in fulfilling their daily needs, while from 42 respondents who stated that family support was lacking, 15 respondents (35.8%) were dependent on the elimination of daily needs, this can occur because the independence of the elderly is not only influenced by family support, the independence of the elderly can also be influenced by other factors such as age, health conditions and economic conditions of the family. Then from 12 respondents stated that family support was lacking, it was found that none (0%) of the elderly were independent, indicating that the elderly who received good and overall support from their families would become more independent.

This is in accordance with Okumagba (2015) which states that support for the elderly can be obtained from children, nephews, and other family relatives. Similarly, according to Friedman (2010), strong family ties are very helpful when the elderly face problems, because the family is the person closest to the elderly. Family support can affect the elderly to become prosperous elderly people. A supportive environment, a much better and independent condition will make the life of the elderly better.

This family support will be especially meaningful especially if you get an elderly person from their child. this is according to Jhosen, L and Leny, R. (2010) which states that the family is the first person who importance to the elderl especially their children. In this study 47.7% of the elderly lived with their children. This is consistent with the study of Naing et al (2010) that 54.1% of the elderly will be happy if they live with their children. Support given by the family to the elderly is needed especially when in bad life situations (eg pain, weakness, or loneliness), support can also be in the form of a need to feel respected to get security, and ownership (Swidserka, 2014). Family support can increase stress or depressi for the elderly . Kwok et al (2010) reported no significant correlation between perceived family support and depressive symptoms

Conclusion

Family support is very important to give to the elderly so that this can increase their independence in fulfilling their daily needs, including eating, drinking, sleeping and personal hygiene needs. therefore it is expected that the family can maintain and increase their support for the elderly

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