

Family's Support in Activities Daily Living of Elderly in Pidie District

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ABSTRACT

The purpose of this study is to explore family's support in activities daily living of elderly in Pidie District. A descriptive phenomenological method was used and in depth-interview which was carried out face to face was done in collecting the data of this qualitative research. There were six research samples which were chosen by employing random sampling technique. Thematic analysis was conducted in analyzing the data and deciding the themes and categories of the data. Research data collection was conducted from 16 to 31 March 2020, during the covid-19 pandemic period with due regard to health protocols. Based on the research that has been done, it can be concluded that the elderly with the treatment of families respect, love, attention to the elderly, the elderly feel happy, all informants say there is support from the family for the move, because without the support of the elderly family will be lazy in the move, all the informants are disturbed activities caused by old age and often sick, and daily activities that need help, namely bathing, washing clothes and cooking. The results of this study are expected for families to be more active in encouraging the elderly to carry out daily activities and the family can help the activities daily living of the elderly that cannot be done independently.

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1. Introduction

Elderly is the final term of aging, biologically the elderly population is a population that experiences a continuous aging process, which is characterized by a decrease in the physical body's resistance which is increasingly vulnerable to disease that can cause death, this is due to changes in the structure and cell function, tissue and organ systems (Ministry of Social, 2013).

The aging process is a process of slowly disappearing the ability of the network to repair itself or replace itself or maintain its normal structure and function, so that it cannot withstand injury (including infection). and the ability to repair the damage suffered (Darmojo, 2010). Elderly (elderly) is a group of residents aged 60 years or more. World Health Organization (WHO) Data. Globally in 2019 the proportion of the population aged over 60 years is estimated to be 23.66 million elderly people in Indonesia (9.03%). It is predicted that the number of elderly population in 2020 (27.08 million), 2025 (33.69 million), 2030 (40.95 million), and 2035 (48.19 million) inhabitants. (WHO, 2019).

Based on the 2018 census, the number of elderly people in Indonesia reached 20.24 million people or around 8.03% of the entire population of Indonesia. The number of elderly women is greater than men, which is 10.77 million elderly women compared to 9.47 million elderly men. The data shows an increase when compared to the results of the 2012 census of 18.1 million people or 7.6% of the total population (MOH, RI 2018).

In general, the physical condition of a person who has entered old age has decreased. This can be seen from several changes such as changes in the face, hands and skin. Changes in parts of the body such as the nervous system namely the brain and stomach contents namely the spleen. Changes in the five senses of sight, hearing, smell, taste and motor changes include reduced strength, speed, and learning new skills. Physical setbacks and decreased organ function can cause older people to become dependent on others. Even though the elderly naturally experience physical decline and setbacks, it does not rule out the possibility of the elderly being able to carry out their activities and fulfill their daily needs independently. (Friedman, 2010)

Independence is a condition where an individual has the will and ability to strive to meet the demands of his life in a legal, reasonable and responsible manner for everything he does, but that does not mean that a person who is free and independent has no connection with others. To be able to live independently one also needs the opportunity, support and encouragement from his family and the environment around him, in order to achieve autonomy towards oneself (Nugroho, 2012).

Family support is a form of interpersonal relationships that protect a person from the effects of bad stress (Kaplan & Sadock, 2009). Strong family ties are very helpful when the elderly face

problems, because the family is the person who is closest to the elderly. Family support will affect the elderly, it is caused by several things, including busyness of family members, poverty and low levels of education of family members, do not want to be bothered with various problems and diseases that are generally suffered by the elderly (Friedman, 2010).

According to Friedman (2010), family support is a form of interpersonal relationships that includes attitudes, actions and acceptance of family members, so family members feel there is a need. Friedman also described the types of family support that included emotional support, appreciation, instrumental support, and informational support. The family is the main support system for the elderly in maintaining their health (Maryam et al, 2009). The family is the main support system for direct service providers in every situation (healthy - sick) family members. Family social support is something that is beneficial for individuals who are obtained from other people who can be trusted, so that someone will know that there are others who maintain, respect and love him (Setiadi, 2008).

According to research conducted by Margi (2014) about the relationship between family support and the independence of the elderly in fulfilling daily activities in Adimulya village, Wanarja District, Cilacap Regency, there is a significant relationship between the relationship of family support and the independence of the elderly in fulfilling daily activities.

Based on the results of initial data collection by the researchers, the Pidie district has 23 sub-districts with a population of around 444,976 inhabitants, where the most populous sub-district is the Pidie sub-district which is 46,731 people and the East Mutiara sub-district is 36,115 inhabitants. Meanwhile the number of elderly people in Pidie district aged 60 years and over 1,560 people are spread throughout the district. Based on the results of interviews with 5 elderly in sub-district representatives, 2 elderly said there was support that the family provided in carrying out daily activities, such as information on the importance of doing daily activities, the family helped elderly activities that could not be carried out independently such as preparing bath water, preparing food and family give money, and the elderly feel very comfortable and valued by the family, while 3 elderly say the support that the family gives is still low for themselves because their children are busy working, and the elderly say if there is no support, the elderly are lazy to move, only sleep and just eat, but if it is left unchecked there will be problems for the elderly. Based on the above phenomenon, researchers are interested in conducting research on the analysis of family support in daily activities of the elderly in Pidie District

2. Research Methods

This study uses a qualitative research method with a descriptive phenomenological approach. The population in this study is the elderly participant in Pidie District. The population is 1,560 people spread across all districts and 6 people participated in the study. The selection of participants as resource persons in this study was conducted by purposive sampling based on the following considerations or criteria: able to tell their experiences well and be willing to become participants, aged 60 years and over, the sexes of men and women as many as 6 people. This research was conducted at an elderly home in the Pidie Regency area on March 23 to 31, 2020.

3. Research Result

The results of data analysis obtained family support in fulfilling daily activities in the elderly, namely:

3.1 How do you feel the elderly with family treatment, especially in daily activities so far?

Informant 1 "I am happy with the treatment of my family, especially my child who helps with daily activities, both preparing meals, bathing water, and what I cannot make, children always help me"

Informant 2 "I am happy with the help of the family such as rice prepared by my child, if I am sick I am taken to an orderly"

Informant 3 "I feel happy with family assistance, if I get sick the rice is prepared for me, and my clothes are washed by my child"

Informant 4 "I feel happy with the help of the family, the children help with daily activities at my house"

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Informant 5: "I live separately from my child, his house is on the side, but I still pay attention to me, especially when I'm sick. He does all the housework "

Informant 6 ... "I feel happy, but sometimes sad also children who are busy working, I have to do home activities such as sweeping, washing dishes or cooking. I want worship alone. But what is good for, because the conditions I have to help children. "

3.2 What are the causes that make the elderly disturbed in their daily activities?

Informant 1. "My activities are disrupted because of my advanced age, my vision has blurred, and I also often get sick"

Informant 2 ... "My advanced age, I am also not strong enough to move and my body also gets tired quickly"

Informant 3. "My age is old and I am also forbidden by my child from doing heavy activities."

Informant 4. "My activity was interrupted because I was old, I was physically weak, could no longer move around much. Legs are often rheumatic"

Informant 5 ... "my old age, high blood pressure, has limited my activities"

Informant 6 ... "I'm old, kid, the accomplice is getting weak, my eyes are blurry, so my activities are limited"

3.3 What activities do the elderly always need the help of family?

Informant 1 ... "Activities such as preparing rice, and preparing bath water"

Informant 2. "My activities are assisted such as cooking, preparing bath water if I can't do it myself"

Informant 3 ... "I am no longer able to wash clothes, cook and I also never sweep again, this is all helped by my child"

Informant 4 "if you need to be helped by your family, just cook, others can do it yourself, take a bath in the tub"

Informant 5 ... "Activities that are assisted such as cooking, shopping. For bathing, I can do it myself, except if the pain is guided by children "

Informant 6. "If my condition is healthy, I do it myself even slowly, but if sick, cooking, bathing and others are all helped by children"

3.4 How do families provide motivation to the elderly to do daily activities?

Informant 1 ... "I was encouraged by my child to do activities, my child told me to go for a walk in the morning"

Informant 2 "My child is there encouraging me to do activities to be healthy and if I am sick I am taken to an orderly"

Informant 3. "I am always loved by my children, my children tell me not to do any more activities, and my children advise me to rest"

Informant 4. "I was encouraged by my child to do activities, my child told me to do daily activities slowly."

Informant 5 "I was encouraged by my child to do activities, my child told me to do daily activities according to ability"

Informant 6. "I was encouraged by children to do activities, my child told me to do daily activities according to ability, if I could not be told to leave it alone"

4. Conclusion

In this study it was found that the elderly with family treatment are valued, loved, noticed by the elderly feeling happy, all informants said there was support from the family to move, because without the support of the elderly family would be lazy in their activities, informant activity was disrupted due to old age and often illness, and daily activities that need help preparing bathing water, washing clothes and cooking.

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