

Family Support to Elderly at Nursing Home in Medan City, Indonesia

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Abstract: Elderly is someone who generally experiences dependence on family. Family support is very meaningful for the elderly. This study aims to identify the desires and support given by the family to the elderly who live in nursing homes. The research design used was descriptive with the total respondents was 30. Data collection was done by interview. The results of the study found that the elderly had hoped to gather with family members (63.3%), the elderly received family support in the good category (70%) and emotional support also in the good category (60%). However, information support in sufficient categories (40%), instrumental support in sufficient categories (40%). The study concluded that family members and relatives continue to provide support to the elderly, especially those who live in nursing homes, both appreciation, emotional support, information and instrumental support, which are useful for improving the quality of life for the elderly.

1 INTRODUCTION

One indicator of the success of Indonesian development is the increasing age of life expectancy (UHH). The increase in UHH causes the number of elderly people to increase from year to year. The projection of the average UHH of the Indonesian population in 2015-2020 is 71.1 years, up from the 2010-2015 projection of 70.7 years (RI Ministry of Health, 2013). WHO data shows that in 2000 the life expectancy in the world was 66 years, in 2012 it rose to 70 years and in 2013 it was 71 years. The proportion of elderly people in Indonesia also increases every year. WHO data in 2009 showed the number of elderly people was 7.49% of the total population, in 2011 it was 7.69% and in 2013 it increased to 8.1% of the total population (WHO, 2015).

According to Republic of Indonesia Law Number 13 of 1998 concerning the welfare of the elderly, it is revealed that the elderly is someone who has reached the age of 60 years and over (Ministry of Health of the Republic of Indonesia, 2014). Statistical data in 2014 showed the number of elderly people in Indonesia reached 20.24 million,

equivalent to 8.03% of the total population. This change in population structure affects the number of dependency burden which reflects the large economic burden that the productive population must bear to finance the elderly population, which is 11.90% in 2012 (RI Ministry of Health, 2013).

Elderly people are expected to remain independent on a primary basis, but because the age continues to grow and has complex problems that decrease and increase dependence on others to fulfill their lives. From the research conducted by Kuswardani (2008), it was shown that 96.3% of the elderly were given good support by family members by reminding the elderly in terms of maintaining personal hygiene and the environment around them. problems faced by the elderly must be dealt with by providing family support so that the elderly will feel there are others who care, respect and love themselves (Setiadi, 2008).

Research conducted by Andri (2008), said that the average elderly person expressed complaints about the lack of attention and care given by family members to him. This is caused by various things, including the busyness of family members, poverty and low education levels, families do not want to be

bothered with various problems and diseases that are generally suffered by the elderly. This causes the elderly to feel they are not needed and not valued in their families. Thus, the elderly need to get support from the family, both appreciation, emotional, information and instrumental support from family members for the welfare of the elderly.

Based on the results of a survey conducted on several elderly people who were in one of the nursing homes in Medan City, the elderly said their wishes so far. Elderly wants to meet and gather with family and relatives in his hometown. Some elderly people also said that they were not cared for by family members, so they chose to live in a home, the elderly were also not allowed to carry out any activities in their home environment. This makes the elderly feel no longer needed. The purpose of this study is to identify the expectations of the elderly and the support provided by the family to the elderly who live in the Nursing Home in the City of Medan.

2 METHODS

The research design used in this study is descriptive which aims to identify family support for the elderly who live in the Medan Nursing Home.

The population in this study were the elderly who lived in the Nursing Home in the City of Medan. While the sampling in this study is the elderly who have met the criteria of researchers with a total of 30 elderly.

This research was carried out in a nursing home in Medan in October 2018 by researchers.

3 RESULTS AND DISCUSSION

3.1 Characteristics of Respondents

From the results of research conducted on 30 respondents who were in nursing homes in Medan City showed that the majority of respondents aged between 60-74 years or referred to as elderly with a percentage of 66.7%. The majority of respondents are female, indicated by a percentage of 62.2%. The majority of respondents adhered to Islam with a percentage of 90% and the majority of respondents were Javanese with a percentage of 66.7%.

Table 1. Characteristics of Respondents

Variable	Frequency (n)	Percentage (%)
Age		
Elderly (60-74 years old)	20	66,7%
Elderly (75-90 years old)	10	33,3%
Gender		
Male	11	37,9%
Female	18	62,2%
Religion		
Moslem	27	90%
Christiani	3	10%
Ethnic Group		
Javanese	20	66,7%
Karo	4	13,3%
Mandailing	2	6,7%
Batak Toba	2	6,7%
Aceh	1	3,3%
Minang	1	3,3%

3.2 The Hope of the Elderly

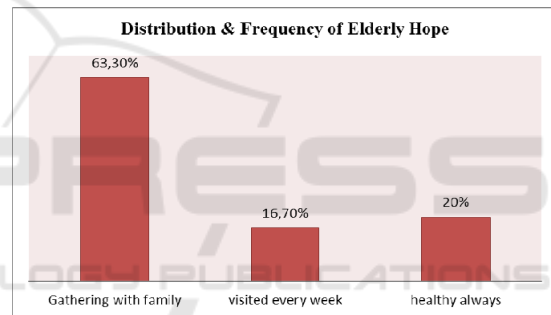


Figure 2. Distribution & Frequency of elderly Hope

From the table above, it can be concluded that the majority of the elderly in the Nursing Home have hopes of gathering with family members. This is indicated by a percentage number of 63.3%.

3.3 Family Support Award for the Elderly

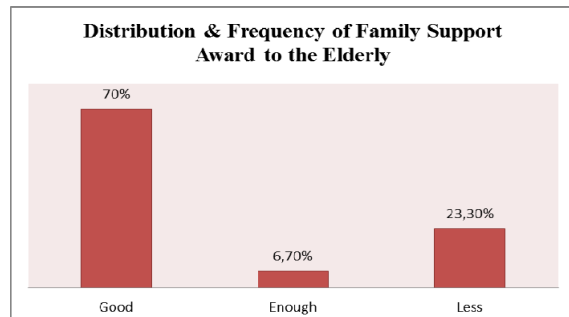


Figure 3. Distribution & Frequency of Family Support Award to the elderly

From the table above, it can be seen that the majority of respondents said that family support related to respect for themselves was proven by a percentage of 70%.

3.4 Emotional Family Support for the Elderly

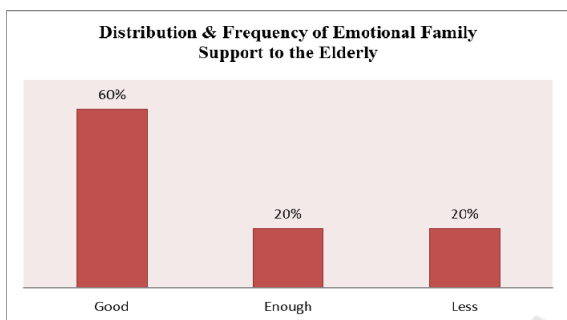


Figure 4. Distribution & Frequency of Emotional Family Support to the Elderly

From the Table 4 above, it can be seen that the majority of respondents, namely 60% said that family support related to their emotional self is good.

3.5 Informational Family Support for the Elderly

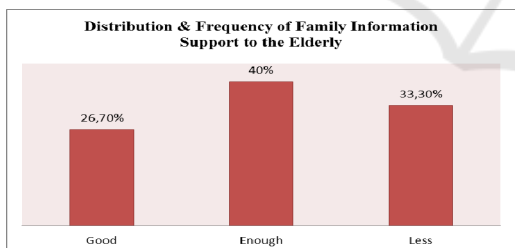


Figure 5 Distribution & Frequency of Family Information Support to the Elderly

The majority of the elderly said that the informational support from the family they felt was sufficient. This can be seen from the table above which shows the percentage results of 40%.

3.6 Instrumental Family Support for the Elderly

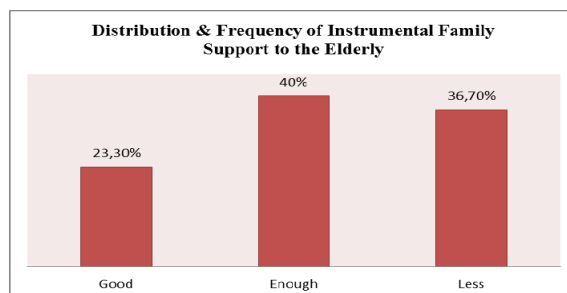


Figure 6 Distribution & Frequency of Instrumental Family Support to the Elderly

The majority of respondents who felt support from instrumental families for themselves were enough. This is proven by the percentage number shown in the table above, which is 40%.

3.7 Discussion

3.7.1 Elderly Hope in a Nursing Home

The results of research conducted at the Nursing Home in Medan City show that the elderly have high hopes of gathering with their family members as indicated by the results of the percentage of 63.3% of the 30 respondents who were respondents to this study. This proves that not all elderly people want to live alone. Parents who have advanced say they don't feel happy when they have to live separately with other family members. The research conducted by Watt (2014), about "Caregiving Expectations and Challenges Among Their Adult Children in Southern Sri Lanka" says that the family or child is in charge of caring for parents who have been passed down for generations, this makes the reason for fear to elderly people. They are afraid that they will lose their independence, elderly parents also think that finance also influences balance and goodness in a family relationship. Clarke & Lorna (2017), in his research on "Hopes, Fears, and Expectations about the Future: What Do Older People's Stories Tell Us Active Aging?" Which says that elderly parents have the desire to stay alive. But there is a concern that is felt by the elderly, namely about future resources, decreased ability to carry out activities which then require the help of others to become dependent. This is what makes the elderly become worried about the relationship with their family.

3.7.2 Family Support Award for the Elderly

From the results of research done to the elderly who live in the Panti Medan City, the awards given by the family to the elderly are good, as indicated by the percentage of 70% of 30 elderly people who say they get good appreciation from their own families. Elderly said that the award they received, as usual, was the praise given by the family to him. Being allowed to live in a nursing home is a great appreciation that has been felt by the family because most of the elderly who become respondents have their own desire to live in a home. The Hafshjan et al (2016) study, about "A Study of Families' Experiences of Putting Their Elders in Nursing Homes" said that some elderly parents had their own desire to live in nursing homes. One cause of this is loneliness felt by the elderly because they do not have a life partner, health status that begins to decline and the economic limitations of the elderly. While living in a nursing home, the elderly also said that he was still valued by family members. Whatever happens with family members, the elderly remain informed. This effort is carried out by the family to maintain and respect the feelings of their elderly parents. Elderly also said that none of the visiting family members did listen to the story and complained during their stay at the institution. It is not uncommon for the elderly to get compliments and even gifts from every positive thing they have done while in the institution. The majority of the elderly have never felt that they were not valued by their own family members. In line with the research conducted by Friedman (1999), in his research "The Adult Leaner Family in Home" said that providing support in the form of appreciation to elderly parents can help the elderly explore the positive values that exist within themselves, increase ability and confidence in the elderly and make the elderly feel valued and useful when experiencing pressure.

Although the majority of the elderly feel happy with the award given by their family, there are 6.7% of the elderly who say that they feel enough with the appreciation received from the family. In addition, some elderly people who felt they were not getting awards from their own families, namely 23.3%. Elderly people feel that they are no longer expected by the family because they are no longer productive so the family can entrust the elderly to the Nursing Home. Elderly also said that they were rarely visited, the family only contacted the nursing home staff by telephone if necessary. Ahmad (2012), in his research on "Overview of Family Support in Fulfilling Elderly Daily Activities in Tongko

Village, Baroko District, Enrekang District" also said that 31.4% of respondents did not get good appreciation from their families. Elderly said that they did not get good motivation, the elderly also could not channel their hobbies because the family assumed that the elderly were no longer able to carry out physical activities and would pursue the condition of the elderly.

3.7.3 Emotional Family Support for the Elderly

Emotional family support felt by the elderly who live in nursing homes is mostly in the good category. This is evidenced by the results of the research that has been done which is as much as 60%. Emotional support felt by the elderly must be maintained and must be further enhanced for the welfare of the elderly themselves. Elderly said there was no difference felt during his stay in the home. Families still pay attention to the elderly. Elderly also said that the most frequently done by family members every time they visit is the care that is still given to them when they are sick. The family will come to the home and bring the elderly home to be cared for at home lovingly and if necessary will be taken to the hospital for medical treatment. Elderly people were also touched when they were visited by their families, always invited the elderly to go home and stay at home together. This was felt by the elderly because of their own desire to live in a home. It is different from the research conducted by Siddique (2014), about "Elderly Regarding Behaviour by His Family Members" who said that the majority of elderly parents said they were not happy and were not satisfied with the attitude of family members who took care of it. Elderly people say loneliness even among other family members, loneliness and health problems also occur because of pressure from their family. The percentage results from this study also say that nearly 100% of elderly parents want the support and decent life of their own family members.

Even so, the results of the study also showed that 20% of the elderly felt enough with family support related emotionally to him. 20% of other elderly people also feel a lack of emotional support given by the family to him. This makes the elderly feel ignored by their own family members so that the elderly do not feel excited in living life. Not a few of the elderly also say that they want to quickly face the Almighty. Research conducted by Kaur et al (2015) on "Factors Determining Family Support and Quality of Life of Elderly Population" said that

support from family members and close relatives is one of the most important motivations for the health of the elderly, thus improving the quality of life for the elderly. the elderly self.

3.7.4 Informational Family Support for the Elderly

Based on the research that has been done to the elderly who are in the Medan City Nursing Home regarding informational related family support, that is in the sufficient category indicated by the percentage of 40% of 30 respondents. This happens because the elderly feel that the family cares about themselves. Elderly said that they still received information from their families, although not much. And sometimes receive information by telephone. The results of a study conducted by Ahmad (2012), about "Overview of Family Support in Fulfilling Elderly Daily Activities in Tongko Village, Baroko Sub-District, Enrekang District" said that 66.7% of the elderly studied received good information support from their families. From the description of the research that has been done shows that good information given by families to the elderly, namely information for personal hygiene, eating regularly and using tools for the elderly who need tools for their activities.

However, there are still 26.7% of the elderly who say that they get family support related to information well. This is felt because indeed the family often visits to meet him. None of the information is stored by his family. However, 33.3% of the elderly also said that they received very little information from their families. both information about the family itself and his health. Elderly said this because his family rarely came to visit him, one of the reasons he rarely visited was because his family and relatives lived outside the city. Just occasionally visit and sometimes the communication they make is only using the telephone. The results of the study by Camelia et al (2017), about "Family Social Support in Meeting the Elderly Social Needs in Panti" said that the elderly still get news from relatives and community partners through families who come to visit or families bring relatives and community partners to meet with elderly people. This is done so that their role is maintained in the community.

3.7.5 Instrumental Family Support for the Elderly

From the results of the research that has been done, it can be seen that the majority of the elderly say that

instrumental family support that he feels is sufficient. This happens because the elderly feel that the instrumentality given by the family to him is enough. the elderly realized that it was impossible for his family to accompany him completely because he was in a home. Families also have to work to make ends meet at the institution so that they cannot visit themselves frequently. Swiderska (2014), in his research "The Importance of Family Support in Old Age" said that the presence of the family is a necessity that is very much needed by parents who are elderly. Older parents feel comfort and strength if they are near their family. The most numerous causes of death carried out intentionally by the elderly are the weakening of family ties.

Besides that, the results of the study showed that there were 36.7% of the answers of the elderly who said that family support was instrumental less to him. This is felt because the elderly have never been visited regularly every month. The family visits him if he has asked to be visited. Elderly said that his family and relatives were always busy if asked to come so that the elderly felt that he was undesirable. From this incident the elderly become independent. To meet personal needs in the nursing home, the elderly conduct useful and productive activities such as planting vegetables in the yard of their nursing home. Ready to harvest vegetables will be sold to the nursing home and surrounding communities. Research conducted by Raymo et al (2010), in the "Family Structure and Well-being at Older Ages in Japan" which says that elderly parents consider the presence and closeness between themselves and children is not very important. Older parents say that marriage is very important for their welfare, especially for men. In addition, there were 23.3% of the elderly who said that instrumental support from the family was very good. This is said by the elderly because the family visits him very often. Usually, the family visits her once a week even more. Families always leave provisions and money for their elderly parents. Families always have time for the elderly even though the elderly live in the home.

4 CONCLUSION

From the results of research conducted on 30 elderly people in the Nursing Home in Medan City, it can be concluded that the majority of elderly people have hopes to gather with their families by 63.3%. The majority of the elderly get family support related to the award in the good category of 70%. And emotional support related to the family is given to

the elderly in a good category of 60%. Whereas the majority of the elderly who received informational family support in the adequate category of 40% and family support related to instrumental to the elderly were also in a sufficient category of 40%.

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