

THE RELATIONSHIP OF THE ROLE OF FAMILY TO PREVENTING THE RISK OF FALL IN THE ELDERLY IN TANGKAHAN VILLAGE DURIAN, BRANDAN BARAT DISTRICT LANGKAT DISTRICT YEAR 2021

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ABSTRACT

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The purpose of this research is to find out The Relationship of the Role of the Family to the Prevention of Fall Risk in the Elderly in Tangkahan Durian Village, Brandan Barat District, Langkat Regency in 2021. Based on an initial survey conducted in Tangkahan Durian Village, Brandan Barat District, Langkat Regency, there were 66 elderly people living with their families over the age of 60 years. The results of interviews with families found about 13 elderly people who had experienced falls caused by several factors including: the elderly living at home alone because their children worked, getting older, muscle weakness in the elderly, slippery floors, poor lighting, placement of home furnishings. random stairs. The results obtained in this study are known that of the 66 respondents the majority of the patient's age was 20-30 years with a total of 28 people (42.4) and minorities at the age of < 20 year with a total of 9 people (13.6). Of the 66 respondents, the majority were female with a total of 38 people (57.6) and the minority was male with a total of 28 people (42.4). Of the 66 respondents, the majority of the respondents were IRT with a total of 27 people (40.9) and the minority occupation of the respondents was Kariawan with a total of 7 people (10.6). The majority of respondents' education in SMA was 35 people (53.0%) and the minority who obeyed the education of elementary school respondents amounted to 3 people (4.5%). Of the 66 respondents, the majority of respondents who have relationships with the elderly as children are 36 people (54.5%) and the minority of respondents who have relationships with the elderly as grandchildren are 12 people (18.2%). Of the 66 respondents, the majority of good family roles amounted to 39 people (59.1%) and the role of adequate families amounted to 12 people (18.2%). Of the 66 respondents,

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1. Introduction

Elderly is someone who has reached the age of more than 60 years. The aging process is a process that occurs naturally starting from birth which is experienced by all creatures living in the world. Globally, the population with an average age of 60 years, commonly referred to as the elderly, is estimated at 500 people, which is estimated to reach 1.2 billion people in 2025. The Central

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Statistics Agency (BPS) estimates that the number of elderly people in 2020 will reach 29.1200000 people with a life expectancy of 70-75 years. The increase in the number of elderly people from year to year is related to the success of development in various fields, especially the improvement in the quality of health and social conditions of the community.

According to Azizah in Utami's research in 2017, old age in the course of his life will experience all its limitations in health problems. This is further reinforced by the statement, that the elderly group suffers more from diseases that cause a decrease in the ability to carry out activities compared to young people. This situation is still influenced by the elderly who are more likely to suffer from various kinds of disorders biologically, psychologically, socially, economically, physiologically, and will experience setback problems. Problems that will be faced by the elderly include physical, spiritual, and social decline. Diseases and problems that are often faced by the elderly include easy falls, fatigue, and disturbances in visual acuity. The elderly will experience several health problems, ranging from problems of immobility (immobility), incontinence (incontinence), intellectual impairment (intellectual impairment), infection (infection), impairment of vision and hearing (impaired vision and hearing), colonic irritability (digestive disorders), urinary incontinence (disorders in urination/defecation), iatrogenesis (suffering from more than one disease), isolation (depression), inanitation (malnutrition), insomnia (sleep disorders), immunodeficiency (decreased immunity), and instability (instability and falls). One of the problems in the elderly related to physical conditions is the problem of falling. Falls are one of the leading causes of death and injury for the elderly. 20% - 30% of the elderly will experience physical limitations caused by falls and they will experience a loss of ADL (Daily Living Activities) freedom.

The percentage of falls in the elderly in Indonesia in 2017 was 49.4% at the age of 55-64 years, 67.1% at the age of 65-74 years and 78.2% at the age > 75 years. About 30% of the elderly community in developing countries falls each year with a percentage of 10%-20% falling more than once (Iswati & Sulistyana, 2019). According to Abdulmajeed & Ismail in Setyabudi's 2016 research, the family is the main support system for the elderly in maintaining their health. The family plays an important role in the care and survival of the elderly towards a better direction, one of which is maintaining family support for physiological changes in the elderly. Adequate family support creates a safe environment for the elderly.

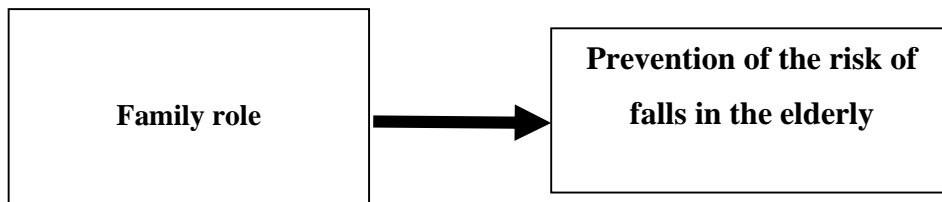
Prevention efforts are the first step that must be taken with family or close people in the hope of identifying risk factors, assessing balance and gait, exercising flexibility of movement, physical balance and balance coordination, and improving environmental conditions that are considered unsafe. To prevent the elderly from falling at risk, knowledge and skills are needed that need to be carried out by those closest to them such as family, such as children, grandchildren, daughter-in-law or other family members. Through knowledge and skills that are mastered well by those closest to them, it will minimize the incidence of falls in the elderly because it creates a safe environment for the elderly (Nurhasanah & Nurdahlia, 2020).

The results of Nita Utami's research (2017) entitled *The relationship between family support and the risk of falling in the elderly* revealed that family support and the risk of falling. This is also reinforced by research by Setya Budi S., (2016) in his research which states that there is a significant relationship between family support and the risk of falling in Notoyudan RW 24 Pringgo Kusuma Yogyakarta. Also, Budi Alif's research in the Nurhasanah & Nurdahlia 2020 research on the relationship between family knowledge and behavior with the risk of falling in the elderly stated that there was a relationship between the behavior of supported families such as a good environment, good family socioeconomic status and good health of the elderly. risk of falling

2. Research Methodology

2.1 Conceptual framework

The conceptual framework in this study aims to analyze the *The Relationship of the Role of the Family to the Prevention of Fall Risk in the Elderly in Tangkahan Durian Village, Brandan Barat District, Langkat Regency in 2021*. The conceptual framework in this study is described using a scheme about the role of the family in preventing the risk of falls in the elderly.



Scheme 1. Research Concept Framework

2.2 Research Hypothesis

Hypothesis is a temporary answer from a research whose truth still needs to be tested (Nursalam, 2016). The research hypothesis is:

- H0 : There is no relationship between the role of the family in preventing the risk of falling in the elderly in Tangkahan Durian Village, Brandan Barat District, Langkat Regency in 2021.
- Ha : There is The Relationship of the Role of the Family to the Prevention of Fall Risk in the Elderly in Tangkahan Durian Village, Brandan Barat District, Langkat Regency in 2021.

2.3 Types of research

The type of research used is a quantitative study using a cross-sectional analytic design which aims to determine the relationship between the role of the family in preventing the risk of falls in the elderly in Tangkahan Durian Village, Brandan Barat District, Langkat Regency in 2021.

2.4 Place and time of research

This research was conducted in Tangkahan Durian Village, Brandan Barat District, Langkat Regency in 2021. This research was conducted in March - August 2021.

2.5 Population and Research Sample

The population in the study is the subject who meets the predetermined criteria (Nursalam, 2016). The population taken in this study were families who have elderly in Tangkahan Durian Village, Brandan Barat District, Langkat Regency as many as 66 respondents. The sample is part of the population that will be the subject of the assessment. The sampling technique in this study is total sampling, where the entire population will be taken as a sample.

2.6 Operational Definition

**TABLE 1
OPERATIONAL DEFINITION**

No	Operational Definition	Measuring instrument	Scale	Measurement Results
1.	The role of the family is the action of the family in carrying out its function in caring for the elderly.	Questionnaire	interval	Good 9-12 Enough 5-8 Less 0-4
2.	Prevention of the risk of falling in the elderly is an action to be aware of the occurrence of falls in the elderly	Questionnaire	interval	Good 9-12 Enough 5-8 Less 0-4

2.7 Research Instruments

To obtain information from the respondents, the researcher used a data collection tool in the form of a questionnaire which was prepared by the researcher by referring to the concept and literature review. The instrument consists of 3 parts, the first part is about the demographic data of the respondents, namely religion, age, ethnicity. The second part is the role of the family in preventing the risk of falling and the third is the incidence of falls. The form of the statement on the questionnaire is a closed question, with the answer choices strongly agree, agree, disagree and disagree.

2.8 Method of collecting data

Primary data in this study is data sourced from respondents obtained through filling out questionnaires by asking questions in accordance with the research variables directly to (respondents) in Tangkahan Durian Village. Secondary data is data sourced from related organizations/agencies. Secondary data is needed to complete the primary data deemed necessary for this study. Data obtained through data in Tangkahan Durian Village.

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Before the interview was conducted, respondents were given an explanation of the aims and objectives of this study. If after the explanation the respondent does not mind being a respondent, then interviews or data collection can be carried out. If not, then the researcher switches to other respondents.

2.9 Data Measurement Aspect

The instrument used in this study was prepared by the researcher himself based on a literature review in the form of a questionnaire containing statements that must be answered by the respondent. This instrument consists of three parts, namely demographic data, the second instrument is the role of families in fall prevention, the third is the incidence of falls.

Instruments on demographic data include age, gender, education, occupation and relationship with the elderly. The second part is a questionnaire in the form of a closed statement containing 12 statements. The lowest total score is 0 and the highest is 12, the higher the score, the better the role of the family. Where is the length of the class with a range of 12 and is divided into three class categories to assess the role of the family, namely good, sufficient, and not good, then the class length is 4 for the lowest value 0 as the lower limit of the interval class, then the division of the score is less (0-4), moderate (5-8), and good (9-12).

The third part is a fall prevention questionnaire in the form of a closed statement containing 12 statements. The lowest total score is 0 and the highest is 12, the higher the score, the better the fall prevention. Fall prevention can be categorized using the Sudjana formula

$$P = \frac{\text{Range}}{\text{Class length}}$$

Where is the length of the class with a range of 12 and is divided into three class categories to assess fall prevention as good, sufficient, and less than the class length is 4 for the lowest value of 0 as the lower limit of the interval class, then the division of the score is (0-4) less (5-8) enough (9-12) good

3. Research Result and Discussion

3.1 Univariate Analysis

1. Characteristics of Respondents

Univariate analysis was conducted to see the distribution of each research variable. Based on the results of research conducted which aims to determine the relationship of the role of the family to the prevention of the risk of falling in the elderly in Tangkahan Durian Village, Brandan Barat District, Langkat Regency in 2021 with a total of 66 people. The frequency distribution based on the characteristics of the family's role in preventing the risk of falls in the elderly is as follows:

TABLE 2
FREQUENCY DISTRIBUTION BY AGE OF RESPONDENTS IN TANGKAHAN DURIAN VILLAGE, BRANDAN BARAT DISTRICT, LANGKAT REGENCY YEAR 2021 (n= 66)

No	Characteristics	Frequency (f)	Percent (%)
1	Age		
	a. < 20 years	9	13.6
	b. 20-30 year	28	42.4
	c. > 30 years	29	43.9
	Total	66	100

Based on the table above, it is known that of the 66 respondents the majority of the patient's age 20-30 years with a total of 28 people (42.4) and minorities at the age of < 20 year with a total of 9 people (13.6).

2. Gender

TABLE 3
FREQUENCY DISTRIBUTION BY GENDER OF RESPONDENTS IN TANGKAHAN DURIAN VILLAGE, BRANDAN BARAT DISTRICT, LANGKAT REGENCY YEAR 2021 (n = 66)

No	Characteristics	Frequency (f)	Percent (%)
1	Gender		
	a. Woman	38	57.6
	b. man	28	42.4
	Total	66	100

Based on the table above, it is known that the majority of the 66 respondents are female with a total of 38 people (57.6) and the minority is male with a total of 28 people (42.4).

3. Work

TABLE 4
FREQUENCY DISTRIBUTION BASED ON RESPONDENT'S OCCUPATION IN TANGKAHAN DURIAN VILLAGE, WEST BRANDAN DISTRICT LANGKAT REGENCY IN 2021 (n = 66)

No	Characteristics	Frequency (f)	Percent (%)
1	Work		
	a. Self-employed	13	19.7
	b. civil servant	19	28.8
	c. Carriage	7	10.6
	d. IRT	27	40.9
	Total	66	100

Based on the table above, it is known that of the 66 respondents, the majority of the work is IRT respondents with a total of 27 people (40.9) and the minority occupation is Kariawan respondents with a total of 7 people (10.6).

4. Education

TABLE 5
FREQUENCY DISTRIBUTION BASED ON RESPONDENT'S EDUCATION IN TANGKAHAN DURIAN VILLAGE, WEST BRANDAN DISTRICT LANGKAT REGENCY IN 2021 (n = 66)

No	Variable	Frequency (f)	Percentage
1	Education		
	a. SD	3	4.5
	b. JUNIOR HIGH SCHOOL	23	34.8
	c. SENIOR HIGH SCHOOL	35	53.0
	d. PT	5	7.6
	Total	66	100

Based on The table above shows that of the 66 respondents, the majority of respondents were in high school education amounted to 35 people (53.0%) and the minority obeyed the education of elementary school respondents amounted to 3 people (4.5%).

5. Connection

TABLE 6
FREQUENCY DISTRIBUTION BASED ON THE RELATIONSHIP OF RESPONDENTS DI TANGKAHAN DURIAN VILLAGE, WEST BRANDAN DISTRICT LANGKAT REGENCY IN 2021 (n = 66)

No	Variable	Frequency (f)	Percentage
1	Connection		
	a. Child	36	54.5
	b. Grandchild	12	18.2
	c. Son-in-law	18	27.3
	Total	66	100

Based on The table above shows that of the 66 respondents, the majority of respondents who have relationships with the elderly as children are 36 people (54.5%) and the minority of respondents who have relationships with the elderly as grandchildren are 12 people (18.2%).

6. Family Role

TABLE 7
FREQUENCY DISTRIBUTION OF RESPONDENTS BASED ON FAMILY ROLE VARIABLES IN TANGKAHAN DURIAN VILLAGE, WEST BRANDAN DISTRICT LANGKAT REGENCY IN 2021 (n = 66)

No	Variable	Frequency (f)	Percentage
1	RoleFamily		
	a. Well	39	59.1
	b. Enough	12	18.2
	c. Not enough	15	22.7
	Total	66	100

Based on The table above shows that from 66 respondents, the majority of good family roles are 39 people (59.1%) and sufficient family roles are 12 people (18.2%).

7. Fall Risk

Table 8
Frequency Distribution of Respondents based on Fall Risk Variables In Tangkahan Durian Village, West Brandan District Langkat Regency in 2021 (n = 66)

No	Variable	Frequency (f)	Percentage
1	risk of falling		
	a. Well	30	45.5
	b. Enough	22	33.3
	c. Not enough	14	21.2
	Total	66	100

Based on The table above shows that of the 66 respondents, the majority of good fall risk prevention were 30 people (45.5%) and 14 people were less likely to fall risk prevention (21.2%).

3.2 Bivariate Analysis

Bivariate analysis was conducted to determine the relationship between the independent variable and the dependent variable. The analysis was carried out using the Chi-Square test at a 95% confidence level, so that if the results of statistical analysis were found to be $p < 0.05$, the variables were stated to be significantly related.

The relationship of the role of the family to the prevention of the risk of falling in the elderly in Tangkahan Durian Village, Brandan Barat District, Langkat Regency in 2021.

Based on the results of the study, it was found that the relationship between the role of the family in preventing the risk of falling in the elderly in Tangkahan Durian Village, Brandan Barat District, Langkat Regency in 2021 in the following table:

TABLE 9
THE RELATIONSHIP OF THE ROLE OF THE FAMILY TO THE PREVENTION OF FALL RISK IN THE ELDERLY IN TANGKAHAN DURIAN VILLAGE, BRANDAN BARAT DISTRICT, DISTRICT LANGKAT YEAR 2021 (n = 66)

No	Family Role	Fall Risk Prevention						Total	df	Sig (2-tailed)	
		Well		Enough		Not enough					
		n	%	n	%	N	%				
1.	Well	23	60	13	33	3	7	39	100	1	0.000
2.	Enough	3	25	8	67	1	8	12	100		
3.	Not enough	4	27	2	13	9	60	15	100		
	Amount	30		23		13		66	100		

Based on the table above, it is known that of the 66 respondents the majority of family roles are good, the risk of falling is good as many as 23 people (60%) and the minority is the role of good families, the prevention of falling risk is less, as many as 3 people (7%).

Based on the table above, it is known that of the 66 respondents the majority of family roles are sufficient, the risk of falling is sufficient as many as 8 people (67%) and the minority of family roles is sufficient, the prevention of falling risk is less, as many as 1 person (8%).

Based on the table above, it is known that of the 66 respondents the majority of family roles are lacking, there are 9 people (60%) less risk prevention and less family roles, 2 people (13%). Based on the results of the chi square test, the relationship between family roles and the prevention of fall risk in the elderly in Tangkahan Durian Village, Brandan Barat District, Langkat Regency in 2020 with a degree of significance (α) = 0.05 and $df = 1$, the calculation results are Sig (2-tailed) 0.000 < (α) = 0.05, then H_0 is rejected and H_a is accepted. In conclusion, there is a relationship between the role of the family in preventing the risk of falling in the elderly in Tangkahan Durian Village, Brandan Barat District, Langkat Regency in 2021.

3.3 Characteristics of Respondents

Based on the table above, it is known that of the 66 respondents the majority of the patient's age 20-30 years with a total of 28 people (42.4) and minorities at the age of < 20 year with a total of 9 people (13.6). According to (Potter & Perry, 2016), age affects the individual's perspective in solving problems. Cognitive abilities and behavioral abilities are strongly influenced by the stage of development of a person's age. In the opinion of the researcher, respondents aged 20-30 have physically fit and healthy so that they are able to carry out their family duties properly. Respondents with that age are of mature age, so they are able to think well. In addition, with that age, respondents are able to control their own physical condition, as well as their emotional condition well.

Based on the table above, it is known that the majority of the 66 respondents are female with a total of 38 people (57.6) and the minority is male with a total of 28 people (42.4). This is in accordance with the opinion of Friedman (2018) which says that family members, especially women, have an important role as primary care givers for patients. Women in their role as mothers, of course, have feelings that are more sensitive in caring for their sick members. Women in their nature are created to be more patient, painstaking and loving. In the opinion of the researcher, female respondents tend to be more patient and painstaking in caring for family members who are in the elderly category. Women have maternal instincts while men do not, women have more affection and great care for their family members. Based on the table above, it is known that of the 66 respondents, the majority of the work is IRT respondents with a total of 27 people (40.9) and the minority occupation is Kariawan respondents with a total of 7 people (10.6).

Work is an action taken by a person to be occupied and carried out according to his field of ability as a livelihood (Bandiah, 2018). According to the opinion of the researcher is that the majority of respondents are housewives, so they have free time to pay attention and take care of their family. Based on the table above, it is known that out of 66 respondents, the majority of respondents were in high school education amounted to 35 people (53.0%) and the minority obeyed elementary education respondents amounted to 3 people (4.5%). This is in accordance with what was stated by Mubarok (2016), saying that education means guidance given by someone to others on something so that they can understand. It is undeniable that the higher a person's education, the easier it is for them to receive information, and in the end the more knowledge they have. In the opinion of researchers, respondents with high school education or equivalent will have a good way of thinking about the importance of the role of the family to elderly family members. The task of family health can be realized by recognizing family health problems, making appropriate action decisions, providing care to sick family members, maintaining a healthy home atmosphere, and using existing health facilities in the community.

Based on the table above shows that of the 66 respondents, the majority of respondents who have relationships with the elderly as children are 36 people (54.5%) and the minority of respondents who have relationships with the elderly as grandchildren are 12 people (18.2%). According to Friedman (2018), the family is a group of people who are connected by marriage, adoption and birth which aims to create and maintain a common culture, increase the physical, mental, emotional and social development of the individuals in it as seen from the pattern of interdependent interactions for achieve common goals. In the opinion of the researcher, children are part of the nuclear family, have more inner ties to their father/mother. As a form of devotion to parents, children will as much as possible take care of their elderly parents.

Based on the table above, it is known that from 66 respondents, the majority of good family roles amounted to 39 people (59.1%) and sufficient family roles amounted to 12 people (18.2%). The role of the family is collecting data about the inability of the family in dealing with health problems which consists of 5 points, namely recognizing health problems, taking action decisions, caring for sick family members, modifying a healthy environment, utilizing health facilities. The more well done the

five points are, it is hoped that families can improve health problems, especially in preventing falls in the elderly (Friedman 2018). According to the researcher, the ability of the family to carry out health care or maintenance can be seen from the family health tasks that are carried out, the better the family tasks that are carried out, the less the incidence of falls in the elderly. Based on the table above, it is known that out of 66 respondents, the majority of good fall risk prevention were 30 people (45.5%) and 14 people were less likely to fall risk prevention (21.2%). A fall is an event that causes a person to suddenly lie down or sit on the floor or a lower place with or without loss of consciousness or injury (Darmojo & Boedhi, R, 2016) In the opinion of researchers, the older a person is, the more physical decline will occur, one of which is slowing of movement, balance disorders, mobility, and diseases that occur due to the aging process such as stroke, hypertension, vertigo which can trigger falls in the elderly.

3.4 The Relationship Between the Role of the Family on the Prevention of Fall Risk in the Elderly in Tangkahan Durian Village, Brandan Barat District, Langkat Regency in 2021.

Based on the results of the chi square test of the relationship of family roles to the prevention of the risk of falling in the elderly in Tangkahan Durian Village, Brandan Barat District, Langkat Regency in 2021 with a degree of significance (α) = 0.05 and $df = 1$, the calculation results are Sig (2-tailed) $0.000 < (\alpha) = 0.05$, then H_0 is rejected and H_a is accepted. In conclusion, there is a relationship between the role of the family in preventing the risk of falling in the elderly in Tangkahan Durian Village, Brandan Barat District, Langkat Regency in 2020.

senior experience a setback or morphological changes in the muscles that cause muscle functional changes, namely a decrease in muscle strength and contraction, muscle elasticity and flexibility and speed in carrying out activities. Decreased muscle function and strength will result in a decrease in the ability to maintain balance in the human body. There are several things that can cause the balance of the human body, including the effects of aging, accidents, or due to disease factors. But of these three things, the aging factor is the main factor causing postural balance disorders in the elderly. The level of activity is also one of the causes of falls in the elderly, so that the elderly who are active will have a higher risk of falling than those who are inactive (Probosuseno, 2018).

Family as the first person who is closest to the elderly, who has an emotional bond at least will provide strength and supervision to the elderly to minimize the incidence of falls, because it needs support from various parties, ranging from government agencies to the family level to take care of the lives of the elderly either through posyandu elderly, counseling for families with the elderly, family coaching to modify a healthy environment (Friedman, 2018). Prevention efforts are the first step that must be done because if a fall occurs, complications will occur, even though mild is still burdensome. Fall prevention can be done by identifying risk factors, assessing balance and gait, being given movement flexibility exercises, physical balance exercises and balance coordination, and improving environmental conditions that are considered unsafe (Darmojo & Boedhi, 2016).

To prevent the elderly from falling at risk, it is necessary to have good knowledge and behavior carried out by the closest people to the elderly, for example children, grandchildren, in-laws or other family members. Through good knowledge and behavior, it will create a safe environment for the elderly. Things that can be done are modifying the home environment such as making the floor not slippery, the floor is flat, there are no items scattered on the floor, sufficient lighting and not dazzling and reducing the stairs on the elderly walking path. About 24% of the elderly fall on the stairs and 36% of falls occur outside. The family has an important role for the survival of the elderly towards a better direction, one of which is preventing falls in the elderly (Kamel, Abdulmajeed & Ismail, 2018). According to the researcher's assumptions, if the family is able to perform well, then each family member will easily recognize the health development of the elderly, make the right decisions, provide good care, maintain harmonious reciprocal relationships and can maintain a home atmosphere that is beneficial to health.

4. Conclusion

Based on the results of the research and discussion that have been described previously, the following conclusions are obtained: Based on the table above, it is known that of the 66 respondents the majority of the patient's age 20-30 years with a total of 28 people (42.4) and minorities at the age of < 20 years with a total of 9 people (13.6). Based on the table above, it is known that the majority of

the 66 respondents are female with a total of 38 people (57.6) and the minority is male with a total of 28 people (42.4). Based on the table above, it is known that of the 66 respondents, the majority of the work is IRT respondents with a total of 27 people (40.9) and the minority occupation is Kariawan respondents with a total of 7 people (10.6). Based on the table above, it is known that of the 66 respondents, the majority of respondents' education is high school, amounting to 35 people (53.0%) and the minority obeying elementary school education is 3 people (4.5%). as a child amounted to 36 people (54.5%) and the minority of respondents who have relationships with the elderly as grandchildren are 12 people (18.2%). Based on the table above, it is known that from 66 respondents, the majority of good family roles amounted to 39 people (59.1%) and adequate family roles which amounted to 12 people (18.2%). (45.5%) and less fall risk prevention which amounted to 14 people (21.2%).

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