

## The Relationship Between Family Support and Elderly Independence Towards the Self-Concept of the Elderly in The Village Area Jatijajar City of Depok

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### ABSTRACT

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Aging is a natural process in the stages of human life that will affect their health status. Various problems that arise in the elderly are functional consequences of biological, psychological, social, and spiritual changes. Changes that occur in old age can cause dependence on their closest family, be it their spouse or grandchildren. Changes in the elderly, both physically, mentally and emotionally, require family support, because family support helps with elderly problems. In order for the elderly to enjoy life in old age so that they can be happy or feel happy, support is needed from people close to them. This support aims to ensure that the elderly can continue to carry out daily activities regularly and not excessively. This study aims Analyzing the relationship between family support and elderly independence towards the concept of elderly self in the Jatijajar Urban Village, Depok City. This type of research is descriptive correlation research, using a cross-sectional design. The population in this study was all elderly people who were in Jatijajar sub-district area of Depok city. The sample in this study was taken based on inclusion and exclusion criteria with a sample size of 78 people. The results of statistical tests using the chi square test showed a p-value = 0.000 smaller than the value of  $\alpha = 0.05$ , which means that there is a relationship between family support and elderly independence with the self-concept of the elderly in the Jatijajar Village Area, Depok City. This research is expected to provide information to the general public and patient families that there are many factors such as family support and elderly independence that can influence the elderly's self-concept.

**Keywords:** Family Support, Elderly Independence, Self-Concept

### INTRODUCTION

Indonesia has entered the aging population period marked by an increase in life expectancy followed by an increase in the number of elderly people. Indonesia has experienced an increase in the number of elderly people from 18 million people (7.56%) in 2010, 25.66 million (9.60%) in 2019 to 28.3 million people (9.78%) in 2020, and is expected to continue to increase where in 2035 it will be 48.2 million people (15.77%)

(BPS, 2021).Indonesia is predicted to experience a higher increase in the number of elderly people compared to elderly population in the world after 2100(Ministry of Health of the Republic of Indonesia, 2022). The number of elderly people in West Java Province, both those living in urban and rural areas, is 9.25%.(BPS Susenas, 2019). Based on the Depok City Health Profile Report, the elderly population is 5.25% of the total population.(Depok City Health Service, 2018).

The increasing number of elderly population in Indonesia can bring various impacts and influences on the socio-economic situation. The increase in life expectancy that is not comparable to the quality of human development can cause demographic burdens, including health problems. This causes the elderly population with a risk of declining health to become a burden on the family. The dependency burden figure is described by the increasing economic burden of the non-productive elderly population that must be borne by the productive age(Ministry of Health of the Republic of Indonesia, 2017). Based on the West Java Health Profile, the non-productive population in the age group  $\geq 65$  years is 2.5 million people.(West Java Provincial Health Service, 2016). The burden experienced by the productive age is influenced by the health condition of the elderly (Alfianto, 2016).

Aging is a natural process in the stages of human life that will affect their health status. Various problems that arise in the elderly are functional consequences of biological, psychological, social, and spiritual changes (Miller, 2012). Changes in biological function in the cardiovascular system include thickening of the walls of blood vessels which causes decreased elasticity of blood vessels, thereby increasing peripheral resistance and increasing the workload of the heart (Potter & Perry, 2005; Miller, 2012). Changes that occur in old age can cause dependence on their closest family, be it their spouse or grandchildren.Elderly dependency is caused by the condition of elderly people experiencing many physical, cognitive and psychological declines, meaning that elderly people experience developments in the form of changes that lead to negative changes (Inayah, 2017).

Changes in the elderly, both physically, mentally and emotionally, require family support, because family support helps with elderly problems. In order for the elderly to enjoy life in old age so that they can be happy or feel happy, support is needed from people close to them. This support aims to ensure that the elderly can continue to carry out daily

activities regularly and not excessively (Utami, 2021). The results of the study conducted by Sari (2015) regarding the relationship between family support and the concept of self in the elderly in Neighborhood XI, Titi Papan Village, Medan Deli District, showed that there was a significant relationship between family support and the concept of self in the elderly in Neighborhood XI, Titi Papan Village, Medan Deli District. This study is in line with the study conducted by Fitriyani (2015) regarding the relationship between family support and elderly independence with the self-concept of the elderly in Kalibanteng Kulon Village, West Semarang, which shows that there is a relationship between family support and elderly independence with the self-concept of the elderly in Kalibanteng Kulon Village, Semarang (Mawarni, 2018).

### **MATERIALS AND METHODS**

The type of research used is descriptive correlation research, using a Cross Sectional design. The Cross Sectional approach is an approach used in research that aims to determine the relationship between independent variables and dependent variables on research objects at the same time (Sastroasmoro, 2014). The population in this study was all elderly people who were in Jatijajar sub-district area of Depok city. Sample is part of the population to be studied or part of the number of characteristics possessed by the population. All information obtained from the sample, the conclusion can be applied to the population (Nursalam, 2013). The sample in this study was taken based on inclusion and exclusion criteria with a sample size of 78 people.

This study used a closed questionnaire where respondents only had to choose the answers provided. The questionnaire consisted of general respondent identities including: Respondent No., age and gender. The questionnaire consisted of 20 questions from 4 components, namely emotional support 5 questions, information support 5 questions, instrumental support 5 questions, and assessment support 5 questions. With answer choices of "never", "sometimes", "often", and "always". Of the 20 questions, all are positive questions. The Barthel Index research questionnaire (in Sugiarto, 2005) consists of 15 questions with answer choices of "assisted" and "independent". Of the 15 questions, all are positive questions.

### **RESULTS**

Based on the table above, it shows that of the 64 respondents, the number of respondents who received sufficient family support was 24 people (30%) and the number of respondents who received good family support was 54 people (70%).

**Tabel 1. Frequency Distribution of Respondents Based on Family Support in the RegionWork of Jatijajar Health Center, Depok City in 2024**

Family Support	Frequency (n)	Percentage (%)
Enough	24	30
Good	54	70
Total	78	100.0

Based on the table above, it shows that of the 74 respondents, the number of respondents with dependent category independence was 27 people (33%) and the number of respondents with independent category independence was 52 people (67%).

**Tabel 2. Frequency Distribution of Respondents Based on Elderly Independence in the RegionWork of Jatijajar Health Center, Depok City in 2024**

Independence of the Elderly	Frequency (n)	Percentage (%)
Dependence	27	33
Independent	52	67
Total	78	100.0

Based on the table above, it shows that of the 78 respondents, The number of respondents who have a sufficient self-concept is 25 people (26%) and the number of respondents who have a good self-concept is 53 people (74%).

**Tabel 3. Frequency Distribution of Respondents Based on the Self-Concept of the Elderly in the RegionWork of Jatijajar Health Center, Depok City in 2024**

Elderly Self-Concept	Frequency (n)	Percentage (%)
Enough	25	26
Good	53	74
Total	78	100.0

Based on the tableabove shows that of the 78 respondents,as many as 25 respondents (29.7%)who gets enough family support, among them there were 19 respondents (25.0%) with sufficient self-concept and 7 respondents (4.7%) with good self-concept. And as many as 53 respondents (70.3%)who gets good family support,

among them there were 6 respondents (3.1%) with sufficient self-concept and 46 respondents (67.2%) with good self-concept.

The results of the statistical test using the chi square test show a p-value = 0.000 which is smaller than the  $\alpha$  value = 0.05, which means there is The relationship between family support and the concept of self in the elderly in the Jatijajar sub-district of Depok City Year 2024.

**Tabel 4. Relationship between Family Support and Elderly Self-Concept in the Region Work of Jatijajar Health Center, Depok City in 2024**

Family Support	Elderly Self-Concept				Total	P value	
	Enough		Good				
	n	%	n	%	n		%
Enough	19	25.0	7	4.7	26	29.7	0,000
Good	6	3.1	46	67.2	52	70.3	
Total	25	28.1	53	71.9	78	100.0	

Based on the table above shows that of the 78 respondents, as many as 25 respondents (31.2%) with independence category dependency, among them there were 21 respondents (26.6%) with sufficient self-concept and 6 respondents (4.7%) with good self-concept. And as many as 53 respondents (68.8%) with independent category independence, among them there were 5 respondents (1.6%) with sufficient self-concept and 47 respondents (67.2%) with good self-concept.

The results of the statistical test using the chi square test show a p-value = 0.000 which is smaller than the  $\alpha$  value = 0.05, which means The relationship between the independence of the elderly and the concept of self in the Jatijajar sub-district of Depok City Year 2024.

**Tabel 5. The Relationship Between Elderly Independence and Elderly Self-Concept The Relationship Between Elderly Independence and Elderly Self-Concept in the Region Work of Jatijajar Health Center, Depok City in 2024**

Independence of the Elderly	Elderly Self-Concept				Total	P value	
	Enough		Good				
	n	%	n	%	n		%
Dependence	21	26.6	6	4.7	27	31.2	0,000
Good	5	1.6	47	67.2	51	68.8	
Total	25	28.1	53	71.9	78	100.0	

## DISCUSSION

The results of the statistical test using the chi square test showed a p-value = 0.000 which is smaller than the  $\alpha$  value = 0.05, which means that there is a relationship between family support and the self-concept of the elderly in the Jatijajar Urban Village, Depok City. Family support is a process that occurs throughout life, which includes emotional

support, information support, instrumental or real support and support in the form of appreciation or assessment given by family and those closest to us (Bratanegara, et al., 2012).

Family support can increase the spirit of the elderly to face their old age well so that they can form a good self-concept (Romadlani, et al., 2013). Family is the basis for the formation of self-concept because it can provide feelings of being able or not able, feelings of being accepted or rejected, and in the family individuals have the opportunity to identify the behavior of others, and have a proper appreciation of goals, behavior and values (Dalami, et al., 2009).

Based on the discussion above, the researcher assumes that the family support given greatly influences the self-concept of the elderly, namely the elderly who have good family support will think that they are still needed in the family and their family still pays attention and cares about them, conversely the elderly who have poor family support will think that they are no longer needed in the family and will only be a burden for their family.

The results of the statistical test using the chi square test showed a p-value = 0.000 which is smaller than the  $\alpha$  value = 0.05, which means the relationship between elderly independence and the self-concept of the elderly in the Jatijajar Urban Village Area, Depok City. Elderly dependency is caused by the condition of elderly people experiencing many physical, cognitive, and psychological declines, meaning that elderly people experience development in the form of changes that lead to negative changes. As a result, physical changes in the elderly will experience impaired physical mobility which will limit the independence of the elderly in fulfilling daily activities (Nugroho in Romadlani, 2013). Independence is the freedom to act, not dependent on others, not influenced by others and free to regulate oneself or one's activities, both individuals and groups from various health or diseases (Ediawati, 2012).

The results of research conducted by Fitriyani (2015) regarding The relationship between family support and elderly independence with the concept of elderly self in Kalibanteng Kulon Village, West Semarang, shows that there is a relationship between family support and elderly independence with the concept of elderly self.

## CONCLUSION

78 respondents, obtained the number of respondents who received sufficient family support as many as 24 people (29.8%) and respondents who received good family support as many as 54 people (70.2%). Of the 78 respondents, obtained the number of respondents with dependent category independence as many as 27 people (32.3%) and respondents with independent category independence as many as 52 people (68.7%). Of the 78 respondents, obtained the number of respondents who had sufficient self-concept as many as 25 people (26.1%) and respondents who had good self-concept as many as 53 people (73.9%). The results of the statistical test using the chi square test show a p-value = 0.000 which is smaller than the  $\alpha$  value = 0.05, which means there is the relationship between family support and the self-concept of the elderly in the Jatijajar Urban Village Working Area, Depok City in 2024.

This research is expected to provide information to the general public and patient families that there are many factors such as family support and independence of the elderly that can influence the self-concept of the elderly, and also as input for health centers to hold elderly-friendly health centers to improve the quality of life and can be used as a means of counseling for families who have elderly people about the importance of family support..

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