



## THE RELATED OF FAMILY SUPPORT WITH MOTIVATION OF ELDERLY VISITED TO POSYANDU KEJORA IN KOLOK MUDI K VILLAGE SAWAHLUNTO CITY 2020

Sandra Hardini<sup>1\*</sup>, Weni Sartiwi<sup>2</sup>, Silvy Firdawati<sup>3</sup>

<sup>1,2,3</sup>Department of Public Health, Syedza Saintika's Health Science Institute

\* Corresponding author: sandra.hardini1958@gmail.com

### ABSTRACT

The population of elderly in Indonesia between 1990-2025 will be rise 414 % a are highest numbers in the world . The government has formulate policies health services for elderly . Elderly posyandu was to improve the healthfor elderly , and then life quality of elderly will stay awake optimally. But, there was a high level numbers of elderly need to anticipation , one of them are support family .The purpose of this research was to know the related of family support with Motivation of Elderly visited to Posyandu Kejora in Kolok Mudik Village Sawahlunto City 2020. The research was analysis descriptive with the objective. The design used was cross sectional study. The population of this research are all of elderly at Kejora Posyandu In Kolok Mudik village. The patients sampled were 71 out of 248 population using simple random sampling in march until april 2020. The results showed that 53.5% respondents the family support is less and 36.6% respondents the motivation of elderly is less. The results showed that there were variables related to the familu support, such as motivation ( $p = 0.044$ ), the was significant correlation between famil supprot with motivation of elderly . It is suggested family give more care, motivation and support to elderly to make the elderly feel to need. The family of elderly can to take time to remember schedule of posyandu every month.

**Keywords : Motivation, family support, Posyandu of elderly.**

### INTRODUCTION

Aging process is pathophysiology progressive changed. Aging process give effect to emotion of elderly, elderly can be offense, depression, anxie (Proverawati, 2014). One of indicators be success healty building is increase age of live expectancy. Live expectectancy in 2004 are 68.6%, in 2007 are 70.5% and in 2025 are expected 73.7% (Departemen Kesehatan RI, 2008).

The data report of WHO IS In ASEN the population population of elderly are 8 % (142 milion people). In 2050 elderly population predicted to increase 3 times. In 2015 were 5,300,000 (7,4%), 2018 were 24,000,000 (9,77%), in 2020 were 28,800,000 (11,34%). While in Indonesia predicted around 2020 were 80.000.000 people 000 (Badan Pusat Statistik, 2018). Elderly population in Indonesia proyeksikan between 1990-2025

up % 414 a figure the highest all over the globe, and Martono Darmojo ( 2016 ).

The problems of elderly when not treated will immune system disaese, disease and activities daiy of living low. Public Health Center Efforts partnership in health services for elderly is posyandu (Departemen Kesehatan RI, 2009). Healthy is capability a person to do something productive in run or in the diusia unproductive .If high number of ineffective needs anticipation with family support ( it aktifan elderly need to anticipated , one of them is by supports family (Chaplin, 2011).

Based on research conducted by Febriyanto (2015), one of them were family support and environment affect to motivation of elderly went to posyandu.



Family could be a strong motivator for elderly. Based on research conducted by Hasugian, et all (2011) ), it showed that there were relationship between behavior of using Posyandu with good attitude. And then there were relationship between family support with utilization of elderly posyandu.

Based on the description above, the purpose of the study was to know Relation of Family Support with Motivation of Elderly visited to Posyandu Kejora in Kolok Mudik Village Sawahlunto City.

The research was analysis descriptive with the objective. The design used was cross sectional study. The population of this research are all of elderly at Kejora Posyandu In Kolok Mudik village. The patients sampled were 71 out of 248 population using simple random sampling in march until april 2020. This research used interview with elderly and cross check. Data is distributed narrative form and table.

## RESULT

### 1. Analysis of Univariate

#### MATERIAL AND METHODS

##### a. Family support

**Tabel 1**  
**Family support**

Support	Frequency	Percentase(%)
Support	33	46.5
Unsupport	38	53.5
Total	71	100

Based on table 1, the results of the univariate analysis showed that more than half of the respondents' did not

have family support namely as much as (53.5%).

##### b. Elderly Motivation

**Tabel 2**  
**Elderly Motivation**

	Frequency	Percentase(%)
good	45	63.4
not good	26	36.6
Total	71	100

Based on table 2, it was found that less than half of the respondents with good motivation were 63.4 %.

Pada tabel di atas menunjukkan bahwa sebagian besar lansia memiliki

motivasi yang baik dalam berkunjung ke posyandu kejora desa kolok mudik kota sawahlunto, yaitu sebanyak 45 orang lansia (63,4%).



## 2. Analysis of Bivariate

### a. The Related of Family Support with Motivation of Elderly visited to Posyandu Kejora in Kolok Mudik Village Sawahlunto City 2020

Tabel 3

The Related of Family Support with Motivation of Elderly visited to Posyandu Kejora in Kolok Mudik Village Sawahlunto City 2020

Nu Family m. support	Motivation				Numbers		P- Value
	good		Not good		f	%	
	f	%	f	%			
1 Support	18	69,2	20	44,4	38	53,5	
2 unsupport	8	30,8	25	55,6	33	46,5	0,044
Total	26	100	45	100	71	100	

The results of statistical tests with Chi-Square between the motivation and family support were p-value 0.044 ( $p < 0.05$ )

their health (Maryam dkk, 2008). Elderly have the greatest emotional bond with their family, so elderly needs family support to decision making and resolving important problem in their live. It is included their health problems (Azizah, 2011)

## DISCUSSION

### 1. Related of Family Support with Motivation of Elderly visited to Posyandu Kejora

Based on the analysis, it shows that there is a relationship of family support ( $p$ -value = 0.044) with the motivation of elderly visited to Posyandu Kejora, Kolok Mudik Village In Sawahlunto City in 2020. The results of this study were comparable to research conducted by Ningsih (2014) regarding the related Factors with interest of elderly in posyandu, found that there was a relationship between the relationship of family support with motivation of elderly ( $p$  value = 0,001).

Families are primary support system for elderly to maintaining

According to the researchers' assumptions, family support with motivation show that high number of family unupport from respondents about motivation to visited posyandu have role to give support. Respondents have family support will come to posyandu. The support are material, emotional, information and companionship. The family support is the best enverontmen to meet the needs of each elderly

## REFERENCES

- Adalea, M. 2009. *Tugas Psikologi Manajemen*.  
 Agustina, Elis. 2017. *Hubungan Dukungan Keluarga Dengan Keaktifan Lansia*



- Dalam Mengikuti Kegiatan Posyandu Lansia. Skripsi.
- Artinawati, S. 2014. *Asuhan Keperawatan Gerontik*. Bogor : In Medika.
- Azizah, M. 2014. *Evaluasi Keaktifan Lansia Dalam Mengikuti Posyandu Lansia Terhadap Tingkat Kemandirian Lansia Di Posyandu Adji Yuswo Ngebel Tamantir ta Kasihan Bantul*. Publikasi Penelitian. Yogyakarta: Program Studi Ilmu Keperawatan. Fakultas Kedokteran dan Ilmu Kesehatan. Universitas Muhammadiyah Yogyakarta.
- Arikunto, Suharsimi. 2010. *Prosedur Penelitian Suatu Pendekatan Praktek*. Jakarta: Penerbit Rineka Cipta.
- Badan Pusat Statistik R.I. 2019. *Statistik Penduduk Lanjut Usia 2019*. Jakarta: Badan Pusat Statistik RI.
- Chaplin, J. P. 2011. *Kamus Lengkap Psikologi*. Diterjemahkan : Kartini Kartono. Jakarta : PT. Radja Grafindo Persada.
- Darwis, Khairani. 2014. *Faktor-Faktor Yang Berhubungan Dengan Kunjungan Lansia Ke Posyandu Lansia Di Wilayah Kerja Puskesmas Rapak Mahang Kabupaten Kutai Kertanegara*. Makasar
- Depkes RI. 2009. *Data dan Informasi Kesehatan : Gambaran Kesehatan Lanjut Usia di Indonesia*. Departemen Kesehatan RI. Jakarta : 2009.
- Depkes RI. 2010. *Pedoman Puskesmas Santun Lanjut Usia Bagi Petugas Kesehatan*. Jakarta.
- Depkes RI. 2017. *Pedoman Pembinaan Kesehatan Lansia Bagi Petugas Kesehatan I*. Jakarta.
- Depkes RI. 2018. *Pedoman Puskesmas Santun Lanjut Usia Bagi Petugas Kesehatan*. Jakarta: Direktorat Bina Kesehatan Komunitas.
- Febriyanto, dkk. 2015. *Faktor-faktor yang Mempengaruhi Kunjungan Lansia ke Posyandu Lansia di RW VII Kelurahan Wonokusumo Kecamatan Semampir Surabaya*. *Jurnal Keperawatan*. Surabaya: Universitas Muhammadiyah Surabaya.
- Friedman MM. 2002. *Buku Ajar Keperawatan Keluarga Riset, Teori, dan Praktek, Edisi 5*. Fakultas Kedokteran Universitas Indonesia. Jakarta.
- Friedman MM. 2010. *Buku Ajar Keperawatan Keluarga : Riset, Teori dan Praktek*. Jakarta : EGC.
- Hamzah B. Uno. 2019. *Teori Motivasi dan Pengukuran Analisis*. Jakarta.
- Hasanah, Mutiatul. 2007. *Tinjauan Motivasi Lansia dalam Mengikuti Senam Lansia pada Paguyuban Lansia di Rumah Sakit Panti Rahayu Yakkum Purwodadi Grobogan Tahun 2007*. Skripsi. Semarang : Fakultas Ilmu Keolahragaan Universitas Negeri Semarang.
- Hasibuan. 2003. *Manajemen Sumber Daya Manusia*. PT. Bumi Aksara : Jakarta.
- Hasrat, Rosmina. 2017. *Keperawatan Gerontik*. Jakarta.
- Hasugian, Lubis, dkk. 2011. *Hubungan Dukungan Keluarga terhadap Pemanfaatan Posyandu Lansia di Wilayah kerja Puskesmas Darussalam*. 2011.
- Jamaris, Martini. 2013. *Orientasi Psikologi Pendidikan*. Bogor : Ghalia Indonesia.
- Kemenkes. 2014. *Pusat Data dan Informasi*. Jakarta Selatan : Kementrian Kesehatan RI.
- Lilik Ma'rifatul. 2013. *Keperawatan Lanjut Usia*. Yogyakarta.
- Martono, Darmojo. 2016. *Buku Ajar Geriatri (Ilmu Kesehatan Usia Lanjut)*. Jakarta.
- Maryam, S.R. 2012. *Mengenal Usia Lanjut dan Perawatannya*. Jakarta. Penerbit Salemba Medika.



- Ningsih, Rahmalia. 2014. *Faktor-faktor yang mempengaruhi minat lansia dalam posyandu lansia*.
- Nugroho. 2016. *Keperawatan Gerontik & Geriatrik, Edisi-3*. Jakarta:EGC .Jakarta. Depok: Universitas Indonesia.
- Nurhayati. K. 2012. *Faktor-Faktor Yang Mempengaruhi Lansia Dalam Pemanfaatan Pos Binaan Terpadu (Posbindu)*. UR : Naskah Asli Tidak Dipublikasikan.
- Nursalam. 2011. *Konsep dan Penerapan Metodologi Penelitian Ilmu Keperawatan*. Jakarta : Salemba Medika.
- Nursalam. 2013. *Metodologi Penelitian Ilmu Keperawatan : Pendekatan Praktis (Ed.3)*. Jakarta : Salemba Medika.
- Notoatmojo.2010. *Metodologi Penelitian Kesehatan*. Jakarta : Rhineka Cipta.
- Notoatmojo. 2012. *Promosi Kesehatan dan Prilaku Kesehatan*. Jakarta : Rhineka Cipta.
- Padilla. 2013. *Buku Ajar Keperawatan Gerontik*. Yogyakarta : Nuha Medika, 2013.
- Parson, Wayne. 2011. *Public Policy, Pengantar Teori dan Praktik Analisis Kebijakan*. Kencana Prenada Media Group. Jakarta.
- Permenkes. 2015. *Penyelenggaraan Pelayanan Kesehatan Usia Lanjut di Pusat Kesehatan Masyarakat*. Jakarta. Kementerian Kesehatan RI.
- Proverawati. 2014. *Faktor-Faktor yang Berhubungan dengan Pemanfaatan Posyandu Lansia di Desa Jetis Kecamatan Karangrayung Kabupaten Grobogan*. Program Studi Magister Promosi Kesehatan Program Pasca Sarjana Universitas Diponegoro Semarang.
- Purnawan, F. T. 2008. *Hubungan Antara Dukungan Keluarga Dengan Successful Aging Pada Lansia di Desa Mengenal Usia Lanjut dan Penanganannya*. Jakarta : Salemba Medika.
- Purwanto, Ngalim. 2014. *Psikologi Pendidikan*. Bandung : PT. Remaja Rosdakarya.
- Sapta Aryatiningsih, Dwi. 2014. *Faktor-Faktor yang Berhubungan dengan Pemanfaatan Posyandu Lansia di Kota Pekanbaru*. Jurnal An-Nadaa Vol. 1, No. 2, Desember 2014.
- Sardiman A. 2016. *Interaksi dan Motivasi Belajar Mengajar*. Jakarta : PT. Raja Grafindo Persada.
- Soewono. 2010. *Pedoman Pelaksanaan Posyandu Lanjut Usia*. Jakarta.
- Sunaryo. 2004. *Psikologi untuk Keperawatan*. Jakarta : EGC
- Sunaryo, dkk. 2015. *Asuhan Keperawatan Gerontik*. Yogyakarta : CV. Andi Offset.
- Suparyanto. 2012. *Konsep Dukungan Keluarga*.
- Susilowati. 2014. *Faktor – Faktor Yang Mempengaruhi Keaktifan Lansia Dalam Mengikuti Kegiatan Posyandu Lansia Di Desa Kauman Kecamatan Polanharjo Kabupaten Klaten*. Skripsi Thesis, Universitas Muhammadiyah Surakarta.
- Stenley, Mickey & Beare, P. G. 2016. *Buku Ajar Keperawatan Gerontik Edisi 2*. Jakarta : EGC : 2008.
- Tri Novianti, Jumiatiun. 2018. *Faktor Yang Berhubungan Dengan Partisipasi Lansia Pada Posyandu Lansia di Wilayah Kerja Puskesmas Kassi-Kassi Kota Makasar*. Skripsi.
- UU 36 tahun 2009. *Tentang Kesehatan*. Jakarta.
- WHO. 2012. *Angka Hidup Indonesia Meningkat*. WHO.

