

Relationship of family role with elderly quality of life in Posyandu Cendrawasih Pasir Tuntung Village, Kotapinang District, South Labuhanbatu Regency in 2020

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ABSTRACT

Keywords:

Role of family, Quality of life, Elderly.

Elderly is someone aged 60 years and over with the elderly being divided into three categories, namely 45-59 years, 60-69 years old, and 70 years old, while quality of life is a functional condition of the elderly which includes physical conditions, namely activities carried out daily, dependence on medical assistance and the role of a much needed family. The problem is the declining quality of life of the elderly and this occurs because the family does not pay attention to the elderly, especially in the health sector. The research objective was to determine the relationship between the role of the family and the quality of life of the elderly in the Cendrawasih Elderly Posyandu, Pasir Tuntung Village, Kotapinang District, Labuhanbatu Selatan Regency in 2019. The research design was cross sectional which emphasized the time measurement and data observation between the dependent and independent variables. The sampling technique in the study this is to use accidental sampling. The study sample was 29 people who had been selected by chance (NRS). Data analysis used chi-square test. The results of the study, the relationship between the role of the family and the quality of life of the elderly at Cendrawasih Elderly Posyandu, Pasir Tuntung Village, Kotapinang District, Labuhanbatu Selatan Regency, the majority of the family's role is quite 13 people (44.8% and the majority of the elderly's quality of life is good 14 people (48.2) obtained p-value = 0.707 > $\alpha = 0.05$ which means there is no relationship between family roles and the quality of life of the elderly. The conclusion of this study is that there is no relationship between family roles and the quality of life of the elderly. Kecamatan Kota Pinang, Kabupaten Labuhanbatu Selatan can routinely provide counseling about the elderly so that the quality of the elderly is better.

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1. Introduction

According to the World Health Organization Quality of Life (WHOQOL) [1], quality of life is a functional condition of the elderly which includes physical health, namely daily activities, dependence on medical assistance, rest needs, sleep restlessness, illness, energy, fatigue, mobility, activity. day-to-day, work capacity. Psychological health, namely positive feelings, physical appearance and image, negative feelings, thinking, learning, concentration, remembering, self-esteem and individual beliefs, elderly social relationships, namely social support, personal relationships, and sexual activity, and environmental conditions, namely the home environment, freedom. , physical safety, activities in the environment, vehicles, security, financial resources, health and social care.

Quality of life is influenced by the level of independence, physical and psychological conditions, social activities, social interactions and family functions. In general, the elderly have limitations, so that the quality of life of the elderly has decreased Changes that occur in respondents due to decreased quality of life include rapid fatigue, fatigue, dizziness, sweating, difficulty sleeping so that sleep time becomes less, becomes irritable and feelings inferior to associating with the environment [2].

The Ministry of Health of the Republic of Indonesia [3], estimates that by 2025 the number of elderly people will increase to reach 36 million people. The elderly population in Indonesia is predicted to increase higher than the population of elderly people in Asia and globally after 2050. The aging process has an impact on various aspects of life, namely social, economic, and health. The health condition of the elderly with increasing age will make the elderly more susceptible to various physical complaints, both due to natural factors and caused by disease.

Aging is often followed by a decrease in a person's quality of life. Many people think that the elderly are a group of vulnerable people so that they are only a burden and a burden to their family, society, and the country [4]. The economic, health, and quality of life burdens of the elderly are

borne and burdens for the family. According to the data center of the Ministry of Health of the Republic of Indonesia (2015) [3], [5], one of the results of health development in Indonesia is the increase in Life Expectancy (UHH). The success of National Development has an impact on increasing UHH. Life expectancy in Indonesia between 2000 and 2010 is from 68.1 million to 84.5 million. Meanwhile, in the period 2015 to 2020, the life expectancy is 71.7 million people. From the results of the population census in 2014, the number of elderly people in Indonesia reached 20.24 million people or about 8.03% of the total population of Indonesia, this number increased compared to the 2010 census which was only around 18.1 million people or 7.6% of the total population.

The family according to the Law of the Republic of Indonesia Number 13 of 1998 concerning Elderly Welfare Article 1 Paragraph 6 is defined as the smallest unit in society consisting of husband and wife and their children, or father and child, or mother and child and grandfather and / or grandmother. Family is the main support for the elderly in maintaining the quality of life for the elderly [6]. The role of the family in elderly care is to care for and care for the elderly, provide motivation to the elderly, maintain and improve mental status, anticipate socio-economic changes, and facilitate spiritual needs for the elderly. Some families are too excessive in terms of protection of the elderly so that it will harm the elderly physically and mentally [7].

According to the Law of the Republic of Indonesia Number 13 of 1998, in Indonesia, there are 2 understandings about the Indonesian family culture towards the presence of elderly problems, namely the old understanding and the new understanding. The old understanding is still strong based on eastern values among most societies where this understanding explains that the elderly place their hopes on children's abilities, while the new understanding is more about changes in competitive social life, which tends to a value system whose principles are oriented to things that are more practical proportionally. The old idea knows the role of the family on the quality of life of the elderly. Older people can enjoy a happy old age and improve their quality of life by living with their family [8]. Elderly who live with their family will get social support in the form of security, comfort, and guaranteed care [9].

According to the Central Bureau of Statistics of the Government of the Republic of Indonesia (2015), Indonesia is a country that is ranked the fourth most elderly after China, India and America, in 2015-2019, namely from 13,729,992 to 16,083,760. the increase in the number of elderly people is due to the impact of increasing the life expectancy of the population. In 2005-2010 the number of elderly aged 60 years and over will be the same as the number of children under five, which is around 19.3 million (9%) of the total population. Even in 2020-2025, Indonesia will rank as the country with the highest structure and number of elderly population after the PRC, India and the United States with a life expectancy of over 70 years.

The Central Bureau of Statistics of North Sumatra Province (2014) states that most of the elderly live with their extended family, with details of 42.32% of the elderly living with three generations in one household (living with their children / son-in-law and grandchildren or with their son-in-law and parents / in-laws), 26.80% elderly live with their nuclear family, 17.48% with their partners, and 9.66% live alone.

Data from the Labuhanbatu Health Office (2018), the most elderly population in South Labuhanbatu Regency, is in Kotapinang District with 30.44 people, one of which is the Batu Ajo Health Center. The Batu Ajo Puskesmas covers 1 village, namely Pasir Tuntung, 45-59 years old: 350 men and 407 women, 60-69 elderly: 145 men and 121 women, <70 years old: men : 20 men and 35 women, a total of 1,078 elderly people in Desa Pasir Tuntung. Pasir Tuntung village has 13 hamlets and 4 elderly posyandu and Posyandu Cendrawasih is located in Tasik II hamlet.

The results of the preliminary study in September 2018, which were obtained by direct interviews with residents, chairmen, and secretaries of the Cendrawasih Elderly Posyandu, Pasir Tuntung Village, Kotapinang District, Labuhanbatu Selatan Regency in 2018 were 115 elderly people consisting of 45-59 years old: male -Male 43 people and 47 women, aged 60-69 years: 10 men and 9 women, aged <70 years: 2 men and 4 women. Elderly in the area are under 60 years of life expectancy, many of whom live with their families but when they go to the puskesmas without being accompanied by their families and go to posyandu without being accompanied by their families [10], [11].

From the results of direct interviews with 10 elderly people: 7 elderly people said their family did not pay attention to them and 3 elderly people said their family really paid attention to them.

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While the family members of the 10 elderly who were interviewed said it was different from what the elderly said, namely: the family always pays attention to elderly family members. Based on the above problems, the researchers wanted to identify the relationship between the role of the family in an effort to improve the quality of life of the elderly at the Cendrawasih Elderly Posyandu, Pasir Tuntung Village, Kotapinang District, South Labuhanbatu Regency in 2018.

2. Method

This research was conducted at the Cendrawasih Elderly Posyandu, Pasir Tuntung Village, Kotapinang District, South Labuhanbatu Regency with Regional Borders.

- In the north bordering Tamarind Village
- East side is bordered by Aek Batu Village
- In the South Is Bordered by Aek Batu Village, Teluk Rampah, Simatahari
- Westside is bordered by Simatahari, Mampang, Hadundung, Sosopan villages.

Pasir Tuntung village has 4 integrated service posts for the elderly (Posyandu for elderly), one of the elderly Posyandu is in Taksik II hamlet, namely the Cendrawasih elderly Posyandu, Cendrawasih elderly posyandu activities are routinely held once a month every 15th and attended by health workers and one of them is a nurse.

3. Results & Analysis

3.1. Results

Table 1.

Frequency Distribution and Demographic Data Percentage of Respondents at Posyandu Cendrawasih, Pasir Tuntung Village, Kotapinang District, South Labuhanbatu Regency in 2018

NO	Karakteristik Responden	Frekuensi	(%)
1	Kelompok umur		
	45-50 tahun	8	27,6%
	51-60 tahun	18	62,1%
	61-75 tahun	3	10,4%
	Total	29	100%
2	Jenis kelamin		
	Perempuan	17	56,67%
	Laki-laki	12	41,3%
	Total	29	100%
3	Jenjang Pendidikan		
	SD	13	44,8 %
	SMP	5	17,3 %
	SMA	11	37,9 %
	Total	29	100 %
4	Pekerjaan		
	Petani	17	58,6%
	Wiraswasta	12	41,3%
	Total	29	100 %

Based on the table above, it can be seen that most of the respondents were aged 51-60 years, as many as 18 respondents (62.1%), while the majority of respondents were 17 (56.7%) female, while from the education level the majority graduated from SD 13 people (44.8%), and the majority of jobs were farmers as many as 17 people (58.6%).

Table 2.

Frequency Distribution of Respondent Family Roles in Posyandu Cendrawasih, Pasir Tuntung Village, Kotapinang District, South Labuhanbatu Regency in 2019.

Peran Keluarga	Frekuensi	(%)
Kurang baik	5	17,2%
Cukup	9	31,3%
Baik	15	51,5%
Total	29	100%

Based on the table above, it is known that the frequency distribution of the majority of family roles is good, amounting to 15 people (51.5%).

Table 3.

Frequency Distribution Relationship between family roles and quality of life of respondents at Posyandu Cendrawasih, Pasir Tuntung Village, Kotapinang District, South Labuhanbatu Regency in 2019.

No	Peran Keluarga	Kualitas Hidup								Jumlah		x ²	P		
		S. Buruk		Buruk		Biasa		Baik		S Baik					
		F	%	F	%	F	%	F	%	F	%				
1	Kurang	-	-	-	-	1	3,44	2	6,8	1	3,44	4	13,7	0,22	0,707
2	Cukup	-	-	-	-	2	6,8	8	27,5	3	10,3	13	44,8		
3	Baik	-	-	-	-	4	13,7	4	13,7	4	13,7	12	41,3		
Jumlah		-	-	-	-	7	24,2	14	48,2	8	27,5	29	100		

Based on table 3 above, it is known that the majority of family roles are sufficient for 13 people (44.8%) and the quality of life for the elderly is good for 14 people (48.2). The role of the family the role of the family with the quality of life of the elderly at the Cendrawasih Elderly Posyandu, Pasir Tuntung Village, Kotapinang District, South Labuhanbatu Regency in 2018.

3.2 Discussion

The role of families with the quality of life of the elderly at Posyandu Cendrawasih, Pasir Tuntung Village, Kotapinang District, South Labuhanbatu Regency in 2019.

The results of this study are in line with AnnGREANI Rahma Setiyani's research (2017) that there is a role for family in elderly social services. Hutagalung's research (2017) also explains that there is a relationship between the role of the family and the quality of life of the elderly. On the other hand, the results of the study by Fita et al. (2015) are not in line with this study which states that there is no relationship between the role of the family and the quality of life of the elderly.

Based on the results of the research, the role of the family in the Cendrawasih Elderly Posyandu, Pasir Tuntung Village, Kotapinang District, Labuhanbatu Selatan Regency, the majority is good 15 (51.5%) the level of independence of the elderly is still quite high, they are able to carry out daily activities independently from bathing, dressing, eating, even they still do their job as farmers, traders. The social life of the elderly tends to be still good, because they still participate in every activity that is held in the environment around the elderly, for example mutual cooperation, elderly posyandu activities, and religious activities.

The activities carried out by the elderly are also supported by the elderly families themselves. The family also always cares for and pays attention to the health of the elderly - the elderly are more eager to carry out activities and activities independently. Family and elderly support each other. Therefore, the researchers looked at family characteristics and elderly characteristics to assess the role of the family regarding the quality of life of the elderly. Therefore, knowledge of all matters relating to the quality of life of the elderly can be known without formal education. Formal education is no longer the main factor related to knowledge about the quality of life of the elderly (Supraba, 2015).

The results of research conducted by researchers are supported by several studies. A study conducted by Fitri (2014) in Jeneponto shows the same results that the level of education with the quality of life of the elderly is not significantly related. Likewise, research conducted by Supraba (2015) shows that there is no relationship between the level of education and the level of family knowledge about the quality of life of the elderly. So that their educational background has no effect on their knowledge

The elderly are likely to have a good quality of life, because the elderly are participating in activities that support them to have a good quality of life. The elderly are also active in doing activities and jobs so that they also have independence, thus making them have a good quality of life. One of the activities to support the quality of life of the elderly in Pasir Tuntung Village, Kotapinang District, Labuhan Batu Selatan Regency is the elderly Posyandu activity, with this activity the elderly get a family role regarding the quality of life of the elderly, the elderly also get various health information. The posyandu activities for the elderly enable them to maintain and even improve their quality of life. They get health education and education from health workers from the puskesmas on how to maintain and improve the health of the elderly. Elderly Also have

good relationships with other elderly people. They share experiences and support each other. Elderly have good social skills.

The family also supports the elderly to improve their quality of life. The family creates a comfortable and happy atmosphere at home. This makes them feel comfortable and safe. Although sometimes the elderly also have anxiety, negative feelings. The family shares and discusses problems with the elderly. So that it makes the elderly better and the anxiety experienced can be reduced.

Quality of Life of the Elderly at Posyandu Cendrawasih, Pasir Tuntung Village, Kotapinang District, South Labuhanbatu Regency in 2019.

Apart from family characteristics, the research focus is on the characteristics of the elderly. Judging from the characteristics of the elderly, the test results show that the quality of life of the elderly in Cendrawasih Elderly Posyandu, Pasir Tuntung Village, Kotapinang District, Labuhanbatu Selatan Regency has a good quality of life 12 (41.5%) even though they have an age that is close to even their age is 60 years and over. . As a research conducted by Nawi et al (2010), the older a person is, the weaker his physical condition, but doing various activities can make a person have positive enthusiasm and thoughts. The elderly are likely to have a good quality of life, because the elderly are participating in activities that support them to have a good quality of life. The elderly in Tasik II Hamlet are also active in carrying out activities and jobs so that they also have independence, thus making them have a good quality of life.

One of the activities to support the quality of life of the elderly is the Posyandu for the elderly, with this activity for the elderly to gain knowledge of the elderly about the quality of life of the elderly, the elderly also get various health information. The posyandu activities for the elderly enable them to maintain and even improve their quality of life. They get health education and education from health workers from the puskesmas on how to maintain and improve the health of the elderly. Elderly Also have good relationships with other elderly people. They share experiences and support each other. Elderly have good social skills. The family also supports the elderly to improve their quality of life. The family creates a comfortable and happy atmosphere at home. This makes them feel comfortable and safe. Although sometimes the elderly also have anxiety, negative feelings. The family shares and discusses problems with the elderly. So that it makes the elderly better and the anxiety experienced can be reduced.

The relationship of family roles with the quality of life of the elderly at the Cendrawasih Elderly Posyandu, Pasir Tuntung Village, Kotapinang District, South Labuhanbatu Regency in 2018.

The results showed that there is a relationship between the role of the family and the quality of life of the elderly. Families and elderly people support each other, communicate, interact well. Family gives trust to the elderly, so that the elderly feel valued. Elderly people are able to have a good quality of life with the support they get from their families. Researchers draw conclusions based on the correlation of the two variables that, family has a big role in determining the health of the elderly which will be related to the quality of life of the elderly. If the family is happy, it will affect the emotional development of its members. The emotional condition of the elderly is generally very unstable, especially if there are changes in life patterns.

The results showed that the role of the majority of families was good 15 (51.5%). Where as many as 12 (41.5%) the quality of life of the elderly are in the good category. This means that the use of Posyandu at Batu Ajo puskesmas is carried out with high awareness of the majority of families. This is because the role of the family is very important to the quality of life of the elderly. Although there are still negative attitudes, this is due to an inadequate understanding of the need for a family role.

Obedience which means discipline and obedience is influenced by factors including understanding of instructions given by officers, quality of interactions between health workers and the elderly, social and family isolation which can be an influencing factor in determining the health value of each individual, beliefs, attitudes. and personality. The number of elderly people who are obedient in making visits to posyandu in this study can be influenced by the good knowledge they have, where knowledge can affect the mindset and understanding of the information they receive (Notoatmojo, 2010).

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4. Conclusions

After conducting a research entitled The relationship between the role of the family and the quality of life of the elderly at the Cendrawasih Elderly Posyandu, Pasir Tuntung Village, Kota Pinang District, Labuhan Batu Selatan Regency in 2018 it can be concluded that the role of the majority of families is good at 51.5%, the quality of life for the elderly is mostly good at 41, 5% and the relationship between the role of the family and the quality of life of the elderly at the Cendrawasih Posyandu, Pasir Tuntung Village, Kotapinang District, Labuhanbatu Selatan Regency The Role of the statistical test results obtained by $p\text{-value} = 0.707 > \alpha = 0.05$, which means there is no relationship between family roles and quality of life of the elderly

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