

Relationship Between Role Family and Independence of The Elderly in Daily in The Health Center

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ABSTRACT

The elderly are an age group that is vulnerable to a decline in physical and mental abilities, so they need help with daily activities. The role of the family is important in helping the elderly stay healthy. The aim of this research is to determine the relationship between the role of the family and the independence of the elderly in fulfilling daily activities (ADL) in the UPT BLUD Bajoe Health Center, Bone Regency. The design of this study was quantitative research with a Cross Sectional, the method of taking samples using Purposive Sampling and Cluster Sampling, as many 147 respondents, collected through questionnaires. The results of the research show that there is a relationship between the role of the family and the independence of the elderly in fulfilling daily activities (ADL), with a result of $p=0.004$, then H_a is accepted. The conclusions and suggestions in this research show that there is a relationship between the role of the family and the independence of the elderly in fulfilling daily activities (ADL) in the Working Area of UPT BLUD Bajoe Health Center, Bone Regency. It is hoped that this research can provide information for health workers and families to pay more attention to the elderly in fulfilling their daily activities.

Keywords: ADL, independence, elderly, family role

INTRODUCTION

According to the World Health Organization (WHO) 2022, elderly is a term used to refer to people who have reached old age, usually over 60 years of age. Elderly is part of the human life cycle experienced by almost everyone and can be beneficial for themselves, their families, and society. In order to be useful, the elderly need to be healthy and fit as early as possible and be in an environment that supports their potential (Ministry of Health of the Republic of Indonesia, 2023) . Based on data from the Central Statistics Agency in 2022 over the past 10 years, the percentage of the elderly population in Indonesia has increased from 7.57% in 2012 to 10.48% in 2022. This figure is predicted to increase. Meanwhile, according to BPS, the number of elderly in South Sulawesi in 2022 is 1.04 million people and in Bone the number of elderly is 107 thousand people.

Activities of daily living (ADL) are the basic functions needed for a person's independent life, including bathing, dressing, using the toilet and eating. ADL ability is a person's ability to carry

out activities and functions of daily life that are carried out by humans routinely and universally (Saranga et al., 2022).

Family is a group of people who live together in one house, who have family relationships such as blood relations, marriage, or adoption. Families also interact with each other (Afifah et al., 2023). The role of the family is something that is needed for someone to meet their needs. The family has an important role in meeting the personal needs of its family members. When family members comply with their respective roles, it will be easier for the family to meet those needs. This includes proper care and behavior so that physical, biological and psychological needs can be met (Rahayu et al., 2023).

Independence is the ability of an individual to think and act independently without relying on others (Mahendra & Muhlisin, 2023). The independence of the elderly in carrying out daily activities includes eating, bathing, cleaning themselves, going up and down stairs, getting dressed, exercising, and moving around. In order for the elderly to be able to carry out daily activities independently, they need to get support from their families. This support can increase the self-confidence of the elderly so that they are not afraid and do not feel like failures to do everything themselves (Martina et al., 2023).

Most elderly people are still neglected by their family members. Families do not provide adequate support and assistance to the elderly. Therefore, the family must be the best environment to meet the needs of every elderly person (Souisa & Devy, 2021). The role of the family in motivating the elderly is very necessary so that the elderly can be enthusiastic and provide opportunities for the elderly to participate more actively (Sulistiyorini & Wulandari, 2023).

One solution that can be done to increase the independence of the elderly in carrying out daily activities is through the role of the family. The role of the family expected by the elderly is a physical role where the physical role in question is eating, dressing, moving toileting and bathing (Bahriah & Mutmainna, 2023). Activity of Daily Living (ADL) is a way to measure a person's level of independence in carrying out ADL independently, which includes bathing, eating, toileting, urinating, dressing, and moving (Kusumawaty et al., 2023). The ability to carry out ADL independently shows that a person has the ability to take care of themselves, providing self-confidence and self-esteem.

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perform activities and functions of daily living that are carried out by humans routinely and universally (Riadi et al., 2023) . One way to measure ADL independence in the elderly is to use the Barthel Index. The Barthel Index is a measuring tool used to assess functional independence in terms of self-care and mobility. The Barthel Index can be used as a criterion in assessing the functional abilities of the elderly (Hastuti et al., 2023).

Based on the above research, the role of the family can encourage the elderly to fulfill daily activities. Therefore, researchers are interested in studying the title “The Relationship between the Role of the Family and the Independence of the Elderly in Fulfilling Daily Activities (ADL)”. This study aims to determine the relationship between the role of the family and the independence of the elderly in fulfilling daily activities (ADL).

METHODS

This type of research is quantitative research with a cross-sectional approach. The cross-sectional approach is a research approach where independent variables/causal factors and dependent/effect factors are collected at the same time. The target population of this study was the elderly who underwent treatment in the working area of the UPT BLUD Bajoe Health Center, Bone Regency totaling 232 people. Sampling using the Slovin formula obtained 147 respondents with a sampling technique using purposive sampling. This research instrument used a questionnaire where the questionnaire used had been tested for validity which had been used in previous studies related to the criteria of this study.

Data collection techniques by submitting written statements by filling out a questionnaire sheet from several statements. The questionnaire given is about the role of the family in the elderly which includes 12 statement items. The second questionnaire contains about the independence of the elderly using the Barthel Index consisting of 10 statement items. Data processing techniques in this study use editing, coding, entry, verification and tabulation. Univariate analysis describes an analysis or method that only involves one variable or single characteristic of a group or population.

The univariate research data analysis technique is a statistical data processing process that only involves one variable. Bivariate analysis is carried out using the Chi Square test alternative test. Statistical decision making is carried out by comparing p (p value) with the α value (0.05) with the following provisions: If $p \text{ value} < \alpha \text{ value}$ (0.05), the interpretation is that there is a relationship between the independent variable and the dependent variable, while if $p \text{ value} > \alpha$

value (0.05), the interpretation is that there is no relationship between the independent variable and the dependent variable. As for the calculation of the formula, the study analyzed it with the help of Microsoft Excel 2010 and SPSS 26 For Windows.

RESULTS

Table 1. Frequency Distribution Based on Respondent Characteristics

Characteristics	N	%
Village		
Bajoe	22	15.0
Lonrae	18	12.7
Cellu	17	11.7
Toro	14	9.5
Tibojong	19	12.9
Panyula	22	15.0
Waetuo	15	10.0
Palette	20	13.6
Age		
60-65 years	102	69.4
66-70 years	45	30.6
Education		
Elementary School	87	59.2
Junior High School	32	21.8
Senior High School	20	13.6
College	8	5.4
Gender		
Man	42	28.6
Woman	105	71.4
Living Together		
Family	105	71.4
Partner	33	22.4
Child	9	6.1
Resources		
Health Workers	96	65.3
Newspaper	15	10.2
Radio/TV	25	17.0
Internet	11	7.5

Based on table 1 above shows the frequency distribution of respondent characteristics, the majority of respondents have Bajoe and Panyula addresses as many as 22 people (15.0%) and the lowest have Toro addresses as many as 14 people (13.6%). According to age characteristics, the majority are aged 60-65 years as many as 102 people (69.4%) and the lowest are aged 66-70 years as many as 45 people (30.6%). According to education level, the majority of respondents have elementary school education as many as 87 people (59.2%) and the lowest have college education as many as 8 people (5.4%). According to gender, the majority are

female as many as 105 people (71.4%) and the lowest are male as many as 42 people (28.6%). According to the characteristics of respondents living together, the highest number was in families with 105 people (71.4%) and the lowest number of respondents living with children was 9 people (6.1%) and according to the characteristics based on the source of information, the majority of sources of information providing information to respondents were mostly health workers with 96 people (65.3%) and the lowest was information from the internet with 11 people (7.5%).

Table 2. Relationship between Family Role and Elderly Independence in Fulfilling Daily Activities (ADL)

Role of Family	Independence						ρ	α
	Independent		Assisted		Total			
	n	%	n	%	n	%		
Fulfilled	61	58.7	43	41.3	104	100.0	0.004	0.05
Not Fulfilled	14	32.6	29	67.4	43	100.0		
Total	75	51.0	72	49.0	147	100.0		

Based on Table 2 shows that respondents who have fulfilled family roles numbered 104 respondents, of which 61 respondents (58.7%) tended to have a high level of independent independence, while respondents who had unfulfilled family roles numbered 43 respondents tended to have a high level of assisted independence, namely 29 respondents (67.4%).

DISCUSSION

Family Role Relationship with Independence of the Elderly in Fulfillment Activity Daily

The role of the family is something that is needed for someone to fulfill their needs. The family has an important role in fulfilling the personal needs of its family members. When family members comply with their respective roles, it will be easier for the family to fulfill those needs. This includes proper care and behavior so that their physical, biological and psychological needs can be met. The family has a major role in caring for the elderly, providing education, motivation and facilitating their needs (Rahayu et al., 2023). This study shows a significant relationship between the Role of the Family and the independence of the elderly in fulfilling daily activities.

Based on the results of the study in table 2, 58.7% of respondents who have a fulfilled family role with a level of independence, respondents with a level of independence are respondents who can meet their needs and take care of themselves independently without relying on family, then respondents with a fulfilled family role are respondents who feel that the role of family,

partner and children have met the needs and supported the elderly. The presence of an active and caring family can improve the health of the elderly. In addition, the family can also help the elderly to organize their daily activities regularly and not excessively (Palaka et al., 2024).

Furthermore, the research results showed that 32.6% of respondents who had family roles were not fulfilled with a level of independence, this was caused by the habits of the elderly who tended to do activities independently, so they did not depend on the help of others. In addition, the presence of elderly people who felt the role of the family, both in the form of attention and support, could encourage them to express themselves more freely, this allows the elderly to cope with the changes that occur by adjusting themselves and remaining active in activities according to their age, so that they can carry out daily activities well (Amaheka & Christiana, 2019).

Then from the results of the study there were 41.3% of respondents who had a fulfilled family role with a level of independence assisted by this because the function of the family involves interpersonal relationships that require strong family ties, especially in supporting the elderly in facing various challenges. This reflects that the family is the closest and most relevant environment for the elderly. The role played by the family is crucial in the lives of the elderly, especially when they are still aware of the importance of the role of the family. In this context, the role of the family is an essential element to ensure that the elderly feel they have meaning and value in their lives. This is especially true for the elderly who still live with their families (Palaka et al., 2024).

The role of the family in the health of the elderly is very important. The family functions as a place to share thoughts, feelings, and emotional and physical needs (Atma & Sari, 2022). The family has an important role in caring for the elderly. The family can provide physical, mental, emotional, and spiritual support to the elderly, which can help the elderly live a quality life (Madoni, 2022). The family has an important role in maintaining the health of family members. The family can provide preventive health care, namely by providing health education to family members, as well as curative health care, namely by caring for sick family members (Setiawati et al., 2023).

Elderly people who receive support from their families will feel that their lives are more meaningful. Family support tends to meet the needs of the elderly. Therefore, the role of the family is considered capable of increasing the independence of the elderly (Wang et al., 2020). According to the researcher's assumption, the role of the family can increase the independence

of the elderly. The role of the family that has been proven to have a major influence on the independence of the elderly is caring, giving attention and praise, and providing motivation. Families who have elderly people need to provide affection, attention, fulfill basic needs, maintain health and safety, help the elderly remain active and productive so that the elderly have a higher level of independence. Elderly independence is the ability of the elderly to perform psychomotor functions, which include movement, action, and coordination.

CONCLUSION

Based on research conducted at the UPT BLUD Bajoe Health Center, Bone Regency, it can be concluded that there is a relationship between the role of the family and the level of independence of the elderly in fulfilling daily activities (ADL) at the UPT BLUD Bajoe Health Center, Bone Regency. It is expected that further researchers will examine other factors that can increase the independence of the elderly by using a larger sample and examining the elderly who have chronic diseases but can still be independent.

This research can be used as an illustration and development of knowledge in research that will be conducted related to the relationship between the role of the family and the independence of the elderly in fulfilling daily activities (ADL) so that the results can be published to increase insight for colleagues.

LIMITATIONS

This study has limitations because it only aims to determine the relationship between two variables, and is not region-specific. This study is academic.

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