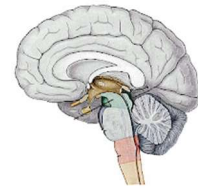


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The Relationship Between Family Support And The Quality Of Life Of Elderly People With Hypertension At The Elderly Posyandu In Sumbersekar Village, Dau District, Malang Regency

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ABSTRACT

Support From Family is a factor that influences the quality of life in the elderly individuals people with hypertension. This study aims to determine the relationship between support from family and the quality of life in the elderly individuals people with hypertension disease. This research is a descriptive correlational study using a cross-sectional approach. And the sample consists of 118 elderly individuals, selected using the total sampling technique. Data collection was conducted using the Family Support Scale (FSS) questionnaire for family support and the WHOQOL-BREF for the quality of life of the elderly. The results showed that the majority of the elderly had good family support, with 106 elderly individuals (89.8%) and 110 elderly individuals (93.2%) having a good quality of life. The Spearman rho statistical test ($p \leq 0.05$) resulted in a p-value of 0.000, which means $p \leq 0.05$, thus rejecting the null hypothesis, with a correlation coefficient value of 0.351. The statistical test results indicate there is a relationship between support from family and the quality of life in elderly individuals with hypertension disease. This study suggests that further research should be conducted with better instruments and categories.

INTRODUCTION

Hypertension is a condition where blood vessels chronically increase in pressure, causing the heart to pump blood harder than usual to meet the body's oxygen and nutritional needs. If blood pressure in the body is not stable, it can be dangerous to other vital organs such as the kidneys and heart. Hypertension can also be defined as having a systolic blood pressure greater than 160 mmHg and a diastolic blood pressure greater than 90 mmHg. Hypertension is also known as a "silent killer" because it can endanger the life of the sufferer without showing early warning signs or symptoms. Early symptoms for hypertension sufferers typically include headaches, vertigo, neck pain (feeling heavy), blurred vision, and fatigue (Ministry of Health, 2022). The incidence of death due to hypertension has increased over the years. In 2018, hypertension affected 22% population in this world, and with the 36% of those affected living in Southeast Asia (Masriwati, 2022).

According to data from the Malang Regency Health Office, in 2017, 97,498 residents suffered from hypertension. This number was 66,660 in 2020, 76,793 in 2021, and 214,634 in 2022. The from data, it can be concluded that the number in elderly residents with hypertension has increased over the years. The number of elderly individuals with hypertension in East Java and Malang Regency is also expected to increase annually, impacting their quality of life. Elderly individuals report many changes since learning

they have hypertension, including fatigue, joint pain, frequent neck pain, vertigo, migraines, and limited activity. Both physiological and psychological changes occur in elderly hypertension sufferers, including anxiety, irritability, sensitivity to others' remarks, feelings of loneliness, uselessness, and a lack of wholeness (Masriwati, 2022).

Family support is a crucial aspect of an elderly individual's ability to maintain their health. Family support helps provide strength in solving problems they face. It involves expressions of support from family members, which can benefit the individual by making them aware that they are supported, appreciated, loved, and cared for. Family is the best support system for the elderly in maintaining their health status (Kristanto & Agustina, 2018).

Quality of life is a person's expressed thoughts that can affect their health status in physical, psychological, physical ability, social well-being, personal sufficiency, sense of usefulness, participation in social activities, and fulfillment of socio-economic needs (Chendra et al., 2020). Physical changes and illnesses can create various perceptions in individuals, and those who have suffered from a disease will have a different quality of life than before they became ill. The quality of life in elderly individuals with hypertension illness, can be influenced by individual and environmental factors. Individual factors include age, gender, heredity, marital status, duration of hypertension, occupation, education, and adherence to hypertension medication. Environmental factors affecting the quality of life of elderly individuals with hypertension disease. include economic status, access to health services, place of residence, and living environment (Chendra et al., 2020).

Psychological factors affecting the quality of life in elderly individuals people with hypertension disease, apart from the illness itself, may include unresolved grief. The life expectancy of elderly women is higher than that of men, leading many elderly women to experience loneliness, prolonged sadness, mood disorders, eating and sleeping pattern disturbances. These psychological disturbances can also cause physical issues like weight loss, worsening the quality of his life for those with hypertension (Priastana et al., 2018).

Emotional and social family support for elderly women in mourning is crucial, as this transition phase makes them vulnerable to depression due to unresolved grief and inadequate management. Therefore, family support is essential during this phase (Priastana et al., 2018).

Based on preliminary study interviews conducted on March 9, 2023, with six elderly hypertension sufferers in Sumbersekar Village, Dau District, Malang Regency, the results were as follows. Four elderly individuals stated that after knowing they had hypertension, they tended to overthink and limit activities they previously could do. They reported feeling reluctant to take medication unless experiencing symptoms like dizziness, blurred vision, or neck pain. However, with family support and encouragement to seek treatment, they felt motivated to maintain their health for their loved ones. They enjoyed their lives but not entirely, expressing resignation towards their illness and only taking medication when experiencing hypertension symptoms. They did not maintain a healthy diet and were resigned to the health impacts of their eating habits.

Two elderly individuals reported feeling lazy about taking medication after knowing they had hypertension due to the distance to healthcare facilities, limited availability of medication at the Posyandu, and insufficient family support. They stated that their families were busy working, making it difficult to find time to accompany them to nearby facilities. They rarely felt symptoms due to hypertension, leading to a sense of ordinary life, not too happy. One of them felt empty and sad due to a perceived lack of attention

from family members, with feelings of sadness and loneliness, especially at night, caused by the loss of a spouse and family members' busy schedules.

Based on the description above and the phenomenon in the community regarding the role of family support in the quality of life in elderly individuals people with hypertension disease. at the a Posyandu in Sumbersekar Village, Dau District, Malang Regency, the researcher is interested in studying there is a relationship between support from family and the quality of life in elderly individuals people with hypertension disease in Sumbersekar Village, Dau District, Malang Regency.

METHODS

This is a study uses a correlational quantitative research design with a cross-sectional approach. From this study to know to about the relationship between support from family and the quality of life in elderly people individuals with hypertension disease. The study is designed to analyze of the correlation between support family for ederly with the quality of life in elderly individuals people with hypertension disease. The time to put a data and sample was conducted in May 2023 during the elderly Posyandu activities. The population of this study consists of 118 elderly individuals with a history of hypertension. The sampling technique used is total sampling, resulting in a sample of 118 respondents. The exclusion criteria are elderly individuals who did not attend the Posyandu activities and those experiencing physical discomfort.

Data collection for this study was carried out using questionnaires, specifically the Family Support Scale for family support and the OPQOL Brief for the quality of life in elderly individuals people with hypertension disease. And the Family with Support Scale questionnaire consists of 20 questions, while the OPQOL Brief questionnaire consists of 13 questions. The categories for the level of family support are divided into three levels: low, medium, and high. Meanwhile, the categories for the quality of life in the elderly individuals people are divided into two: good and poor.

RESULTS AND DISCUSSION

The study employs a correlational quantitative research design using a cross-sectional approach. It aims to explore abaout the relationship between support from family and the quality of life in elderly individuals people with hypertension illness. And the research is designed to analyze of the correlation about between support from family and the quality of life in elderly individuals people with hypertension disease. Data collection took place in May 2023 during the implementation of the elderly integrated service post (Posyandu Lansia). The population of this study consists of 118 elderly individuals with a history of hypertension. The sampling technique used is total sampling, resulting in a sample of 118 respondents. Exclusion criteria include elderly individuals who did not attend Posyandu activities and those experiencing physical discomfort.

Questionnaires are utilized for data collection, specifically the Family Support Scale questionnaire for family support and the OPQOL Brief questionnaire for the a quality of life in the elderly individuals people. The Support from family Scale questionnaire comprises 20 questions, while the OPQOL Brief questionnaire consists of 13 questions. Family support levels are categorized into three levels: low, moderate, and high, while on the quality of life among the elderly individuals is divided into two categories: good and poor.

Table 5.11 Cross-tabulation of this is relationship between support from family and the quality of life in the elderly individuals

| Family Support | Quality of Life | | | | Total | |
|----------------|-----------------|------|------|-----|-------|-------|
| | Good | | Poor | | | |
| | F | % | F | % | F | % |
| High | 102 | 86,4 | 4 | 3,4 | 106 | 89,8 |
| Moderate | 5 | 4,2 | 3 | 2,5 | 8 | 6,8 |
| Low | 3 | 2,5 | 1 | 0,8 | 4 | 3,4 |
| TOTAL | 110 | 93,2 | 8 | 6,8 | 118 | 100,0 |

Based on Table 5.11, the cross-tabulation results show that out of 106 (89.8%) respondents who have high family support, 102 (86.4%) have good quality of life. Out of 8 (6.8%) respondents with moderate family support, 5 (6.8%) have good quality of life of ederly individuals. Meanwhile, out of 4 (3.4%) respondents with low family support, 3 (2.5%) have good quality and enjoy of life among the elderly people with hypertension disease at the Posyandu in Sumbersekar Village.

Table 5.12 Analysis of the Relationship between Variables

| Analylis of the Relationship between Variables | <i>p</i> | <i>r</i> | N |
|--|----------|----------|-----|
| Family Support with Quality of Life of Ederly with Hypertension at Posyandu Lansia Sumbersekar Village | 0,000 | 0,351 | 118 |

Based on the results obtained in Table 5.12, it is found that the analysis result of the Spearman's rho test is $p = (0.351) < (0.05)$, thus the decision to accept hypothesis H_a and reject H_o , indicating there is a relationship amongst Support from Family and the Quality of Life of the Elderly Individuals with a Hypertension disease at Posyandu Lansia Desa Sumbersekar, Dau Sub-District, Malang Regency. Furthermore, the correlation value (r) of 0.351 indicates a positive but weak a relationship amongst support from family and the quality of life in the elderly individuals people with hypertension disease. According to Pratama (2018), correlation values between 0.21 and 0.40 indicate weak correlation. Based on the results obtained, it can be inferred that high family support can influence good and enjoy quality of life among the elderly individuals people with hypertension disease. This indicates that the hypothesis obtained is one-directional, either positive or negative (Pratama, 2018). This means that the higher the family support, the better the quality at life in the elderly individuals with hypertension, and a the lower the support from family, the worse the quality at life of the elderly with hypertension at the Posyandu Lansia Desa Sumbersekar, Dau Sub-District, Malang Regency.

Family Support for the Elderly with Hypertension at Posyandu Lansia Desa Sumbersekar, Dau Sub-District, Malang Regency.

This research yielded data indicating that the majority, 106 (89.8%), of the elderly with hypertension have good family support. Respondents with moderate family support characteristics are fewer, totaling 8 (6.8%), compared to respondents with high family support characteristics. Meanwhile, respondents with low family support characteristics are fewer, totaling 4 (3.4%), compared to those with moderate characteristics. This aligns with the study by Suwardana (2014), which found that out of 59 respondents, 27 (45.8%) elderly with hypertension had high family support. Similarly, Radiani's study (2018) found that out of 51 (55%) respondents, most had good family support.

The researcher's opinion regarding the findings suggests that the high level of family support for the elderly with hypertension stems from the involvement of family members in caring for these elderly individuals. Families with elderly members typically bear more responsibilities than those without elderly members because aging individuals often experience physical decline, leading to various limitations in daily activities. Therefore, other family members have the obligation to assist elderly members in meeting their daily activity needs. This assistance from family members can be considered as a form of family support received by the elderly. Hence, elderly individuals who live with other family members, such as spouses, children, in-laws, and grandchildren, tend to have better family support compared to those who live only with their spouses or children.

Moreover, elderly individuals who live with only grandchildren or nephews/nieces may receive low family support because fewer family members tend to offer inadequate support, as they have their own activities and responsibilities. These findings underscore the significance of family support as a determinant of an individual's health status. Family support also influences an individual's health behavior, which, in turn, affects his quality of life of elderly individuals.

Quality of Life in old human Individuals with a Hypertension disease at Posyandu Lansia Desa Sumbersekar, Dau Sub-District, Malang Regency.

This research yielded data indicating that the majority, 110 (93.2%), of elderly individuals with hypertension disease have a good quality of life, while respondents with a poor quality of life characteristics are fewer, totaling 8 (6.8%). This aligns with Radiani's study (2018), which found that out of 92 respondents, 48 (52%) had a good quality of life, while 44 (48%) have a poor quality of life, suggesting that elderly individuals with hypertension disease generally have a better quality of life compared to those with a poor quality of life. This finding is also consistent with Suardana's study (2014), which found that out of 31 respondents, 16 (51.6%) had a nice quality of life.

The researcher's opinion suggests that the good quality of life observed in elderly individuals with a hypertension disease is influenced by various factors, including good family support. Elderly individuals who live with extended family members, such as spouses, children, and grandchildren, tend to have a good quality of life than those who live only with their spouses or grandchildren. The presence of more family members living with the elderly individuals leads to increased attention and care. Conversely, elderly individuals who live with fewer family members may experience loneliness and are at risk of depression and prolonged sadness. Moreover, elderly individuals who have lost their spouses tend to have a bad quality of life due to the grieving process. Therefore, the important role of family members in enhancing the quality of life of elderly individuals is emphasized.

A Relationship Between Support From Family and Quality of Life in Elderly Individuals with a Hypertension Disease at Posyandu Lansia Desa Sumbersekar, Dau Sub-District, Malang Regency.

The Base on a analysis using Spearman's rho test to determine there is a the relationship amongst family with support and quality of life in elderly individuals with a hypertension disease at Posyandu Lansia Desa Sumbersekar, Dau Sub-District, Malang Regency, it was found that the p-value (0.000) < (0.05), indicating a significant relationship amongst the independent and dependent variables. The correlation value (r) of (0.351) suggests a positive but weak relationship amongst support from family and quality of life in elderly individuals with a hypertension disease at Posyandu Lansia Desa Sumbersekar, Dau Sub-District, Malang Regency. This research yielded data indicating that the majority, 102 (86.4%), of the

elderly individuals with hypertension disease have high support from family, resulting in a good quality of life for these elderly individuals. Conversely, respondents with low support from his family leading to poor quality of life totaled 1 (0.8%), which was fewer than those with high family support and not bad quality of his life. This is consistent with Radiani's study (2018), where 51% of respondents with good family support experienced a good quality of life, while 44% of respondents with poor family support also experienced a poor quality of life. Similarly, Nuraeni's study (2020) found that out of 93 respondents, 50 (53.8%) with better family support had a nice quality at life, while 43 (46.2%) with poor family support had a poor quality at life, indicating that respondents with a the poor quality at life were fewer than those with a nice quality of life.

In conclusion, this research indicates a significant there is a relationship amongst support from family and with a the quality at life of elderly individuals, albeit weak. This implies that there is indeed a relationship amongst support from family and the quality at life of elderly individuals with a hypertension disease. High family support leads to a nice quality at life for the elderly individuals, while low family support results in poor or low quality at life. Quality at life here refers to the perspective of elderly individuals regarding the enjoyment of life as they enter and navigate through the phase of old age.

CONCLUSIONS AND RECOMMENDATIONS

The study on the correlation amongst family with support and the quality at life among the elderly individuals with hypertension disease at Elderly Integrated Service Post (Posyandu Lansia) at Sumbersekar Village, Dau District, Malang Regency, concludes that: Most respondents at the Posyandu Lansia in Sumbersekar Village receive high levels of support from family. The majority of all respondents at the Posyandu Lansia in Sumbersekar Village have a not bad quality at life. There is a correlation amongst support from family and the quality at life among elderly individuals with hypertension disease at the Posyandu Lansia in Sumbersekar Village, Dau District, Malang Regency.

There is a need for awareness, both from the elderly individuals themselves and their families, to ensure that the elderly consistently attend the monthly Posyandu Lansia. Therefore, families should provide support by making efforts to accompany and pick up the elderly to attend the Posyandu. Additionally, motivational support is necessary to encourage those elderly individuals who are initially reluctant to attend the Posyandu to regularly check their health at the Posyandu Lansia.

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