

The role of the family in the welfare of the elderly who is entrusted to live at the Nursing Home Tulungagung, East Java

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The role of the family in the welfare of the elderly who is entrusted to live at the Nursing Home Tulungagung, East Java

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Abstract: Over time, an increase in the elderly population will cause various kinds of problems, especially in terms of their health. The condition of the elderly who experience deterioration both physically and psychologically makes the elderly find it difficult to carry out their daily activities independently, and become dependent on other people. The role of the family is very necessary to make the elderly independent and prosperous. The purpose of this study was to determine how the role of the family in providing welfare to the elderly who are entrusted to live in social institutions. The research method used in this research is descriptive quantitative, the research location is in Tulungagung. Sources of data in this study were obtained through elderly families at the Tresna Wredha Blitar Tulungagung Nursing Home in Tulungagung. Data collection techniques in this study were carried out through interviews, observation and documentation. The validity of the data was tested by means of the data triangulation technique. The results of this study indicate that the family does not understand its role in providing welfare to the elderly. In meeting their nutritional needs, the family provides nutrition but does not fulfill the needs that must be met by the elderly. And in fulfilling the sleep rest pattern of the elderly, the family knows and considers that the elderly lacks sleep at night as normal. Caring for the elderly is not easy; especially if the elderly suffer from an illness. The family as the closest person to the elderly has a big enough role to be able to independent the elderly by providing care and affection as when the elderly gave love to us in the past.

Key words: The role of the family, welfare, the elderly

1. BACKGROUND

Along with the increasing development in Indonesia, the life expectancy of the Indonesian population also increases. The progress of a nation can be seen from the Life Expectancy (LE) of its inhabitants. One of the impacts of increasing the life expectancy (LE) of the Indonesian population is the increase in the number of elderly people in Indonesia (Hermawati. 2015). It is projected that in 2025 the elderly population is 12% of the total population in Indonesia. And in 2035 it will increase to 16% of the total population (Mboi, 2018). Under these circumstances, it means that Indonesia has entered into the group of countries with an old structure (aging population) (Hermawati. 2015). The increasing population of the elderly creates various social, economic and health problems. This happens because the body condition of the elderly, both physically and psychosocial in terms of the elderly will change. In terms of health, the elderly will experience a decrease in immune system, so that the elderly will suffer from degenerative

diseases. (Ministry of Health, Republic of Indonesia, 2014) of the various changes in the elderly, tends to affect overall health. Health and physical problems that occur in the elderly are closely related to their psychosocial changes. This situation causes the elderly to find it difficult to carry out daily activities or Activity Daily Life (ADL) independently and become dependent on others. (Nursing Older Adults) According to a survey, numbers dependence on the elderly is 3 times that of non-elderly people (Azizah, 2011). With this condition, the elderly are very dependent on the existence of their family as the closest person to provide assistance in the form of light, moderate, and severe care. Everyone's life is family. So that responsibility in elderly care becomes the responsibility of family members. However, in caring for the elderly at home, caregivers have their own burdens (Myint-Han 2012). The family is expected to be the main support for the elderly, and be able to facilitate the elderly in overcoming and carrying out development tasks, so as to improve the health, comfort and welfare of the elderly (Miller, CA, 2004).

Based on BPS data, the number of elderly people in East Java in 2018 has reached 12.92 percent of the total population in East Java (BPS Jatim 2018). Meanwhile, in Tulungagung Regency itself, the number of elderly residents is 14.96 percent of the total population. Caring for the elderly is not easy; it requires knowledge and skills in caring for the elderly. Moreover, caring for the elderly who suffer from a disease must be patient. Even increasing the age of the elderly, caring for them can be a burden in itself (WHO, 2008). In addition, the government also lacks adequate infrastructure for care of the elderly, thus increasing the burden of care on the family. (Nortey ST, Aryeetey GC, Aikins M, Amendah D, Nonvignon J. (2017). This is due to the physical condition of the elderly who have experienced a decline due to aging. Decreased physical and cognitive function in old age is the cause of this burden (Luppa M, Luck T, Weyerer S, König HH, Brähler E, Riedel-Heller SG. (2010) this burden occurs when the caregiver is not trained (Gabel E, Adabbo R, 2011)

The initial survey conducted by researchers at the Wredha nursing home, out of 80 elderly people, only 15 of them still have families. Interviews with 3 families of older people, they said that they did not know about the role of the family in fulfilling the welfare of the elderly.

Based on the description above, this research was conducted with the aim of knowing how the role of the family towards the elderly who are entrusted to social institutions.

2. METHOD

The research method used in this research is descriptive qualitative, which seeks to present a description or description of a situation objectively (Moleong, 2010). The choice of this method is based on the reason that the problem being faced in this research is a problem, which is currently happening, related to the explosion in the number of elderly people in Indonesia. The application of descriptive qualitative methods is intended to obtain in-depth data, related to research problems so that it can be objectively expressed in accordance with the findings in the field.

This research is located in Tulungagung. The location selection in this research is based on 1) Tulungagung is the largest marble producing city in Indonesia 2) There is only one Nursing Home (Panti Wredha) owned by the government, and even that is a branch of Blitar City. 3) This Tulungagung branch is a Nursing Home with the most inhabitants, namely 80 people. 4) More than 50% of the inhabitants are not native people of Tulungagung.

Sources of data in this study were obtained through the main informants, namely the elderly families at the Tresna Wredha Nursing Home / Social Institution, Blitar - Tulungagung in Tulungagung Supporting informants, namely the board of the Panti Wredha Nursing Home. Data collection techniques in the study were carried out through interviews, observation and documentation. The validity of the data was tested by means of the data triangulation technique.

Data analysis techniques are carried out through data collection, data reduction, data presentation, and data verification. The subjects in this study were elderly families who were in the Panti Wredha nursing home.

3. RESULT

Characteristics of Informants

Researchers analyzed interviews conducted with family members who became informants. The average informant was 55-65 years old. Of the 10 informants, 7 were male, while the others were female. Almost all of the informants are in the middle to lower economic status. Almost all of the informants' education (9 people) are primary schools or public schools. On average, their jobs are odd jobs. In conducting this study, researchers encountered 3 themes, namely family perception of its role, fulfillment of nutrition in the elderly, sleep rest patterns for the elderly in providing welfare for the elderly. These themes will be described below:

Family role

a. The family's perception of its role

From the research results, it is found that the role of the family has not been carried out by many families and it is not understood how the role of the family towards the elderly. This proves that according to them their role as a family is only to care for the elderly. Of the 15 informants, 5 said that "my role as a family is to take care of her grandmother, sis. What the grandmother needs is only to eat and sleep to ". And 6 people who answered "What is the role of the family, miss? Is taking care of his grandmother also considered a family role?" Besides that, there were 4 people who answered "What is the role, miss? What I know is just taking care of him and delivering him to the elderly integrated health service post (Posyandu) when I have the time". Of the 10 informants all said that they had never been told that the role of the family in fulfilling the welfare of the elderly varied. What they know is that the principle of caring for the elderly is the responsibility of the family.

b. Fulfillment of nutrition for the elderly

As a family, of course, you have to provide nutrition for all family members, including the elderly at home. Even though he is elderly, nutrition must still be fulfilled. This can be seen from the answer to the 7th respondent who stated that "My grandmother is my parent, so... yes, of course I will take care of my parents as well as I can as a child. Well ... this is how it is, sis. I know I should pay more attention to my parents but because I am busy working to make money, I let my parents feel a little alone, but the important thing is that I have fulfilled food-related needs and I think that's enough to ". Of all the informants all answered that the food served in terms of the type of food served is the same as the type of adult food. There is no difference with other family members. And the frequency of eating, all informants said at least 3 times with moderate portions. And all the informants said that the portion of the meal never ran out. (Of the 10 elderly families, there were 4 elderly who suffered from diabetes, and there were 3 people who suffered from hypertension)

c. Rest patterns for the elderly

There was one informant who said that "... If I observe my grandmother, she only sleeps for a few hours, at most only 4 hours. Because I often see my grandmother doesn't sleep at night. He said when he opened his eyes it was difficult to start sleeping again. Ms. ". Meanwhile, 5 other people said, "Usually it is difficult to sleep," said Ms. And if you're asked why it's hard to sleep, the answer is it's hard, sis, but if you sleep a little during the day, miss. Perhaps, because you can't sleep at night huh, that's not normal, miss."

4. DISCUSSION

1. Family perceptions of the role of the family towards the elderly

The increasing old age in Indonesia causes the government to pay attention to them. This is because the elderly are among those who are vulnerable to disease. Elderly age is the age where there is physical and psychological deterioration which results in the elderly being unable to carry out activities as before (Reed Jan, 2012). This situation results in the elderly becoming very dependent on other people. Family members are recognized as a mainstay in caring for weak elderly people (Tilse, 2000; Gladstone et al., 2007).

The longer the physical condition of an elderly person, the lower and weaker it will be. This is a natural thing for the elderly. The decline of the elderly, both physically and psychologically, will make the elderly behave like babies again because they cannot do everything themselves. This is what makes the elderly very dependent on others. A role is something that is expected to be fulfilled in certain situations. So the role of the family in all individual behavior in the family is based on the expectations and behavior patterns of the family (Personal, 2017). Meanwhile, the role of the family for the elderly to fulfill their welfare includes fulfilling the nutrition of the elderly, resting patterns for the elderly and caring for the elderly (Maita, 2017). The role of this family is very important in guiding the elderly so that they are always healthy and independent of the elderly.

From the research results, it was found that the perception of the family regarding the role of the family, informants did not fully understand what the role of the family was to the elderly. They think that the role of the family is only to care for the elderly.

Even though the meaning of the role of the family for the elderly is varied from fulfilling nutrition to caring for the elderly. As stated by Silvanasari, Angelia I. (2012) stated that the role of the family in fulfilling the welfare of the elderly includes fulfilling sleep rest patterns, maintaining nutrition and caring for the elderly. Regarding the perceptions of informants who still do not understand the role of the family on the welfare of the elderly, it shows that their knowledge of the role of the family shows a lack of degree. This is evident that they have never been told or received knowledge about how to properly care for the elderly. This is understandable because the majority of informants, the education level of the informants, almost all of them have junior high school education. So that the knowledge they get is also considered weak. This is in accordance with what was conveyed by Mubarak 2011 who said that a person will easily receive information, if he is highly educated. Souza et al. (2013) stated that education is a factor that determines the performance of a person's cognitive abilities.

2. The role of the family in meeting nutritional needs

From the research results, it was found that the nutrition given to the elderly was the same nutrition or food as other family members. They do not care whether the food can be digested by the elderly, or whether the food is in accordance with the disease being experienced by the elderly. The most important thing is that they have provided food to the elderly.

Fulfillment of nutrition is very important for the elderly for health maintenance, functional independence, and quality of life. (Leslie, 2015) Elderly living in communities based on research experience malnutrition (Soini, Suominen, Muurinen, Strandberg, & Pitkälä, 2011) as well as elderly people who living at home has inadequate nutritional intake (Locher, Robinson, Roth, Ritchie, & Burgio, 2005). For an elderly person the physiological changes that occur will affect the health level of the elderly (Boedhi, 2009). Due to the condition of his body that has begun to decline, then in fulfilling their nutritional needs, attention must also be taken to improve their health. In conditions of decreased sharpness of taste and smell, deteriorating dental health, and decreased physical activity, the elderly can experience what is called a

decreased food intake (Watson, L. ; Leslie, W. ; Hankey, C. 2006) When associated with the risk of morbidity and In mortality, the elderly are vulnerable to malnutrition (Margetts, BM; Thompson, RL; Elia, M. ; Jackson, AA, 2003). For this reason, families as caregivers at home must understand nutritional needs according to their age. It is very important for the elderly to maintain their health by eating foods that contain balanced nutrition to reduce the risk of illness. In the elderly group, nutritional needs and risks vary widely, seen from their functional ability, disease, and living arrangements. (Suominen et al.2014).

One of the causes of the elderly lack of appetite is due to digestive problems, namely difficulty in swallowing and chewing. This is indeed difficult to avoid, because as we get older, there will be a physiological decline in our bodies. Decreased function of the sense of taste will definitely affect the diet of the elderly. As stated by (Nugroho, 2008) which states that the gums, teeth, and tongue are the oral cavities that will be affected by the changes that occur in the elderly. The decreased function of the sense of taste will automatically reduce the desire to eat, as well as when chewing; the elderly will find it difficult to chew. For this reason, as the closest person to the elderly, the family must ensure that the food consumed by the elderly is food that is rich in nutrients, which this food will help the elderly in getting the vitamins, minerals, protein, carbohydrates and fats they need. And don't forget to meet your fluid needs too, for example juice, soup or something else. In preparing food for the elderly, there are several things that need to be considered, namely ensuring that the food is soft. This means that food is easy to chew and digest, as stated by (Meiner, 2006) that due to changes in tooth structure, good food for the elderly is soft food. Therefore, the food that must be given to the elderly must be sure to be really soft and easy to digest. And also avoid oily and spicy foods because they will trigger digestive problems.

In fulfilling the nutrition of the elderly people must also pay attention to the portion of their food. Not too much or too little. As (Yuliani, F and Mail.E.2019) Food portions need to be considered, don't be too full, you should be able to eat frequently in one day but in small portions. However, due to their economic status, almost all respondents are below average or less able to make them unable to provide food according to their age. They feel that just 3 times a day is enough. In fact, of the 10 elderly they all suffer from diseases, namely DM and hypertension. In giving food, it should also be adapted to the conditions of the elderly. Seeing from their educational backgrounds most of them are elementary school graduates, it is natural that they do not know the knowledge of caring for elderly people who have diabetes mellitus (DM) and hypertension, as according to Mubarak, 2011 who said that someone would be easy to receive information, if he / she highly educated. Indeed, caring for the elderly is not as easy as we think. It takes knowledge and experience to be able to apply it as stated by Sibarui, 2006 that knowledge, dedication, willingness, skills and patience are needed in caring for the elderly.

3. The role of the family in fulfilling sleep rest patterns

From the results of research related to sleep rest patterns of the elderly, there were results from 10 informants saying that 7 informants said that according to the elderly informants only slept for about 4 hours only. And they often find it difficult to sleep again when awake. Meanwhile, 3 informants said that they only slept for a few hours, and after that it was difficult to close their eyes again.

One of the basic human needs that must be met is rest and sleep. Sleep is important for every age group. To maintain optimal quality of life, the elderly also need quality sleep (Hoffman 2003). Anxiety and depression are psychological disorders that can cause difficulty sleeping and reduce sleep quality in the elderly (Roepke & Ancoli-Israel, 2010). In the elderly The need for sleep at night is around 6 hours, where the occurrence of REM sleep is around 20% to 25%. Stage IV sleep decreases and even stage IV does not occur. And if the elderly have woken up

at night and they often find it difficult to get back to sleep (Kozier, 2011). Sleep problems often occur in the elderly due to the aging process (Maas, 2011).

Changes in sleep characteristics (changes in sleep duration, pattern, and quality) are one of the physical changes in elderly individuals that occur with aging (Goktas and Ozkan 2006). Cognitive decline, increased risk of falls, daytime fatigue, and decreased physical and mental health and health-related quality of life are the consequences of poor sleep quality in the elderly (Bilgili et al 2012). As we age, our organs inevitably decline. Situations like this will definitely affect the hormones in our bodies, namely the hormone melatonin. Because this hormone plays a role in regulating a person's wake and sleep cycle, and because the elderly often find it difficult to get back to sleep at night, they will feel sleepy in the morning. Disorders like this if not handled properly will damage the quality of sleep in the elderly. And if this is not handled properly it will damage the quality of life of the elderly. An example is because at night they can't sleep enough then, during the day they will be sleepy. And this will be at risk of falling or injury to the elderly because the balance is lost due to drowsiness.

A good quality of life for the elderly can be achieved by improving sleep quality and improving sleep quality. This must be understood by the family as the closest person. However, because the family's economic condition is still below average, this problem tends to be overlooked by the family. According to them it is normal and natural for the elderly, so they just ignore it.

5. CONCLUSION

Based on the research results above, it shows that:

1. Family perceptions regarding their role in fulfilling the welfare of the elderly are classified as still not understanding what their role is.
2. The role of the family towards the elderly in fulfilling the nutrition of the elderly, the family has provided nutrition to the elderly, but unfortunately it is not in accordance with the needs that must be met by the elderly
3. The role of the family towards the elderly in fulfilling sleep rest patterns. Families know that an elderly person will sleep less. However, the family did not pay attention to this because it was considered normal

6. CONFLICT OF INTEREST

The author states there is no conflict of interest.

7. ACKNOWLEDGMENTS

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Frag. This sentence may be a fragment or may have incorrect punctuation. Proofread the sentence to be sure that it has correct punctuation and that it has an independent clause with a complete subject and predicate.



Missing ", " You may need to place a comma after this word.



Missing ", " You may need to place a comma after this word.



Coord. Conjunction These sentences begin with coordinating conjunctions. Try to combine them with the sentences that precede them.



S/V This subject and verb may not agree. Proofread the sentence to make sure the subject agrees with the verb.



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Coord. Conjunction These sentences begin with coordinating conjunctions. Try to combine them with the sentences that precede them.



Article Error You may need to use an article before this word.



Missing ", " You may need to place a comma after this word.



Coord. Conjunction These sentences begin with coordinating conjunctions. Try to combine them with the sentences that precede them.



Coord. Conjunction These sentences begin with coordinating conjunctions. Try to combine them with the sentences that precede them.



P/V You have used the passive voice in this sentence. Depending upon what you wish to emphasize in the sentence, you may want to revise it using the active voice.

