



THE RELATIONSHIP BETWEEN FAMILY DUTIES IN ELDERLY CARING WITH INDEPENDENCE LEVEL OF ELDERLY IN ACTIVITY DAILY LIVING AT SUMOLAWANG HAMLET SUMOLAWANG VILLAGE MOJOKERTO REGENCY

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ABSTRACT

Keywords

The family has a very important duty in elder care. In the process of getting older, a person experiences a physical, mental and social setback little by little until he cannot perform his daily tasks again. Therefore, the implementation of family duties must be optimized so that the elderly can live independently and productively in the conditions. The purpose of this study is to analyze the relationship between family duties in caring for elderly with the level of independence of elderly in everyday life activities in Sumolawanghamlet Sumolawang village, Mojokerto regency. In this study, the population is family and elderly in Sumolawanghamlet Sumolawang village, Mojokertoregency and the sample is family and elderly who have fulfilled inclusion criteria amounting to 35 people. The sample selection was done by a nonprobability sampling of purposive sampling type and in collecting data was used instrument questionnaire sheet for family duty in caring for elderly and Katz index observation sheet for the level of independence of elderly in daily life activity. The result of data analysis using SPSS chi-square test (χ^2) obtained value $(0,607) > \alpha (0,05)$, which means there is no relation between family duty in caring elderly with the level of independence of elderly in daily life activity in Sumolawanghamlet Sumolawang village, Mojokerto regency. This is due to a different understanding of the elderly in accepting the implementation of maintenance tasks of his family. Efforts to prevent the occurrence of dependence on the elderly can be done by improving the implementation of family duties in caring for the elderly.

Family Duties, Degree of Independence Elderly

INTRODUCTION

Elderly is a period of illness that will affect the activities of his life, especially in self-reliance. Everyone will experience the process of growing old and old age is the last human lifetime, which at this time a person experiencing physical, mental and social degeneration little by little until no and decline. The existence of setbacks can be done daily again so that for most people, the old age is an unpleasant period and cause dependence on others (Nugroho, 2000). Aging also causes a decrease in motor responses in the central nervous system so that the elderly experience a decline in functional motion either mobility or self-care capabilities that include decreased ability of daily life activities (Pudjiastuti, 2003). Currently, there are many restrictions on the level of independence of the elderly in daily living activities by the family, among others: restrictions on doing homework, such as washing clothes, cooking, cleaning the room, shopping and using public transportation so as to make the level the independence of the elderly in the activities of everyday life becomes dependent on the family. In Indonesia according to the census in 2000. It is estimated that the number of elderly people increases to 9.99% of the total population (22,277,700 inhabitants) with 65-70 years life expectancy which individually causes many physical, biological, mental and social problems (Gallo. J. J, 1998).

From the preliminary study results through questionnaires and checklists in 10 families with elderly in Sumolawang hamlet Sumolawang village, Mojokerto regency on February 10, 2018 in daily life activities, family ability in performing maintenance task at elderly 4 people (40%) already understand the task family (good) and 6 people (60%) partially understood the duties of the family (medium) and the elderly ability in the daily life of 4 people (40%) at the self-level and 6 people (60%) on the level of dependence. In old age, a person experiences physical, mental and social deterioration gradually until he cannot perform his daily tasks again, so for most people in old age it creates dependence on

others (Nugroho, 2000). The cause of dependence is not from the physical alone, but psychological can also affect in the elderly such as: helplessness, lack of confidence, lack of attention and social support from the environment and family. If this condition occurs continuously in the elderly, it can lead to depression in the elderly. From the economics aspect can also cause elderly to become dependent or depend on family because elderly is retired, productivity decrease, automatic income also decrease (Depsos RI, 2008)(Rosidawati, 2008).

Cognitive incapacity does have an important indirect effect through its influence on disruptive behavior and social functioning (Deimling & Bass, 1986). The family is a part of the human being that is always connected with us every day (Suprajitno, 2004). The family has a very important role in the care of the elderly and has a hard task - many demands happen both physically and emotionally (Gallo. J. J, 1998). The family does not mean to help all the daily needs of the elderly, so the elderly tend to be quiet and dependent on the environment. All members of the family are expected to be active in helping the elderly to be as optimal as possible to conduct their daily activities independently safely (Nurul Huda, 2003). With the rapid aging of Western populations, professional practices, gerontological research, and popular opinion have jointly focused on the connection between activity and well-being in old age. However, as experts in gerontology, recreation, and leisure promote regimes of care and lifestyle based on activity, scant critical attention has been paid to activity as part of a larger disciplinary discourse in the management of everyday life (Katz, 2000).

Some sociologists had predicted a continuing decrease in family interdependence and caregiving. In the current globalization of economic development and concurrent trends in demography, family formation and life course, families interact and support each other over extremely long periods of time.

Intergenerational relationships reflect both values and practice. There have been remarkable differences between values of people in different societies and yet some similarities of practice (Sheng & Settles, 2006). Despite their class and historical differences, all cohorts display similar (micro) notions of cultural obligations to care (Baldassar, 2007).

RESEARCH METHOD

The research design was an observational analytic study with cross-sectional design, and it was measured independent and dependent variables only once, at one time and no follow up (Nursalam, 2003). Its population is family with elderly in Sumolawang hamlet Sumolawang village of Mojokerto Regency. In this research, the researcher uses nonprobability sampling type purposive sampling. Samples were taken from a family with elderly in Sumolawang hamlet Sumolawang village of Mojokerto Regency. Instruments in this study used questionnaires sheet for family duties in caring for elderly on the level of independence of elderly in everyday life activities and sheet list of Katz independence index for the level of independence of elderly in everyday life activities in Sumolawang hamlet Sumolawang village, Mojokerto regency. After data collected then performed data processing through editing, coding, scoring and tabulating then data analyzed using SPSS chi-square test (χ^2).

RESEARCH RESULT

Cross Tabulation Table Family Tasks In Caring Seniors with Old Age Independence in Daily Life Activity in Sumolawang hamlet Sumolawang village Mojokerto Regency April 2018

Family duties in	Level of independence elderly		Total
	Independence	Dependence	

	Σ	%	Σ	%	Σ	%
carin g for the elderl y						
Baik	7	58,3	5	41,7	12	100
Seda ng	5	38,5	8	61,5	13	100
Kura ng	5	50	5	50	10	100
Total	17	48,6	18	51,4	35	100

Based on the above table it can be seen that from 12 respondents of families who perform family duties in caring for the elderly either, the elderly self-reliant as many as 7 people (58.3%) and the elderly dependence of 5 people (41.7%). Meanwhile, from 13 respondents of family who carry out the duties of moderate family, independent elderly as many as 5 people (38.5%) and elderly dependence 8 people (61.5%) as well as from 10 respondents families who perform less family duties, people (50%) and dependent aged as many as 5 people (50%).

DISCUSSION

Based on the results of data analysis using SPSS chi-square test (χ^2) at significance level (α) = 0,05, obtained value (0.607) > α (0,05), meaning there is no relation between family duty in caring elderly with the level of elderly self-reliance in daily life activities. This is caused by a different understanding of the elderly in receiving the implementation of maintenance tasks from their family.

Everyone will experience the process of aging, which at this time a person suffers physical, mental, and social slowdown until he cannot perform his daily tasks again (Nugroho, 2000). In order to help the elderly still be able to indulge in their daily tasks, social support is needed, especially from the family (Zainudin, 2002). According to

Joseph. J. Gallo (Gallo. J. J, 1998), the family has a very important task in the care of the elderly occur both physically and emotionally. This means that of Joseph's theory. J. Gallo, the implementation of family care tasks in the elderly can provide a relationship to the level of independence of the elderly in the activities of daily living. However, according to Zainuddin (Zainudin, 2002), it is often found that not all elderly can understand the existence of social support from the family, so even though he has received the support but still shows the dissatisfaction, which is displayed by grumbling, disappointed, upset and so on. This theory is different from Joseph's theory. J. Gallo, which in this theory means that not all family duties in caring for the elderly can provide a relationship to the level of independence of the elderly in their daily activities. Factors affecting the implementation of family duties are age, intelligence, education, experience, information, environment, and socio-culture (Notoatmodjo, 2002). While the factors that influence the level of independence of the elderly in the activities of daily life are factors of health conditions, social conditions and economic conditions (Depsos, 2008). They should be viewed in perspective as one component of the complex system of determinants which also includes the availability of resources, and the needs and wishes of individual older people and their (Lawton & Brody, 1969). So it can be said that not all the implementation of family duties in caring for the elderly well always give an impact / relationship on improving the independence of elderly in daily life activities, because this also must be supported by understanding elderly in receiving support / execution of family duty in care with the theory of Zainuddin (Zainudin, 2002) above. So the result of data analysis in this study is in accordance with the existing theory that there is no significant relationship between family duties in caring elderly with the level of independence of elderly in the activities of daily living.

CONCLUSION

1. Most of them are 13 people (37,14%) family in Sumolawang hamlet Sumolawang village, Mojokerto regency performs their duty in caring for the elderly is medium.
2. Most of which are as many as 18 people (51.43%) elderly in Sumolawang hamlet Sumolawang villageMojokerto regency carry out the activities of everyday life is on the level of dependence.
3. Based on data analysis, it can be concluded that: There is no relationship between family duties in caring for elderly with the level of independence of elderly in everyday life activities in Sumolawang hamlet Sumolawang village, Mojokerto regency with value $(0,607) > \alpha (0,05)$.

SUGGESTION

1. For Families or Villagers
 - a. Families should help and involve the elderly in their care according to elderly conditions, meaning that the family does not have to help overall the daily needs of the elderly so that the elderly tend to be silent and dependent on the family if the elderly are still able to do so. But not all elderly people can understand the help/support of the family so that if there are still elderly who show dissatisfaction (grumbling, disappointed, annoyed and so on) on the help/support of his family then it can also be said as a natural thing.
 - b. Although the elderly are able to meet the needs of daily life activities, the family should continue to provide support and attention to the elderly to provide convenience in the activities and help the elderly to avoid the risk of injury.
2. For researcher
This research can be a reference for researchers in conducting further research on the factors that affect the level of independence of elderly in meeting the needs of daily activities so

that the elderly can run its activities independently.

3. For nurses
They can develop the science of the elderly in the activities of daily living. Care that concerns about family duty in caring elderly with the level of independence

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