



Family Involvement In the Lives of the Elderly In the Working Area of the Lapadde Health Center, Pare - Pare City

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ABSTRACT

As the number of elderly increases, there are many problems experienced by the elderly, including not being educated, not having access to health care, not having old age security, not having social support from family or friends to care for them. Life changes in the elderly cause various problems, including dependence on other people, health problems and poverty. Reduced ability to respond to stress, repeated losses and physical changes place elderly people at risk of disease and functional disorders. In general, elderly people experience limitations, so that the quality of life of the elderly decreases. The aim of this research is to determine the relationship between the role of the family and the quality of life of the elderly in the Lapadde Community Health Center working area. This research method is quantitative research using a *cross sectional method* taken using a *purposive sampling technique*. The *chi square* test results obtained a value of $\rho = 0.000$ ($\rho < \alpha = 0.05$). This means that there is a relationship between the role of the family and the quality of life of the elderly in the Posyandu for the Elderly in the working area of the Lapadde Community Health Center. The conclusion is that there is a relationship between the role of the family in the quality of life of the elderly in the Posyandu for the Elderly in the work area of the Lapadde Community Health Center. It is recommended that families maintain good support for the elderly to maintain their quality of life by exercising regularly.

Keyword: Family Involvement, Life of the Elderly, Lapadde Community Health Center Work Areas

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1. Introduction

Elderly people generally experience various degenerative diseases due to a decline in biological, psychological, social and economic functions. This change will have an impact on all aspects of life, including health. Someone who has reached the age of 45-59 years is said to be pre-elderly, and is said to be elderly if they are 60 years old or more (Ministry of Health of the Republic of Indonesia, 2020).

In 2020, the number of people aged 60 years and over in the world will exceed the number of children under 5 years old, or it could be said to have increased from 1 billion people to 1.4 billion. From 2015 to 2050, it is estimated that the proportion of the population over 60 years old in the world will almost double from 12% to 22%. It is estimated that by 2050 the world's population aged 60 years and over will double to 2.1 billion. Meanwhile, the population aged 80 years or more is estimated to triple between 2020 and 2050, reaching 426 million people (World Health Organization, 2022).

As the number of elderly increases, there are many problems experienced by the elderly, including not being educated, not having access to health care, not having old age security, not having social support from family or friends to care for them. Life changes in the elderly cause various problems, including dependence on other people, health problems and poverty. Reduced ability to respond to stress, repeated losses and physical changes place elderly people at risk of disease and functional disorders. In general, elderly people experience limitations, so that the quality of life of the elderly decreases (Mulyaningsih et al, 2020).

Low quality of life causes elderly people to be unable to enjoy their old age meaningfully, happily and usefully. The quality of life for elderly people in Indonesia is still in the low category. This is due to the creation of a shift in social values caused by many families being busy working so that the elderly become neglected. The low quality of life of the elderly will affect the welfare of the elderly (Ratnawati et al, 2019).





Based on research conducted by Rompas and Katuik (2018), statistical test results were obtained using the chi square test and looking at the continuity correction value with the help of a computer program resulting in a p value of 0.000 ($p \leq 0.05$), so there is a relationship between family function and quality of life of the elderly. Elderly people who live with their families tend to have a good quality of life because elderly people who live with their families will receive attention, affection and direct support, including information, appreciation and emotional support.

This research was carried out in the Lapadde Community Health Center working area because the Lapadde Public Health Center working area has a fairly large number of elderly people compared to other community health centers. Based on data obtained from the Lapadde Community Health Center, It was found that the number of elderly people there was 3406 people. Therefore, researchers are interested in conducting research there regarding the relationship between the role of the family and the quality of life of the elderly in the Lapadde Community Health Center working area.

2. Research Methods

This research is a type of quantitative research with a cross-sectional approach. The location of this research was carried out in the work area of the Lapadde Community Health Center. This research was carried out from January 21 to April 2023. The population in this study was elderly people aged more than 60 years in the Lapadde Community Health Center working area using a purposive sampling technique. The data collection technique is primary data and secondary data with data collection procedures using questionnaires and interviews. Data analysis uses univariate analysis and bivariate analysis.

3. Results and Discussion

1) Results

Table 1.
 Connection Role Family With Quality Life Elderly in
 Region Lapadde Community Health Center work

Family Role	Quality Senior Living		Amount	ρ value
	Bad	Good		

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	n	%	n	%	n	%	$\rho = 0,000$
I think Good	40	55.6	32	44.4	72	100.0	
Good	21	19.4	87	80.6	108	100.0	
Count it	61	33.9	119	66.1	180	100.0	

Source: Data Primary 2023

Table 1 shows the results of the chi square test, the value obtained is $\rho = 0.000$ ($\rho < \alpha = 0.05$). This means that there is a relationship between the role of the family and the quality of life of the elderly in the Posyandu for the Elderly in the working area of the Lapadde Community Health Center.

2) Discussion

a. Family role

Elderly parents or family members. Families can help elderly people live a comfortable and meaningful life by providing daily care, fulfilling basic needs, and ensuring a safe and comfortable environment. Apart from that, families also play a role in maintaining the mental and social health of the elderly by providing attention, social interaction, and opportunities to participate in activities appropriate to their age. Loyalty, affection and attention from family members helps improve the quality of life of the elderly and provides a sense of security and comfort needed in the aging process (Okfrima et al, 2021).

In this study, it was found that the distribution of family role variables was more good, 108 people (60.0 %) compared to 72 people (40.0%) who were less good. The results of this research are in line with the results of research from Hidayat and Usman (2020), which shows that the majority of family roles are in the good category, 23 respondents (44.3 %).

In research conducted by Sahuri et al (2018), the same results were obtained in this study, that the research results showed that 95.3% of respondents had good family support and 78.8% of respondents had a good quality of life. Likewise, the results of research conducted by Fadhliya and Sari (2022), show that





the majority of elderly families' roles are good, namely 113 respondents with a percentage of 54.3 %.

The results of this study are in line with the results of other studies because many respondents have a good family role, which can be caused by the awareness of family members to care for the elderly in their home, who are indeed one of the family members. In this case, the family's perception of the health of the elderly plays an important role.

b. Quality of life for the elderly

The quality of life of the elderly includes a number of important aspects that influence their happiness and well-being in the aging stage. This includes good physical health, access to adequate medical care, and the ability to live life without excessive pain or discomfort. In addition, the quality of life of the elderly also depends on social aspects, such as strong relationships with family and friends, social support, and opportunities to participate in social and cultural activities. Independence maintained as far as possible, opportunities to continue learning and developing, and feeling valued and involved in society are also key elements in improving the quality of life of older people. All of these factors together form a picture of a positive quality of life for elderly people (Panjaitan and Angin-angin, 2021).

In this study, it was found that the distribution of quality of life for elderly people was more good, as many as 119 people (66.1 %) compared to bad, as many as 61 people (33.9%). The results of this research are in line with the results of research from Putri et al (2021), which shows that the majority of elderly people, namely 47 elderly people (51.6%) have a good quality of life and none are in the bad or very bad category.

The results of this research are also in line with the results of research conducted by Nuraeni et al (2020), that the quality of life of 88 respondents, the majority of elderly people experienced a good quality of life with 50 respondents (56.8%) and 38 respondents had a poor quality of life. (43.2%). Likewise, the





results of research from Sanchaya et al (2018), show that the majority of respondents have a good quality of life, 32 people (82.1%) compared to 7 people (17.9%) who have a poor quality of life.

The researcher's assumption that this research is in line with the results of previous research is because more elderly people have a good quality of life because the elderly are still able to do the work and do not feel burdened by their work. They enjoy their work because they can fill their free time by doing useful and enjoyable activities such as farming. Doing activities you enjoy can contribute to increasing hormones to relieve stress, which can also contribute to improving the quality of life of the elderly.

Apart from that, the researcher's assumption is that the quality of life of elderly people who fall into the good category can be related to the health status of the elderly. Most of the elderly have a history of diseases such as diabetes, gout and hypertension, but the elderly are also active in health service activities such as the elderly posyandu which is held regularly once a month to maintain the health of the elderly. The existing posyandu for the elderly can be used to improve health status so that it can improve the quality of life of the elderly.

c. The relationship between family roles and the quality of life of the elderly

Based on the chi square test, the value obtained is $\rho = 0.000$ ($\rho < \alpha = 0.05$). This means that there is a relationship between the role of the family and the quality of life of the elderly in the Posyandu for the Elderly in the working area of the Lapadde Community Health Center. The results of this research are in line with the results of research from Hoesny et al (2019), that the results of statistical tests using the chi-square test showed that the value of $p=0.003$. Because the p value $< \alpha=0.05$, this means that there is a relationship between the function of family care and the quality of life of elderly people suffering from chronic diseases at the Bara Permai Health Center, Palopo City 2018.

The results of this research are also in line with the research results of Nuraeni et al (2020), that the results of the chi square statistical test show a p





value of $0.000 < 0.05$, so it can be stated that there is a relationship between the role of the family and the quality of life of elderly people who experience hypertension at the Balaraja Community Health Center. Apart from that, a Correlation Coefficient was also obtained of 0.80, which means that the relationship between the role of the family and the quality of life of elderly people with hypertension has a very strong positive correlation.

In other research, there was also a relationship conducted by Madoni (2021), that less than half (32.1 %) of elderly people with poor quality of life had poor family support and a small portion (22.6%) of respondents with good quality of life on the role of a good family. The chi-square results obtained a p-value of 0.001, so it can be concluded that there is a relationship between the role of the family and the quality of life of the elderly in PSTW Saba Nan Aluih in 2020.

The researcher's assumption as to why the results of this study are in line with the results of previous research is because there is a close relationship between the role of the family and the quality of life of the elderly because the family often acts as the main source of support in the daily life of the elderly. Families not only provide physical care, such as helping with daily needs, but also provide emotional support which is important for the mental well-being of older adults. Positive relationships with family can reduce feelings of loneliness and social isolation that are often experienced by the elderly. Apart from that, families can also facilitate elderly people's access to medical care and health services needed to maintain their physical health. Thus, a good family role in caring for the elderly can significantly improve their quality of life, creating a safe, comfortable and loving environment, which greatly impacts the happiness and well-being of the elderly during the aging process.

Various reasons arise from the family when faced with the reality of caring for the elderly and it is felt as a burden because all the activities carried out by the elderly always rely on help from other people. This condition gives rise to a feeling of "inadequacy" from family members who ultimately explain their





responsibilities in caring for the elderly to fellow family members, plus there are elderly people who are difficult to manage, which creates feelings of irritation for family members (Yuiliana and Nuirlaeila, 2021).

4. Conclusion

- 1) The distribution of family role variables is more good in the Lapadde Community Health Center working area.
- 2) The distribution of quality of life for elderly people is more good in the Lapadde Community Health Center working area.
- 3) There is a relationship between the role of the family and the quality of life of the elderly in the Lapadde Community Health Center working area.

5. Compliance with ethical standards

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Disclosure of conflict of interest

This research collaboration is a positive thing for all researchers so that conflicts, problems and others are absolutely no problem for all writers.

Statement of informed consent

Every action we take as authors is a mutual agreement or consent.

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