

## **Relationship Between Family Support And Successful Aging In The Elderly**

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### **ABSTRACT**

*Success in extending life expectancy should be viewed wisely as a manifestation of the success of human resource development in the present. However, it cannot be denied that with the increasing number of elderly people, this has the potential to cause various problems. One of them is related to the reduced level of population productivity. The elderly group often becomes unproductive because of the decline in their physical and mental conditions. This study aims to analyze the relationship between family support and successful aging in the elderly in Panulisan Dayeuhluhur Village. The research design used is correlational or relationship research with a cross sectional approach. The number of samples in this study were 52 of the 1073 elderly population in Panulisan Barat Village with a randomized proportional sampling technique. From the results of the Colmogorov-Smirnov test, it is known that there is a significant relationship between family support and successful aging in the elderly, with a p value of 0.000 which is smaller than an alpha of 0.05. Suggestions for nursing practitioners from the results of this study can be used as input to bring active efforts to health workers, especially gerontic nurses in the community in giving a social impression to the elderly, so that it is expected to produce better living conditions for the elderly. Further research is expected to dig deeper into the dimensions of family support in an effort to improve Successful Aging in the elderly with a deeper analysis of each dimension.*

**Keywords:** Family Support, Elderly, and Successful Aging

## Introduction

Elderly (elderly) according to Law Number 13 of 1998 is someone who has reached the age of 60 (sixty) years and over. The elderly population continues to increase along with progress in the health sector which is marked by an increase in Life Expectancy (UHH) and a decrease in mortality. These demographic developments can have an impact in the health, economic and social fields. The increase in the number of elderly people has consequences that are not simple. Various kinds of challenges due to aging population have touched various aspects of life. (BPS, 2019).

The world's elderly population is expected to increase by 223% or by 694 million people between 1970–2025. This figure is even estimated to reach 2 billion people by 2050, and 80% of the population is in developing countries. The World Health Organization (WHO) estimates that by 2025 the number of elderly people worldwide will reach 1.2 billion people which will continue to grow to 2 billion people in 2050. WHO also estimates that 75% of the world's elderly population in 2025 will be in developing countries, half of the world's elderly are in Asia. Asia and Indonesia from 2015 have entered the era of the aging population because the population aged 60 years and over exceeds 7 percent (Ministry of Health, 2017).

In almost five decades, the percentage of the elderly in Indonesia has approximately doubled (1971-2019), namely to 9.6 percent (25 million) where there are about one percent more female elderly than male elderly (10.10. percent versus 9.10 percent). Of all the elderly in Indonesia, the young elderly (60-69 years) far dominate with a magnitude that reaches 63.82 percent, followed by the middle elderly (70-79 years) and the elderly (80+ years) with a magnitude of each. 27.68 percent and 8.50 percent respectively. This year there are five provinces that have an old population structure where the elderly population has reached 10 percent, the second largest is Central Java after Yogyakarta Province, which is 12.5 percent (BPS, 2019).

The increasing number of people entering the elderly will lead to active efforts to improve the social impression of the elderly, so that it is expected to produce better living conditions for the elderly. Success in extending life expectancy should be viewed wisely as a manifestation of the success of human resource development in the present. However, it is undeniable that the increasing number of elderly people has the potential to cause various problems. One of them is related to the reduced level of population productivity. The elderly group often becomes unproductive because of the decline in their physical and mental conditions (Santrock, 2015).

In addition, the public view that the elderly tend to be senile, boring, unable to think clearly in learning something new, not contributing to the community, and unable to hold work responsibilities, strengthens the assessment that the elderly are a minority group that has no potential. This is a serious enough problem to be followed up and to find a solution in solving the problem because the number of elderly people is increasing every year. An effort is needed to empower the elderly so that they remain productive with their considerable potential. Successful Aging is a condition where the elderly experience satisfaction with themselves in terms of

physical, psychological, cognitive, social and financial. Successful Aging includes satisfaction with past and present life (Khairat, 2017).

Efforts to achieve Successful Aging can be taken by seeking actions to maintain physical health and fulfill the psychological needs of the elderly, especially from families who live with the elderly. Family members are a source of encouragement, encouragement, or much-needed help for the elderly to achieve Successful Aging. The assumption about the importance of family support has also been indicated from the results of research conducted by Wijayanti, (2017) which shows that the elderly living in children's families have a higher Successful Aging score than the elderly living in nursing homes. In accordance with the prevailing cultural values in Indonesia, children have an obligation to provide support to their parents, especially to those who are no longer able to take care of themselves. Children are obliged to give love to their parents as they got when they were small.

Based on the description of the problem and the background above, the writer is interested in conducting further research on: the relationship between family support and Successful Aging in the elderly in Panulisan Barat Village, UPTD Public Health Center Dayeuhluhur II, Cilacap Regency.

### **Objective**

Based on the introduction of the problem and the background above, the writer is interested in conducting further research on: the relationship between family support and Successful Aging in the elderly in Panulisan Barat Village, UPTD Public Health Center Dayeuhluhur II, Cilacap Regency

### **Method**

The research design used is correlational or relationship research with a cross sectional approach. The population in this study were all the elderly in Panulisan Barat Village as many as 1073 people. The sampling technique used was randomized proportional sampling technique. The samples obtained using the Slovin formula were 52 elderly people spread over four hamlets, namely: Mulyasari, Cimanggeng 1, Cimanggeng 2 and Peundeuy. The research instrument used a family support questionnaire. This questionnaire consisted of 24 questions. Furthermore, the Successful Aging questionnaire consists of 20 questions with the value of the validity and reliability of the questions located at 0.681-0.943 and 0.972-0.984, which is greater than the r table, which is 0.468.

Data processing is done by editing, scoring, coding, entry, cleaning, and tabulating stages. Data analysis was performed for univariate and bivariate. Bivariate analysis using the alternative Kolmogorov-Smirnov test derived from Chi Square, this was done because the data did not meet the requirements. Where the p value of 0.00 is smaller than alpha 0.05 and the expected value is less than 5 of 84.0%. During the study, the researchers also paid attention to ethics, including: anonymity, confidentiality, privacy, and self-determination. This research took place from April-September 2020

## Results

### a. Characteristics of Respondents

**Table 1.** Frequency Distribution of Respondents by Age in Panulisan Barat Village in the Working Area of UPTD Public Health Center Dayeuhluhur II, Cilacap Regency

| Elderly         | f         | %          |
|-----------------|-----------|------------|
| 60-74 years old | 37        | 71,2       |
| 74-90 years old | 15        | 28,8       |
| <b>Total</b>    | <b>52</b> | <b>100</b> |

Source: Primary Data 2020

**Table 2.** Frequency Distribution of Respondents by Gender in Panulisan Barat Village in the Working Area of UPTD Public Health Center Dayeuhluhur II, Cilacap Regency

| Elderly      | f         | %          |
|--------------|-----------|------------|
| Man          | 24        | 46,2       |
| Woman        | 28        | 53,8       |
| <b>Total</b> | <b>52</b> | <b>100</b> |

Source: Primary Data 2020

### b. Univariate Analysis

**Table 5.** Frequency Distribution of Family Support in Panulisan Barat Village in the Working Area of UPTD Public Health Center Dayeuhluhur II, Cilacap Regency

| Elderly      | f         | %          |
|--------------|-----------|------------|
| Well         | 29        | 55,8       |
| Not enough   | 23        | 44,2       |
| <b>Total</b> | <b>52</b> | <b>100</b> |

Source: Secondary Data (Statistics) 2020

**Tabel 3.** Distribusi Frekuensi Responden berdasarkan Pendidikan di Desa Panulisan Barat di Wilayah Kerja UPTD Puskesmas Dayeuhluhur II Kabupaten Cilacap

| Usia Lanjut  | f         | %          |
|--------------|-----------|------------|
| SD           | 20        | 38,5       |
| SMP          | 25        | 48,1       |
| SMA          | 7         | 13,5       |
| <b>Total</b> | <b>52</b> | <b>100</b> |

Source: Primary Data 2020

**Tabel 4.** Distribusi Frekuensi Responden berdasarkan Pekerjaan di Desa Panulisan Barat di Wilayah Kerja UPTD Puskesmas Dayeuhluhur II Kabupaten Cilacap

| Elderly      | f         | %          |
|--------------|-----------|------------|
| Working      | 17        | 32,7       |
| Doesn't work | 55        | 67,3       |
| <b>Total</b> | <b>52</b> | <b>100</b> |

Source: Primary Data 2020

**Table 6.** Frequency Distribution of Successful Aging in Panulisan Barat Village in the Working Area of UPTD Public Health Center Dayeuhluhur II, Cilacap Regency

| Elderly      | f         | %          |
|--------------|-----------|------------|
| Well         | 25        | 48,1       |
| Not enough   | 27        | 51,9       |
| <b>Total</b> | <b>52</b> | <b>100</b> |

Source: Secondary Data (Statistics) 2020

### c. Bivariate Analysis

**Table 7.** Relationship between Family Support and Successful Aging in Panulisan Barat Village in the Working Area of UPTD Public Health Center Dayeuhluhur II, Cilacap Regency

| Family support | Successful Aging |      |     |      | Total | p-value |
|----------------|------------------|------|-----|------|-------|---------|
|                | High             |      | Low |      |       |         |
|                | n                | %    | n   | %    | N     | %       |
| Well           | 24               | 82,2 | 5   | 17,1 | 29    | 100     |
| Not enough     | 1                | 4,3  | 22  | 95,7 | 23    | 100     |
| <b>Total</b>   | 25               | 48,1 | 27  | 51,9 | 52    | 100     |

Source: Secondary Data (Statistics) 2020

## Discussion

### a. Family support

The results showed that the family support obtained by the elderly was 55.8% with good support and the remaining 44.2% had less support. From the results of the analysis of the types of support that the elderly in Panulisan village get from the family, it is emotional support in the form of attention, appreciation and a sense of being loved in the family. This will certainly have a positive influence on the behavior of the elderly in living their lives.

Based on the analysis of the questionnaire, it was found that the family support given to the family was still lacking, including the family did not explain to the elderly about the importance of maintaining health, coming to the Posyandu and exercising. Even though this support is very important, if the support is given continuously, the elderly will be more motivated to live a healthy lifestyle. Families provide support facilities in the form of facilities to meet daily needs as well as tools for personal hygiene, tools for worship, fulfillment of monthly economic needs in the form of money, etc. Families also provide information needs such as knowledge about changes when experiencing old age, knowledge about healthy living so that the elderly avoid disease and so on. In addition to this, the family also gives attention and time together to provide opportunities for the elderly to express their problems. Families provide a safe and comfortable environment for the elderly.

Families tend to be involved in the decision-making or therapeutic process in every stage of health and illness of family members. Old age is a role that not many people want. This requires honor and respect given from family and society to the elderly so that they do not feel left out. The results also show that the dimension of emotional support is the most widely accepted dimension of the elderly. This is reinforced by the opinion of Anne and David (in Saragih, 2012) who state that emotional support is the most important family support that should be given to family members because it is important in increasing morale and providing peace. This is reinforced by the results of research by Budi and Indah (in Saragih, 2012) which state that family support is very useful in controlling a person's level of anxiety and can also reduce the pressures that exist in the conflict that occurs in him.

Family support for the elderly is very important because there is a tendency that the older the elderly, the weaker the physical condition of the elderly. Pratikwo (in Saragih, 2012) states that the older an elderly person, the memory ability and motivation to behave in a healthy manner also decreases. The elderly also tend to have difficulty in carrying out activities so that there is a need for support from the family in meeting the needs of the elderly. Meanwhile, in the early elderly the physical condition is still quite good so that they can still carry out their usual activities so that the family support provided is lower than the elderly. Elderly who have a partner get higher family support than those who do not have a partner. This is because the elderly who have a partner are less likely to experience loneliness than the elderly who do not have a partner. This is reinforced by the research of Fessman and Lester (in Gunarsa, 2014) which explains that support (from a partner) is a predictor of the emergence of loneliness. Spouses are one of the important sources of family support so that the elderly who do not have a partner automatically have less family support.

Family support is also influenced by individual health status. Elderly who have chronic diseases are known to have higher family support than those who do not have chronic diseases. Chandra (2016), argues that the family plays an important role in the concept of health and illness of family members. Elderly people with chronic diseases need more family support because they cannot carry out normal activities. Meanwhile, the elderly who do not suffer from chronic diseases are healthier and can carry out normal activities so that they need smaller family support. High family support will make sick people feel comfortable, care, appreciate, and accept their condition (Budiarti, 2012).

#### b. Successful Aging

The results showed that Successful Aging in the elderly at most was low at 51.9%. Based on the characteristics of the elderly, it is known that the Successful Aging score in female elderly is higher than male elderly. The same thing was also found in the research of Hamidah and Aryani (2012) which stated that the percentage of Successful Aging in female elderly was higher than male elderly, namely 20% compared to 18%.

Compared to men, women think more with feelings than with logic. Therefore, feeling dissatisfied, disappointed and less happy dominates his life, so that it has an impact on successful aging that is less than optimal. In addition, women are more likely to use emotional focused coping, compared to men who use problem focused coping more. As a result, women think more, feel and reflect on their situation while men act more and take steps to solve the problems they experience (Hamidah & Aryani, 2012). These conditions may also affect the achievement of Successful Aging.

In the elderly, there is a tendency that their physical and mental health is still quite good and they still tend to be active in activities or work. Putri (2015), stated that the older the age, the greater the prevalence and disorders experienced by the elderly. Age is known to be a major factor in the occurrence of both physical and mental disorders. Based on the status of work, it is known that the elderly who work have a higher successful aging than those who do not work. By continuing to do activities or work, the elderly can actualize themselves. Elderly who are independent and do not have dependence on others in doing something will have satisfaction

for the efforts they do (Putri, 2017). Having the opportunity to self-actualize and feeling satisfied with what is done will certainly help the elderly to achieve successful aging.

Elderly with good health conditions and do not suffer from chronic diseases have a higher Successful Aging. A well-maintained health condition is the same as a good level of welfare (Putri, 2017). This is reinforced by the results of Budiarti's research (2015) which states that a healthy lifestyle will maintain the physical condition and health of the elderly. Physical health is undeniably one of the factors that influence the Successful Aging of the elderly.

### c. The Relationship Between Family Support and Successful Aging in the Elderly in Panulisan Barat Village Working Area UPTD Dayeuhluhur II Health Center Cilacap Regency

The results showed that family support had a positive and significant relationship with Successful Aging, it was known that of the 29 elderly people who had good support, 24 (82.2%) had high Successful Aging, and 5 elderly (17.1%) had low Successful Aging. Meanwhile, of the elderly who have less family support as many as 22 elderly (95.7%) have low Successful Aging and only 1 elderly (4.3%) have high Successful Aging. The support that a person has can prevent problems from developing due to the pressure they are facing. A person with high support will be more successful in dealing with and overcoming his problems than those without support.

The above opinion is reinforced by a statement from the Commission on the Family Pinkerton et al (2016), that family support can strengthen each individual, create family strength, increase self-esteem, has potential as a self-prevention strategy, has potential as the main prevention strategy. for the whole family in facing the challenges of daily life and having relevance in a society that is in a stressful environment. Without family support, the elderly will experience a worsening and difficult to socialize.

The relationship between these two variables was also strengthened by research by Wijayanti (2017), which found the results that the elderly who lived alone or with their family had higher Successful Aging compared to the elderly who lived in nursing homes. Furthermore, it is also explained in Budiarti's research (2010) that family support is one of the factors that trigger Successful Aging in the elderly.

Friedman (2013), suggests that family support makes the family able to improve the health and adaptation of the elderly in living life. Emotional attention can take the form of sympathetic support, empathy, love, trust, and appreciation. According to Setiadi (2015) information assistance can be used to overcome the problems faced. Instrumental assistance or facilities and assessment assistance are what the elderly need. Positive and negative judgments have a significant impact on a person. Regarding family support, a very helpful assessment is a positive assessment. In addition to total family support, the four dimensions of family support, namely emotional, appraisal, informational, and instrumental support also show a significant relationship with successful aging. The following describes the relationship of each dimension of family support to Successful Aging.

The results of this study are in line with research from Laura Odell Howie (2014), the life expectancy of the elderly is much longer because of the support from their family and environment, in addition to monitoring activities of daily living (ADL) can also extend the life expectancy of the elderly. The results of research from Putri (2015) reported that the success or

failure of the elderly is related to the social support received by the elderly. The more the elderly receive social support from their family and the environment, the more successful they will be, while the fewer the elderly receive social support, the more unsuccessful the elderly will be.

According to the researcher's analysis, most of the families of the elderly in Panulisan Barat Village have understood that the elderly must be given attention and affection so that the elderly do not feel alone in facing problems and feel hopeless. Emotional problems such as feelings of sadness, hopelessness, low self-esteem and feelings of worthlessness are often experienced by the elderly as a result of various changes and decreases in body functions that occur in the elderly (Yenni, 2011). Emotional support from the family will certainly help the elderly so that they are psychologically ready to accept the various changes that occur as a result of the aging process.

According to the researcher's analysis, most of the elderly families have carried out the function of providing information by providing information, advice needed by the elderly regarding health information such as the importance of regular exercise and the dangers of smoking. However, in the results of the family support questionnaire, there are some families who have not provided this information. This may be due to a lack of family knowledge regarding some of this information.

As it is known that the elderly have decreased understanding, understanding, and attention so that the elderly need family support. This is also in accordance with the opinion of Friedman (2013), which says that the elderly who get sufficient support from various aspects will be motivated to keep their condition in good condition. This means that families must provide adequate advice, advice, and information to the elderly regarding various matters so that the elderly can understand the importance of maintaining their condition, both physically and mentally.

## Conclusion

The description in the discussion of this research can be concluded that there is a significant relationship between family support and Successful Aging in the elderly in Panulisan Village, Working Area UPTD Ouskesmas Dayeuhluhur II, Cilacap Regency as evidenced by statistical tests  $p$  Value = 0.000 where the  $p$  Value is less than 0.05.

Suggestions for nursing practitioners from the results of this study can be used as input to bring active efforts to health workers, especially gerontic nurses in the community in giving a social impression to the elderly, so that it is expected to produce better living conditions for the elderly. Further research is expected to dig deeper into the dimensions of family support in an effort to improve Successful Aging in the elderly with a deeper analysis of each dimension

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