

The Relationship Between Family Support And The Independence Of The Elderly In Fulfilling Daily Activities In Urban Village X West Jakarta

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ABSTRACT

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Background: The elderly are individuals aged ≥ 60 years, who naturally experience a decline in physical and psychosocial functions due to the aging process. This decline includes the cardiovascular, respiratory, musculoskeletal, gastrointestinal, and genitourinary systems, thus affecting the ability of the elderly to carry out activities of daily living independently. In addition, psychosocial changes such as retirement, loss of spouse, residential relocation, and new roles such as caring for grandchildren, also worsen the emotional and social conditions of the elderly. One important factor that plays a role in maintaining the independence of the elderly is family support. The family acts as a companion, motivator, and provider of assistance in carrying out daily activities, so as to improve the overall quality of life of the elderly. This study aims to determine the relationship between family support and elderly independence in fulfilling daily activities in Kelurahan X, West Jakarta. This study used a quantitative approach with a cross sectional analytic design. The population in this study were 135 elderly people living in Kelurahan X, with a sample size of 57 respondents taken using random sampling technique. Data collection was carried out through questionnaires, and analysis using the chi-square test with a significance level of $p \leq 0.05$. The results showed that there was a significant relationship between.

Keywords: Elderly, Family support, Independence

INTRODUCTION

Aging is a transition from being a healthy adult to becoming physically weaker and more vulnerable, marked by a decline in reserves of most physiological systems and an increased likelihood of developing various diseases (Fidora, Kurniawan, & Rahayu, 2019). Aging may lead to physical, biological, mental, and socioeconomic problems. As people age, they often experience a decline in physical capacity, making it difficult to fulfill daily needs independently. This dependence can hinder older adults from enjoying a peaceful

and healthy old age (Saranga, Laurensia, & Widodo, 2022). According to the World Health Organization (WHO), individuals aged 60 years or older are considered elderly. Indonesian Law No. 13 of 1998 on Elderly Welfare also defines older adults as those aged 60 years and above. However, the definition of "elderly" can vary depending on time, sociocultural context, and physical condition (Di, Fauzi, & Lestari, 2021).

Aging brings changes to physical, cognitive, mental, spiritual, and psychosocial aspects. Physical limitations such as reduced mobility, unstable walking, impaired circulation, vision, hearing, and sensory functions contribute to decreased daily activity capacity, mental status issues such as sadness and depression, and poor body acceptance. These problems are addressed through elderly healthcare services and guidance (Syifa, Rachmawati, & Prasetya, 2018). The global elderly population is expected to increase by about 56% between 2015 and 2030, reaching 1.4 billion. In Southeast Asia, it is projected to quadruple by 2050. In Indonesia, there were 22.6 million older adults in 2016 (8.75%), a number expected to grow to 41 million (13.82%) by 2030 (Lintang, Nuraini, & Suprapti, 2023). WHO also projects the global elderly population will triple by 2050. In 2000, there were 24 million elderly people (9.77%) in Indonesia. According to the 2020 Elderly Population Statistics, most older adults lived in urban areas (52.95%), with more elderly women living in cities than in rural areas (Krisogonus, Hartono, & Dewi, 2020). In 2020, 11.34% or 28.8 million of Indonesia's population were elderly. In Jakarta, this number is expected to rise annually, from 942.8 thousand in 2020 to an estimated 1.2 million by 2025 (Puspitasari, Hidayat, & Anindita, 2023).

Family support is crucial in helping the elderly adapt to life changes. It plays an important role in enhancing the quality of life, enabling older adults to experience a meaningful, joyful, and dignified old age (Sulandari, Yuliana, & Handayani, 2020). Family support includes informational, appraisal, instrumental, and emotional components. Families provide educational and instrumental assistance, guide older adults in healthy living practices, ensure proper nutrition, and help meet their daily needs (Lintang, Nuraini, & Suprapti, 2023).

Maintaining elderly health is essential, as they are prone to declines in physical, mental, and social function. However, with proper support and care, the severity of these declines can be reduced, lowering the risk of serious illness or death (Jurnal Kesehatan Masyarakat, 2021). A previous study at Posyandu Lansia Permadi, Tlogomas Village, Malang City, found that family support was significantly associated with the ability of

elderly individuals to fulfill their daily needs. The study emphasized that families play a crucial role in motivating and assisting the elderly in maintaining their independence in daily activities (Palaka, Marthoenis, & Meutia, 2018). Another study conducted at the Posyandu Lansia Belakang Balok, Bukittinggi, also demonstrated a significant relationship between family support and the elderly's ability to carry out daily activities. The research highlighted that the presence and involvement of family members positively influence the functional ability of older adults (Fidora, Kurniawan, & Rahayu, 2019). Furthermore, a study by Laurensia Saranga et al. (2022) revealed that physical ability tends to decline with age, leading to dependency in fulfilling daily needs. In this context, family support is essential to encourage and assist older adults in maintaining their autonomy and engagement in daily living activities (Saranga, Laurensia, & Widodo, 2022).

The purpose of this study was to determine the relationship between family support and elderly independence in fulfilling daily activities in Village X, West Jakarta.

MATERIALS AND METHODS

This study is a quantitative study using a cross-sectional analytic design. The population in this study were all elderly people who live in Village X, West Jakarta, with a total of 135 people. The research sample consisted of 57 respondents selected using random sampling technique. Data collection was carried out with a questionnaire instrument that had been tested for validity and reliability. The collected data were analysed using the chi-square test with a significance level set at a p-value ≤ 0.05 .

RESULTS

This research was conducted at in Village X, West Jakarta and the results of the research are as follows: Table 1 The majority of respondents were aged 60–70 years (71.9%) and male (54.4%). This indicates that most elderly participants in the study were in the younger elderly category and predominantly male.

Table 1. Frequency Distribution of Respondents

Respondent Characteristics	Frequency (f)	Percentage (%)
Age		
60–70 Years	41	71.9
61–80 Years	16	28.1
Gender		
Male	31	54.4
Female	26	45.6
Total	57	100.0

Table 2 The majority of elderly individuals in Village X West Jakarta, received high levels of family support (71.9%) and demonstrated a good level of independence (66.7%). This suggests that family support plays a significant role in promoting the independence of the elderly in performing daily activities.

Table 2. Distribution Based on Family Support and Elderly Independence

Variable	Frequency (f)	Percentage (%)	Mean	Standard Deviation
Family Support			1.28	0.453
High	41	71.9		
Moderate	16	28.1		
Elderly Independence			1.33	0.476
Independent	38	66.7		
Dependent	19	33.3		
Total	57	100.0		

Table 3 The results show a statistically significant relationship between family support and elderly independence in performing daily activities ($p = 0.009$). Elderly individuals who received high family support were more likely to be independent (78%) compared to those with moderate support (37.5%). The odds ratio ($OR = 5.926$) indicates that the elderly with high family support were nearly six times more likely to maintain independence than those with less support. This highlights the essential role of family support in promoting elderly self-reliance.

Table 3. Bivariate Analysis of the Relationship Between Family Support and Elderly Independence in Performing Daily Activities

Variable	Elderly Independence		Total	Sig. p-value	OR
	Independent	Dependent			
Family Support					
High	32	9	41	0.009	5.926
% Within Family Support	78.0%	22.0%	100.0%		
Moderate	6	10	16		
% Within Family Support	37.5%	62.5%	100.0%		
Total	38	19	57		

DISCUSSION

The majority of respondents were aged 60–70 years (71.9%) and male (54.4%), indicating that most participants were in the younger-old age category and predominantly male. According to the World Health Organization (2021), individuals aged 60–74 years are classified as “young-old,” a group that generally maintains a level of independence and remains receptive to health promotion strategies, making them an important target for preventive interventions (WHO, 2021). The higher male

participation may reflect social and cultural dynamics in many Asian contexts, where older men often retain leadership roles in families and are more visible in public life, influencing their likelihood of participating in research and healthcare programs (Ng et al., 2020). However, research also suggests that older men, despite being more involved in formal health services, may not always experience better health outcomes than women, who tend to live longer despite having more comorbidities (Davis et al., 2021). Therefore, public health planning must prioritize gender-responsive and age-specific strategies, especially for the 60–70 age group, to maintain their autonomy and prevent functional decline as part of healthy aging efforts (Beard et al., 2016).

The majority of elderly individuals in Village X, West Jakarta, received high levels of family support (71.9%) and demonstrated a good level of independence (66.7%). This finding highlights the critical role of family support in maintaining and enhancing functional independence among the elderly. Previous studies have consistently shown that strong familial support correlates positively with better self-care abilities and psychological well-being among older adults (Yu et al., 2021). Family involvement, particularly emotional and instrumental support, significantly contributes to motivation and confidence in elderly individuals to perform activities of daily living (García-Fernández et al., 2020). Moreover, elders with strong support systems tend to delay functional decline and experience improved health-related quality of life (Chen et al., 2019). As such, policies and community health programs should continue to empower families as a vital pillar of elderly care to support aging in place and promote sustained autonomy in older populations (World Health Organization, 2015).

The findings in Table 3 reveal a statistically significant relationship between family support and elderly independence in daily living activities ($p = 0.009$). Elderly individuals who received high family support were substantially more likely to maintain independence (78%) than those with only moderate support (37.5%). The odds ratio (OR = 5.926) suggests that older adults with strong family support were nearly six times more likely to be independent compared to their counterparts with limited support. These results are consistent with existing literature, where family support has been identified as a key determinant of elderly autonomy (Tsai et al., 2020). Emotional and instrumental assistance from family helps reduce functional decline and fosters positive aging outcomes (Wu et al., 2019). Furthermore, strong familial involvement enhances the psychological resilience of older adults, thereby improving their motivation to engage in

self-care (Park & Kim, 2021). Social support has also been linked to a reduction in depressive symptoms and an improvement in perceived quality of life among elderly individuals (Wang et al., 2018). In light of these findings, strengthening family-based support systems should be a public health priority to help older adults maintain their independence (World Health Organization, 2015).

Recent studies have shown that family support plays an important role in improving the independence of the elderly in carrying out activities of daily living (ADLs). The study by Mayasari et al. (2024) confirms that almost all literature states a strong relationship between family support and elderly independence in various basic activities. This is reinforced by the findings of Lanto'e et al. (2024) in Merauke, which showed that older people with good family support and knowledge were more active and independent, as evidenced by the contingency coefficient value of 0.64 ($p < 0.05$). Family support has also been shown to improve quality of care as demonstrated by Vinsur et al. (2023), who reported that a caregiver training programme significantly improved the quality of life of the elderly ($p = 0.0001$). Meanwhile, Nurhasanah et al. (2025) found that a home care intervention based on family education was effective in strengthening coping mechanisms and independence of post-stroke elderly, and Riasmini et al. (2023+) showed that a psychoeducation programme for families was able to improve knowledge, attitudes and behaviour in caring for depressed elderly. These five studies underline the importance of active family involvement in improving the independence of the elderly, especially in the context of urban areas such as West Jakarta.

CONCLUSIONS

Family support has been shown to play an important role in increasing the independence of the elderly in daily activities. Family involvement, whether through emotional, educative or instrumental support, significantly strengthens the ability of the elderly to live independently, especially in an urban context such as West Jakarta.

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