



THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND ELDERLY ACTIVENESS IN JOINING ELDERLY POSYANDU ACTIVITIES

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ABSTRACT	Keywords
Along with the increasing elderly population, the government has formulated various health service policies aimed at the elderly, one of which is the elderly Posyandu. This health service is intended to improve the health status of the elderly. The purpose of this study was to determine the relationship between family support and the activeness of the elderly in participating in elderly Posyandu activities in Alley 7, Sawahan Village, Mojosari District. The research design used was an analytic correlation with a cross-sectional study approach. The population is all elderly people who are registered at the gang 7 elderly Posyandu as many as 34 people and are taken using a non-probability sampling technique, namely the saturated sampling technique. The independent variable is family support and the dependent variable is the activeness of the elderly in participating in elderly Posyandu activities. Data collection was carried out by distributing questionnaires and KMS observation sheets, after the data was collected, the data was processed using the chi-square test with the help of SPSS 16 at the error level (α) = 0.05 value (p) value = 0.012 < 0.05 then H1 was accepted and H0 is rejected, which means that there is a relationship between family support and the activeness of the elderly in participating in elderly Posyandu activities in alley 7, Sawahan Village, Mojosari District. The existence of family support for the elderly causes peace of mind and happiness in the elderly. Family support will affect the activity of the elderly because the role of the family is very important in encouraging and motivating the interest of the elderly to be active in Posyandu	Family support, Elderly Posyandu, Elderly

INTRODUCTION

Along with the increasing elderly population, the government has formulated various health service policies for the

elderly. Health services are aimed at improving the health status and quality of life of the elderly in order to achieve a happy and efficient old age in family and community life in accordance with their

existence. As a concrete manifestation of health services for this elderly group, the government has launched a service for the elderly in the form of an elderly posyandu (Purnama, Sudirman, & Yusuf, 2018). In carrying out Posyandu activities for the elderly, there are often obstacles faced by the elderly, including low knowledge of the elderly about the benefits of the Posyandu, the distance between their homes and the Posyandu which is far away and lack of family support. In this Posyandu activity, family support plays a very important role. Family support plays a very important role in encouraging the interest or willingness of the elderly to participate in elderly Posyandu activities. The family can be a strong motivator for the elderly if they always make themselves available to accompany or accompany the elderly to the Posyandu, remind the elderly if they forget the Posyandu schedule, and try to help overcome all problems with the elderly (Al-Hijrah, Masri, Irwan, & Mubarak, 2022).

According to SURKESNAS, of all Posyandu spread across Indonesia, only 36.4% of Posyandu are actively running, this is due to the lack of interest of the elderly to come to Posyandu

One of the factors that influence the low number of elderly people coming to posyandu is family support. Family support can be obtained from individuals or groups. Forms of family support in the form of emotional support, appreciation support, material support and information support (Vaughan et al., 2018). Family and community participation in elderly Posyandu activities will increase the activity of the elderly in participating in Posyandu activities which include: physical examinations, blood pressure checks, exercise for the elderly, and distribution of food which has a big influence on actively coming to the Posyandu. The participation

of health cadres to provide counselling about the importance of the elderly to come actively to the Posyandu will increase public awareness, especially families to accompany their elderly family members to come to the elderly posyandu ((Sumardi, Seweng, & Amiruddin, 2020).

RESEARCH METHODS

The design of this study was an analytic correlational cross-sectional study. The number of this population is all the elderly who are registered at the Elderly Posyandu Gang 7, Sawahan Mojosari Village, namely 34 people. Sampling using a non-probability sampling technique, namely total sampling. The measuring tool uses a questionnaire and an elderly KMS register sheet. Data analysis in this study used the Chi-Square test to determine the relationship between family support and the activeness of the elderly in participating in Posyandu activities for the elderly in Gang 7, Sawahan Mojosari Village.

In this study the independent variable is family support. While the dependent variable is the activeness of the elderly in participating in the elderly Posyandu activities. The instruments used in the study were questionnaires and KMS observation sheets

This research was conducted in Sawahan Village, Mojosari District. Data collection began with managing the head of Sawahan Village, Mojosari District. Then proceed to the village midwife and get 34 respondents. After that, the research was carried out by giving the intent and purpose of the research to the respondents, providing a letter of application to become a respondent and providing a letter of approval to become a respondent for those who were willing to become a respondent.

RESEARCH RESULT

1. General Data

Table 1 Frequency distribution of respondents based on gender.

No	Gender	Frequency	Percentage (%)
1	Female	24	70,6
2	Male	10	29,4
	Total	34	100

Based on the table, it was found that most of the elderly were female, namely as many as 24 people (70,6 %).

Table 2 Frequency distribution of respondents based on age.

No	Age (Year)	Frequency	Percentage (%)
1	45-59	4	11,8
2	60-74	29	85,3
3	75-90	1	2,9
	Total	34	100

Based on the table above, most of the elderly are aged 60-74 years, namely 29 respondents (85.3%)

Table 3 Frequency distribution of respondents based on employment status.

No	Relationship status	Frequency	Percentage (%)
1	Work	11	32,4
2	Dosn't Work	23	67,6
	Total	34	100

Based on the table above, it was found that most of the elderly were not working, namely as many as 23 respondents (67.6%)

Table 4 Frequency distribution based on the last education of the elderly

No	Education	Frequency	Percentage (%)
1	SD	19	55,9
2	SMP	10	29,4
3	SMA	5	14,7
	Total	34	100

Based on the table above, it was found that most of the elderly graduated from elementary school, namely 19 respondents (55.9%)

2. Custom Data

Table 5 Frequency distribution based on family support

No	Family Support	Frequency	Percentage (%)
1	Support	20	58,8
2	Doesn't Support	14	41,2
	Total	34	100

Based on the table above, it was found that most of the respondents received support from their families, namely 20 respondents (58.8%)

Table 6 the frequency distribution of the characteristics of the respondents based on the activity of the elderly

No	Elderly activity	Frequency	Percentage (%)
1	Active	12	35,3
2	Less active	19	55,9
3	Not Active	3	8,8
	Total	34	100

Based on the table above, it was found that most of the elderly were less active at Posyandu, namely 19 respondents (55.9%)

Tabel 7 Tabulation of family support with the activity of the elderly.

	No Support family	Elderly Activeness								Total
		Aktive				Less Active				
		Not Active								
		F	%	F	%	F	%	F	%	
1	Support	8	40,0	11	55,0	1	5,0	20	100	
2	Doesn't Support	4	28,6	8	57,1	2	14,3	14	100	
	Total	12	35,3	19	55,9	3	8,8	34	100	

The results of the study based on table 7 above show that of the 20 respondents who received support from their families, 8 respondents (40.0%) were active, 11 respondents (55.0%) were less active, and 1 respondent was inactive (5.0%). While 14 respondents did not receive support from families who were active in posyandu as many as 4 respondents (28.6%), less active 8 respondents (57.1%) and inactive 2 respondents (14.3%).

The results of the chi square test analysis with the help of SPSS 16 for windows obtained (p value = $0.012 < (\alpha) = 0.05$, which means H_0 is rejected and H_1 is accepted. It can be concluded that there is a relationship between family support and the activity of the elderly coming to the elderly posyandu in alley 7 sub-district Mojosari fields.

DISCUSSION

Identifying Family Support at the Elderly Posyandu Gang 7 Sawahan Mojosari

The results of the family support study found that 20 respondents (58.8%) supported the elderly to come to Posyandu, while 14 respondents (41.2%) did not receive family support.

The basic functions of the family include effective functions, namely the internal functions of the family to fulfill

psychosocial needs, care for and give love to each other, and accept and support each other. (Masithoh, Kulsum, Parastuti, & Widiowati, 2022) Family support plays a very important role in encouraging the interest or willingness of the elderly to attend and participate in elderly Posyandu activities. The family is a strong motivator for the elderly if they always provide themselves to accompany, and escort the elderly, remind the elderly if they forget their schedule to visit the Posyandu, listen to the complaints of the elderly, help solve problems with the elderly (Agustina, 2017)

Good family support can be seen from the extent to which the family pays attention to the physical and psychological needs of the elderly and this can be seen from how family members care for the elderly which in this case is very influential in their development in old age which is often a problem for the elderly and their families.

Identifying the activeness of the elderly at the Elderly Posyandu Gang 7 Sawahan.

The results showed that some of the elderly were less active in coming to the Posyandu, namely 19 respondents (55.9%), respondents who were active in the elderly Posyandu as many as 12 respondents (35.3%) and who were not active in the elderly Posyandu as many as 3 respondents (8.8 %).

The activeness of the elderly in participating in Posyandu activities is influenced by several factors including education, knowledge, family support and age ((Hanapi & Arda, 2018). The first factor is knowledge. Education is a process in a series of influences and thus will lead to changes in behaviour in themselves because it cannot be denied that the higher a person's education level, the easier it is for them to receive health information. and new values

are introduced. The experience and knowledge of the elderly drives their interest or motivation to always attend and take part in Posyandu activities (Hanapi & Arda, 2018)

Support from the closest people such as family can make the elderly to be enthusiastic and have an interest in being active in the elderly Posyandu. From the activity of the elderly at the Posyandu, they will know about their current condition and will be told how to deal with their health problems.

Analisis relationship between family support and the activeness of the elderly in participating in elderly Posyandu activities in Alley 7, Sawahan Village.

The results of the study in table 7 above show that of the 14 respondents who did not get support from their families, 4 respondents (28.6%) were active, 8 respondents (57.1%) were less active, and 2 respondents were inactive. (14.3%). Meanwhile, 8 respondents (40.0%) received support from active families, 11 respondents (55.0%) were less active and 1 respondent (5.0%) was not active .

The results of the chi-square test analysis with the help of SPSS 16 for windows obtained (p value = $0.012 < (\alpha) = 0.05$, which means that H_0 is rejected and H_1 is accepted. It can be concluded that there is a relationship between family support and the activity of the elderly coming to the elderly Posyandu in alley 7 sub-district of Sawahan Mojosari.

Family support plays a very important role and encourages the interest or availability of the elderly to attend the elderly Posyandu. The family becomes a strong motivator if they always make themselves available to escort and

accompany the elderly to the Posyandu, remind the schedule of the elderly Posyandu and try to solve all problems with the elderly (Agustina, 2017)

The existence of family support for the elderly can cause inner peace and feelings of pleasure in the elderly. The family has a major role in providing encouragement to the elderly in checking the health of the elderly. The level of activeness of the elderly in posyandu is also influenced by family support. Good family support will also improve the level of activeness of the elderly in posyandu activities. Good and correct information received by the family is also important for the elderly, so that the elderly who receive information from the family will understand the importance of being active in Posyandu activities for the elderly. However, the elderly who are not active are also caused by the lack of desire of the elderly themselves who think they do not need to check their health conditions at the posyandu.

CONCLUSION

There is a relationship between family support and the activeness of the elderly in participating in Posyandu activities for the elderly in alley 7, Sawahan Mojosari village. The existence of family support for the elderly causes peace of mind and happiness in the elderly. Family support will affect the activity of the elderly because the role of the family is very important in encouraging and motivating the interest of the elderly to be active in Posyandu.

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