

The Influence of Family Emotional Support on the Quality of Life among the Elderly

Reza Saputra¹, Hendri Hadiyanto², Arfatul Makiyah³, Asep Suryadin⁴

^{1,2,3,4} Universitas Muhammadiyah Sukabumi, Sukabumi

Email: rezasaputra24746@ummi.ac.id; hadiyantohendri@ummi.ac.id; arfatul367@ummi.ac.id;
asuryadin479@ummi.ac.id

ABSTRACT

The Central Statistics Agency reported a continued rise in the elderly population in Indonesia, indicating a growing demographic shift toward an aging society. Alongside this trend, a considerable proportion of older adults have been facing various health challenges. Many elderly individuals reported experiencing health problems within a recent period, reflecting a notable level of morbidity among this age group. The Central Statistics Agency of Sukabumi City noted, based on the results of the 2020 census, the elderly population in Sukabumi City amounted to 42,275 people and in Cibeureum sub-district there were 4,518 people and in Cibeureum Hilir Health Center there were 300 elderly people, using quantitative descriptive collegiate with a cross-sectional approach. the results of the static test using the chi-square $p > 0.002 < 0.05$ that the form of attention, assistance, enthusiasm and motivation from the family played a role in improving the quality of life of the elderly. So, it can be concluded that there is a relationship of family emotional support to the quality of life of the elderly in the working area of the Cibeureum Hilir Health Center, Sukabumi City. The researcher assumes that if each respondent receives good family support, their quality of life will be better. Conversely, if the emotional support from the family is lacking, it will negatively affect the elderly's quality of life.

Keywords: family support, quality of life, elderly, family

INTRODUCTION

A factor that affects the quality of life of parents is family support, which means the family helps parents well in terms of emotional, appreciative, instrumental, judgment and information Hestika et al. (2022), family emotional support is a family encouragement with the aim of providing comfort, enthusiasm and getting empathy from anyone and anytime Prastiwi et al. (2025), according to the Central Statistics Agency (BPS), in 2023, the percentage of the elderly population in Indonesia will reach 11.75%, which shows an increase of 1.27% compared to the previous year. Data from Susenas March 2023 shows that 11.75 percent of the total population is elderly, and the projected population shows an elderly dependency ratio of 17.08. This means that for every 100 people of productive age (15-59 years), there are about 17 elderly people who must be covered. In terms of health, around 41.49 percent of the elderly reported experiencing health problems in the past month, with the morbidity rate of the elderly reaching 19.72 percent. The Central Statistics Agency of Sukabumi City noted, based on the results of

the 2020 census, the elderly population in Sukabumi City amounted to 42,275 people and in Cibeureum sub-district there were 4,518 people and in Cibeureum Hilir Health Center there were 300 elderly people.

According to Italia and Anika (2023), people over 60 are called elderly. Aging is not a disease. Rather, it is a process that develops gradually that causes the body's resistance to internal and external stimuli to decrease. The quality of life of the elderly is a complex component that includes satisfaction in life, life expectancy, social support, health and physical functioning, housing, income, and social networks. Everyone's quality of life is different, as everyone assesses their quality of life in different ways.

According to Sahuri et al. (2021), decline in psychomotor function, cognitive, and changes in psychosocial aspects inevitably occur during old age. Cognitive functions include the process of understanding and learning causing slow behavior and reactions, while psychomotor functions include those related to movement, causing a lack of ability to do things in old age. The psychosocial aspect is related to the personality of the parents. Generally, parents experience a decrease in quality of life due to limitations. A good quality of life allows parents to carry out activities normally and feel happy. On the contrary, the quality of life is poor, parents will be very desperate and experience a decrease in productivity.

With the increasing number of elderly population in Indonesia, it can provide positive and negative things. The increase in the number of elderly populations can be said to be positive if they are in a healthy, active and productive condition Putri et al. (2021), likewise, the increase in the elderly population can be said to be negative if the elderly experience a physical decline and a decrease in health status. Looking at the current conditions, especially at the Cibeureum Hilir Health Center, maintaining the quality of life of the elderly is the main challenge, considering that the age is increasing accompanied by a decrease in productivity. In addition, aging is accompanied by degenerative diseases and disabilities, increasing the need for emotional assistance from those closest to them, especially family Nuraeni et al. (2022) the role of nurses is as educators, helping families understand how to provide care and emotional support for families to improve the quality of life of the elderly.

METHODS

The design of this study is a quantitative descriptive correlational with a cross-sectional approach. Cross-sectional research is a type of research that focuses on measuring or observing

data from independent and dependent variables only once at a time. The variables are assessed simultaneously at the same time, so no follow-up is carried out Zuhana et al. (2023). This study was conducted to determine the relationship between family emotional support and the quality of life of the elderly in the Cibeureum Hilir Health Center Working Area.

Population is a generalization area that includes objects or subjects that have certain qualities and characteristics that are determined by the researcher to be studied and then drawn conclusions Salsabilla (2023), the population used in this study is the elderly in the working area of the Cibeureum Hilir health center with a total population of 300 people from August to September 2024.

The sampling method used in this study is purposive sampling as describe Nursalam (2015) the purposive sampling method was chosen by the researchers. Bivariate analysis is used to analyze two or more variables that are suspected to be related Notoatmodjo (2018), this analysis is used to test the hypothesis by determining the relationship between independent variables and dependent variables. In this study, the data that has been collected will be analyzed using the chi-square test.

The instruments used in the study used the WHOQOL-BREF instrument and the Family Emotional Support Questionnaire, with the validity of WHOQOL-BREF that has been studied by previous researchers with 26 questions indicating a value with a reality test r table 0.66 – 0.87 with valid conclusions Almarabheh et al. (2023), the validity value of family emotional support that has been tested by previous researchers with an average table r value of 0.85 with a valid instrument conclusion Hasiolan (2015), the results of the reliability test of the family support questionnaire were Alpha Cronbach value of 0.917, which indicated excellent consistency and was proven to be reliable Hasiolan (2015), and the results of the WHOQOL-BREF reliability test with an Alpha Cronbach value of 0.91 which means realistic. Almarabheh et al. (2023). As explained If the Alpha value > 0.90 : perfect reliability (Slamet & Wahyuningsih, 2022).

RESULTS

Based on the results of the statistical test using chi-square, the resulting $p >$ value of $0.002 < 0.05$ concluded that there is a relationship between family emotional support and the quality of life of the elderly in the working area of the Cibeureum Hilir Health Center, Sukabumi City.

The form of attention, assistance, enthusiasm and motivation from the family plays a role in improving the quality of life of the elderly. This shows that family emotional support can contribute positively to the quality of life of the elderly. The researcher assumes that if each respondent has good family support, their quality of life will be good. And, if the family's emotional support is poor, it will affect the quality of life of the elderly to be poor (Pradina et al., 2022).

The results of this study are in line with Zuhana et al. (2023) That said, elderly people who are able to adjust well, such as interacting with neighbors and the surrounding community and participating in various activities, show that family support is very important in ensuring the success of health services for family members. It has significant significance and position in the context of Health.

Table 1. Family Emotional Support

Family Emotional Support	<i>f</i>	%
Poor	38	50.7
Good	37	49.3
Total	75	100.0

Out of 75 respondents, 50.7% of the elderly experienced poor emotional support from their families, while 49.3% received good support. This nearly balanced distribution indicates that the quality of emotional relationships within families remains a challenge and requires special attention through family health education and intervention programs.

Table 2. Quality of Life of the Elderly

Quality of Life for the Elderly	<i>f</i>	%
Poor	11	14.7
Fairly Poor	29	38.7
Pretty Good	21	28.0
Good	14	18.7
Total	75	100.0

Based on table 2, it shows that most of the respondents have a fairly poor quality of life as many as 29 people or 38.7%, and some have a fairly good quality of life as many as 21 people or 28%.

Table 3 Family Emotional Support for the Quality of Life of the Elderly

Quality of Life for the Elderly	Family Emotional Support		Total
	Bad	Good	
Poor	2	9	11
Fairly Poor	22	7	29
Pretty Good	10	11	21
Good	4	10	14
Total	38	37	75
Nilai p> value 0,002			

The results of the chi-square static test, the p> value was obtained as $0.002 < 0.05$, it was concluded that there was a relationship between family emotional support and the quality of life of the elderly

DISCUSSION

Aging is a natural process, meaning that every individual will experience that stage. That is, children, adults and the elderly Mawaddah and Wijayanto, (2020). Aging in individuals, leads to degenerative aging. It usually has an impact on the change of the human self and soul, not only physical, emotional, social, cognitive, and sexual changes (Hestika et al., 2022).

The characteristics of the life of the elderly, namely the low quality of life of the elderly, affect the decisions experienced. Meanwhile, the quality of life of the elderly is high, describing that every elderly individual has entered the final stage of life. According to the World Health Organization, Quality of life (WHOQOL) divides quality of life into six domains, namely psychological (mental) health, physical health, relationship with the environment, level of independence, spiritual state and social relationships (Almarabheh et al., 2023).

The respondents have poor family emotional support and the rest have good family emotional support. Factors that can affect family emotional support are due to the empathy of family members towards family members who are undergoing treatment. According to Italia dan Anika (2023) Family emotional support is a significant form of assistance that improves the quality of life and eases the burden on the mind (Budhiana et al., 2022).

The results of the research are in line with the results of previous studies written, Sahuri et al. (2021), it is found that the relationship of family support to the quality of life of the elderly is obtained. This depends on psychological, physical, social and environmental health factors. According to Harahap (2020) Quality of life is an individual's perception of goals, hopes, norms, and concerns about life, in the context of existing systems and cultures

It was found that there is a relationship between family support and the quality of life of the elderly, with the proportion of good quality of life being higher than that of poor quality of life Zuhana et al. (2023) There is a relationship between family emotional support and the quality of life of the elderly in the working area of the Cibeureum Hilir Health Center, Sukabumi City.

The form of attention, assistance, enthusiasm and motivation from the family plays a role in improving the quality of life of the elderly. This shows that family emotional support can contribute positively to the quality of life of the elderly. The researcher assumes that if each respondent has good family support, their quality of life will be good. And, if the family's emotional support is poor, it will affect the quality of life of the elderly to be poor.

The results of this study are in line with Zuhana et al. (2023) That said, elderly people who are able to adjust well, such as interacting with neighbors and the surrounding community and participating in various activities, show that family support is very important in ensuring the success of health services for family members. It has significant significance and position in the context of health

CONCLUSION

The researcher concluded that there was a significant relationship between family emotional support and the quality of life of the elderly in the working area of the Cibeureum Hilir Health Center, Sukabumi City.

LIMITATION

In this research process, the limitations experienced by the author can be used as a concern by the next researcher is, time constraints, the researcher has a fairly short time in this study. Next is the limitation of communication, elderly families do not understand the questions conveyed by the researcher.

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