

The Relationship Between Family Support for Group Activities and Independence of the Elderly in Daily Activities

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Abstract

Family support for the elderly to carry out some activities is all of the positive behavior and attitudes given by the family to the elderly. They are always ready to provide help and assistance if needed. The research contributed to knowing the relationship between family support for group activities and the independence of the elderly in daily activities at Kemukiman Ujong Rimba of Mutiara Timur, Pidie, Indonesia. The type of research was analytical through cross-sectional design. The research was conducted from June 13 to 14, 2022, at Kemukiman Ujong Rimba of Mutiara Timur, Pidie, Indonesia. The population in the research was 580 elderly. It found 85 of the elderly that were taken as samples by using the Purposive Sampling method. To collect the data, the researcher used a guided interview. The result showed that 51 respondents (67.1%) were inactive in the Elderly group activities. It found that 57 respondents (67.1%) were independent of the Elderly in daily activities. It showed that 54 respondents (63.5%) did not support it. In brief, there was a relationship between family support for group activities and the independence of the elderly in daily activities at Kemukiman Ujong Rimba of Mutiara Timur, Pidie. Therefore, researchers expected that families should manage and provide their time for the elderly who are sick so that it makes them more comfortable. It can also monitor their health improvement to increase their health status.

Keywords: Elderly Independence; Family Support; Group Activities;

Article info: Sending on September 26, 2023; Revision on November 20, 2023; Accepted on December 12, 2023

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1. Introduction

An elderly person is someone who has reached the age of 60. Elderly people experience various changes both physically, mentally, and socially. Physical changes include a decrease in physical strength, stamina, and appearance. These changes cause elderly people to experience changes in brain function or changes in cognitive function and changes in the five senses (Fiorenzato et al., 2021).

Changes in the five senses of sight, hearing, smell, taste, and motor changes include reduced strength, speed, and learning new skills. Physical deterioration and decreased organ function can cause elderly people to become dependent on other people. Even though the elderly naturally experience physical decline and decline, it does not rule out the possibility that the elderly can carry out activities and fulfill their daily needs independently (McClure & Leah, 2020). Independence is a condition where an individual has the will and ability to strive to

fulfill the demands of his life legally, fairly and responsibly for everything he does; however, this does not mean that an independent person is free and independent and has no ties to other people (Zhang et al., 2020). Efforts to overcome changes in the five senses and cognitive functions in elderly people who can carry out daily activities independently can be done through therapeutic communication, individual and group approaches, family involvement, and health services in Elderly group activities really need to emphasize an approach that includes physical, psychological, spiritual and social (Amir et al., 2021).

The activities of the elderly group include taklim assemblies and health development for the elderly, consisting of several activities with the elderly as the main target. These activities include physical health/aerobic exercise, health education, periodic health checks, mental development and recreation (Gou et al., 2022). There are several

factors that influence the interest of elderly people in carrying out group activities for the elderly or the elderly, including age, gender, occupation, interests, knowledge, distance, family support, support from health workers, level of education, marital status, attitudes of the elderly and the role of cadres (Tang et al., 2021).

Family support for the elderly in carrying out activities is all forms of positive behavior and attitudes given by the family to the elderly. Elderly people really need family support (Uddin, 2019). Family members see that supportive people are always ready to provide help and assistance if needed. The family has several support functions, including informational support, assessment support, instrumental support, and emotional support (Behrendt et al., 2023). The elderly health development program will not run well without good support and participation from the elderly themselves. A family is a group of two or more individuals bound by blood, marriage, or adoption who live in the same house or if separated, still care for each other (Asyari & Ruswadi, 2022). Globally, the number of elderly people living in the world will continue to increase. The proportion of the elderly population in the world in 2019 reached 13.4%, in 2050 it is estimated to increase to 25.3% and in 2010 it is estimated to be 35.1% of the total population (Basrowi et al., 2021). As is happening in the world, Indonesia is also experiencing population aging. In 2019, the number of elderly Indonesians increased to 27.5 million or 10.3% and 57.0 million people or 17.9% in 2045 (Setiati et al., 2019).

According to Basic Health Research (Riskesdas) in 2018, it was found that the number of elderly people in Indonesia was 92.976 people or 9.2%. Meanwhile, in Aceh Province, the number of elderly people in 2018 was 2.312 people or 0.7% (Liu et al., 2021). Based on data obtained from the Aceh Province Central Statistics Agency in 2020, the current number of elderly people with an age range of more than 60-75 years has reached 5.371.532 people, this is proven by the increase in the number of elderly people in previous years since 2015-2020. Pidie Regency data for 2020 according to the Central Statistics Agency of Aceh Province, the number of elderly people. Meanwhile, the number of elderly people at the Ujong Rimba Health Center in 2021 is 1.729 people. Based on data from the Ujong Rimba Village, Mutiara Timur District, Pidie Regency, in January 2022, the number of elderly people aged ≥ 60 years was 580 people, of which the number of elderly men was 278 people and the number of elderly women was 302 people.

Based on interviews with 13 elderly people in the Ujong Rimba Village, Mutiara Timur District, Pidie Regency, namely 6 people in Gampong Meugit and 7 people in Gampong Empeh, the results showed that the elderly rarely took part in activities held in the Gampong such as the taklim assembly, gymnastics and posyandu because the elderly did not get support from the family, for elderly families participating in these activities can be a hassle for the family to take the elderly to the location of the activity so that the elderly only take part in the activities only 1 or 2 times a month for both elderly men and women, for elderly men they are busy working to earn a living. Apart from that, elderly people are independent in carrying out daily activities. So it this research contributed to knowing elderly family support, including emotional and instrumental support.

2. Method

This research uses analytical research methods with a cross-sectional approach, namely method approach, observation or data collection at one time, where data collection on dependent and independent variables was carried out at the same time regarding the relationship between family support and elderly group activities and the independence of the elderly in carrying out daily activities in the Ujong Rimba settlement, Mutiara Timur sub-district, Pidie Regency.

The population is all research subjects. The population in this study was all 580 elderly people in the Ujong Rimba Village, Mutiara Timur District, Pidie Regency. Research was conducted in the Ujong Rimba Village, Mutiara Timur District, Pidie Regency on 13 – 24 June 2022. The data collection tool used in this research is a questionnaire which will be given to respondents with 3 statements about elderly group activities, 20 statements about family support and 6 statements about elderly independence.

3. Results and Discussion

Based on Table 1 shows that the majority of elderly group activities are in the inactive category, namely 51 respondents (60%). The majority of elderly people's independence in carrying out daily activities is in the independent category, namely 57 respondents (67.1%). The majority of family support for the elderly is in the unsupportive category, namely 54 respondents (63.5%).

Based on Table 2, shows that family support for the elderly does not support the majority of the activities of the inactive elderly group, namely 49 respondents (90.7%). The results

of statistical tests using chi-square showed a P-value of $0.000 \leq 0.05$ (α value). So that it can be concluded that H_a was accepted, namely that there was a relationship between family support and elderly group activities.

Based on [Table 3](#), shows that family support for the elderly supports the majority of elderly people independently in carrying out daily activities, namely 29 respondents (93.5%). The results of statistical tests using chi-square showed a P-value of $0.000 \leq 0.05$ (α value). So it can be concluded that H_a is accepted, namely that there is a relationship between family support and the independence of the elderly in carrying out daily activities.

Table 1. Frequency Distribution of Elderly Group Activities

Category	Frequency	Percentage
Group Activities		
Active	34	40
No Active	51	60
Total	85	100
Elderly Independence		
Independence	57	67.1
Help	28	32.9
Total	85	100
Family Support		
Support	21	36.5
Does Not Support	54	63.5
Total	85	100

Table 2. Relationship between family support and elderly group activities

Family support	elderly group activity				Amount		P-value
	Active		No Active		f	%	
	f	%	f	%			
Support	29	93.5	2	6.5	31	100	0.000
Does Nor Supoort	5	9.3	49	90.7	54	100	
Total	34	40	51	60	85	100	

Table 3. Relationship between family support and elderly independence in carrying out daily activities

Family support	elderly group activities				Amount		P-value
	Independent		Help		F	%	
	f	%	f	%			
Support	29	93.5	2	6..	31	100	0.000
Does Nor Supoort	28	51.9	26	48.1	54	100	
Total	57	67.1	28	32.9	85	100	

Based on the research results, it shows that family support for the elderly does not support the majority of the activities of the inactive elderly group, namely 49 respondents (90.7%). The results of statistical tests using chi-square showed a P-value of $0.000 \leq 0.05$ (α value). So it can be concluded that H_a is accepted, that is, there is a relationship between family support and elderly group activities. The research above is in accordance family support for the elderly, namely family support through communication, emotional family support, support through social interaction, family support through finances, family support in efforts to provide transportation, support through efforts to maintain physical activity that the elderly are capable of and family support in preparing food ([Wang et al., 2020](#)). The surrounding environment has quite good solidarity which is felt by the elderly. The family must be able to take time to share stories, listen, pay attention, provide input or solutions if the elderly are facing problems and the elderly can do various activities such as exercise and reciting the Koran ([Lao et al., 2019](#)). The above research it was found that from the results of bivariate analysis with chi-square analysis the value

obtained χ^2_{count} is 17.084 with a significance of $p < 0.05$ ($0.001 < 0.05$), then H_a is accepted ([Mayasari et al., 2022](#)). This means that there is a significant relationship between family support and activeness in participating in elderly activities. Forms of family support include always reminding the elderly about the activity schedule at the elderly posyandu, the family taking them to the elderly posyandu, the family always advising the elderly to be active in activities at the elderly posyandu ([Zhao & Xu, 2019](#)). In the opinion of researchers from the results of research in the Ujong Rimba Village, Mutiara District Timur found that most families do not provide support to the elderly in carrying out activities such as taking the elderly to recitation and posyandu because the family is busy earning a living from morning to evening so the family does not have time to accompany the elderly. Meanwhile, the support provided only provides daily needs such as food, clothing and needs for worship such as mukenas and the holy Koran ([Wibawa et al., 2021](#)).

Based on the research results, it shows that family support for the elderly supports the majority of elderly people independently in carrying out

daily activities, namely 29 respondents (93.5%). The results of statistical tests using chi-square showed a P-value of $0.000 \leq 0.05$ (α value). So it can be concluded that H_a is accepted, namely that there is a relationship between family support and the independence of the elderly in carrying out daily activities. The research above is in accordance theory that adequate family support for health and well-being has been proven to reduce mortality, speed up healing from illness, improve cognitive, physical and emotional health, in addition to The positive influence of family support is on the elderly's adjustment to independence in carrying out daily activities (Xu & Luo, 2022).

In the context of illness and caregiving, family support has been shown to be crucial. For instance, Noguchi et al. (2019) found that social support outside the family was protective against the decline of cognitive function among older adults, emphasizing the broader impact of social and family support on cognitive health. Furthermore, the study by Cao et al. (2019) revealed that family function remained a significant factor in late-life suicide in rural China, indicating the critical role of family support in mental health and well-being.

According to the researcher's opinion, it was found that family support for the elderly supports the majority of elderly people independently in carrying out their daily activities, so it can be concluded that elderly people who receive support from the family can fulfill ADLs independently because family support the elderly will be motivated to carry out daily activities, and feel useful in the family. The support received includes the family providing the clothing, toiletries, and hygiene needs of the elderly support that is not provided by the family, such as providing special seating such as a wheelchair because the price is too high (Hizkia & Tarigan 2022)

4. Conclusion

The majority of elderly group activities are in the inactive category, namely 51 respondents (60%). The majority of elderly people's independence in carrying out daily activities is in the independent category, namely 57 respondents (67.1%). The majority of family support for the elderly is in the unsupportive category, namely 54 respondents (63.5%). There is a relationship between family support and elderly group activities. The results of statistical tests using chi-square showed a P-value of $0.000 \leq 0.05$ (α value) or H_a was accepted. There is a relationship between family support and the elderly's independence in carrying out daily activities. The results of statistical tests using chi-square showed a P-value of $0.000 \leq 0.05$ (α value) or H_a was accepted

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