

# The Relationship between the Level of Knowledge and Family Support with the Use of Posyandu for the Elderly in the RW 05 Area of Sememi Village, Surabaya

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## ABSTRACT

The elderly population is projected to increase in the coming decades. The size of the elderly population can be a burden if they experience a decline in health status with high levels of disability. One of the efforts to empower the elderly is through the Integrated Elderly Service Post (Posyandu Lansia). So the purpose of this study is to find the relationship between the level of knowledge and family support with the use of elderly posyandu in RW 05 Sememi Village, Surabaya. This research design uses correlation analytical method with cross sectional approach. The number of samples is 40, using sampling techniques with purposive sampling. The independent variable is family knowledge and support, while the dependent variable is the use of elderly posyandu. Data collection tool with questionnaire. Data analysis was tested with a linear log model. From the results of data analysis carried out with the Spearman's Rank statistical test, the results were obtained  $p = 0.000 < 0.05$  and  $r = 0.149$  at the level of knowledge, it can be interpreted that the level of knowledge and family support has a relationship with the use of elderly posyandu in the RW 05 area of Sememi Village, Surabaya. Then the results of  $p = 0.021 < 0.05$  and  $r = 0.138$  in family support, it can be interpreted that the level of knowledge and family support has a relationship with the use of elderly posyandu in the RW 05 area of Sememi Village, Surabaya. The results of this study show that there is a relationship between the level of knowledge and family support with the use of elderly posyandu in the RW 05 area of Sememi Village, Surabaya. This study is expected to provide recommendations for nursing interventions to provide education about the importance of family knowledge and support in utilizing elderly posyandu for the elderly.

**Keywords:** family support, knowledge level, posyandu elderly

## BACKGROUND

Aging is a process that every human goes through which is often marked by physical, mental and social deterioration. Elderly is an advanced stage of a life process characterized by a decrease in the body's ability to adapt to environmental stress. Elderly is a condition characterized by failure of physiological stress conditions (Effendi 2009). The elderly population is projected to increase in the coming decades. By 2050 it is estimated that the elderly population will increase 3 times from this year. In 2000 the number of elderly was around 5,300,000 (7.4%) of the total population, while in 2010 the number of elderly was 24,000,000 (9.77%) of the total population, and in 2020 it is estimated that the number of elderly reached 28,800,000 (11.34%) of the total population. Meanwhile, in Indonesia alone in 2020 the number of elderly people is around 80,000,000 (Ministry of Health of the Republic of Indonesia, 2020).

Surabaya City has the third largest proportion of elderly people in Indonesia. The Central Bureau of Statistics of East Java in 2020, revealed an increase in the number of elderly people, from 2018 there were 8.53% and increased in 2019 by 8.84%, and 9.16% in 2020 of the total population in Surabaya. Increasing the number of elderly people can have a positive impact if the population is in a healthy, active, and productive state (Erpandi, 2019). On the other hand, the size of the elderly population can be a burden if they experience a decline in health status with high levels of disability, resulting in low productivity, inadequate income, and high costs of health services. An increase in the number of elderly if not balanced with good health behavior, morbidity will occur.

According to the ministry of health, in 2019 there were reports of 55.6% of puskesmas that had active elderly posyandu in each village with a total of 100,470 elderly posyandu throughout Indonesia (Ministry of Health, 2019). Based on the health profile of the city of Surabaya in 2019, the elderly who received health services were 178,313 out of the total elderly 227,525 or 78.81%. (Meigia, 2020). The elderly need socialization, sharing feelings with peers and getting adequate health services and all of this can be obtained at the elderly posyandu. Posyandu lansia is an integrated service post for the elderly community in certain agreed areas, which are driven by the community for health services (Ministry of Health of the Republic of Indonesia, 2020).

Low utilization of elderly posyandu is influenced by several factors. The use of elderly posyandu is related to the attitude of the elderly, accessibility, family support and the role of cadres (Pebriani, Amelia, & Haeruddin, 2020). The use of elderly Posyandu requires family support because the help and motivation from them will make it easier for the elderly to take advantage of the elderly services provided. A good family motivator is to remind the elderly about the Posyandu schedule, help the problems faced by the elderly, and if the elderly go to the posyandu, the family escorts and accompanies. (Meigia, 2020). Meigia Research (2020) The use of elderly posyandu requires family support because the help and motivation from them will make it easier for the elderly to take advantage of the elderly services provided. A good family motivator is to remind the elderly about the Posyandu schedule, help the problems faced by the elderly, and if the elderly go to the Posyandu, the family escorts and accompanies. A good level of awareness of a person will be carried out based on the knowledge that the elderly have. Altered behavior results from good awareness, attitudes, and knowledge and will occur in the long run because awareness is from the person of one, not from others. (Meigia, 2020).

Based on the above background, the author is interested in conducting a research entitled "The Relationship Between Knowledge Level and Family Support with the Utilization of Posyandu in the Elderly in RW 05 Sememi Village, Surabaya".

## **METHODS**

This type of research is survey research that is analytical. This study aims to relationship the level of knowledge and family support with the use of posyandu in RW 05 Sememi Village, Surabaya. This research uses correlation analytical method with approach *Cross Sectional*, which is a type of research to study the relationship between risk factors and effects including independent variables and dependent variables that are measured at once at a time (Notoatmodjo, 2015).

Population is all data sources needed in a study. The population in this study is 67 elderly people in RW 05 Sememi Village, Surabaya, for the March-July 2023 period. The sample size used in this study was 40 respondents.

## RESULTS

### Level of knowledge

Table 1. Frequency distribution of elderly knowledge levels in RW 05 Sememi Village, Surabaya, June 2023

Level of knowledge	Frequency	%
Good	22	55
Enough	11	27,5
Less	7	17,5
Total	40	100

Source: Primary data, June 2023

Table 1 shows that respondents who have a good level of knowledge are 22 people (55%) and 7 people (17.5%) who perceive the level of knowledge is lacking.

### Family support

Table 2. Frequency distribution of family support in RW 05 area of Sememi Village, Surabaya, June 2023

Level of support	Frequency	%
Good	25	62,5
Enough	9	22,5
Less	6	15
Total	40	100

Source: Primary data, June 2023

Table 2 shows that respondents who received good family support were 25 people (62.5%) and 6 people (15%) who perceived family support as lacking.

### Utilization of elderly posyandu

Table 3. Frequency distribution of elderly posyandu utilization in RW 05 Sememi Village, Surabaya, June 2023

Utilization of elderly posyandu	Frequency	%
Utilize	33	82,5
Not taking advantage	7	17,5
Total	40	100

Source: Primary data, June 2023

Table 3 shows that 33 respondents (82.5%) and 7 (17.5%) did not use the elderly posyandu.

### Analysis of the relationship between knowledge level and the use of elderly posyandu in RW 05 Sememi Village, Surabaya

Table 4. Cross-tabulation of the relationship between knowledge level and the use of elderly posyandu in RW 05 Sememi Village, Surabaya, June 2023

Utilization of Elderly Posyandu	Knowledge Level							
	Good	%	Enough	%	Less	%	N	%
Utilize	21	52,5	9	22,5	3	7,5	33	82,5
Not Utilizing	1	2,5	2	5	4	10	7	17,5
Total	22	57,5	11	25	7	17,5	40	100
Test Spearman Rho	P = 0.000						r = 0.149	

Source: Primary data, June 2023

Table 4 shows that 21 (52.5%) respondents who use the elderly posyandu are elderly who have a good level of knowledge, while respondents who do not use the elderly posyandu as many as 4 people (10%) have a lack of knowledge. The results of statistical tests using spearman's rank with a value of  $p = 0.000$  smaller than the stipulated  $<0.05$  then the hypothesis is accepted.

This shows a relationship between the level of knowledge and the use of elderly posyandu. When viewed from the degree of significance of the spearman rho test, the results above show that there is a significant correlation between the level of knowledge factor and the use of elderly posyandu. The coefficient (r) has been obtained 0.149 which means that the relationship between the level of knowledge and the use of elderly posyandu has a sufficient correlation or at a moderate level.

### **Analysis of the relationship between family support and the use of elderly posyandu in RW 05 Sememi Village, Surabaya**

Table 5. Cross-tabulation of the relationship between family support and the use of elderly posyandu in RW 05 Sememi Village, Surabaya, June 2023

Utilization of Elderly Posyandu	Family Support							
	Good	%	Enough	%	Less	%	N	%
Utilize	23	57,5	7	17,5	3	7,5	33	82,5
Not Utilizing	2	5	2	5	3	7,5	7	17,5
Total	25	62,5	9	22,5	6	15	40	100
Test Spearman Rho	P = 0.021						r = 0.138	

Source: Primary data, June 2023

Table 5 shows that 23 (57.5%) respondents who use elderly posyandu are elderly who have good family support, while respondents who do not use elderly posyandu as many as 3 people (7.5%) have less family support. The results of statistical tests using spearman's rank with a value of  $p = 0.021$  smaller than the stipulated  $<0.05$  then the hypothesis is accepted. This shows a relationship between family support and the use of elderly posyandu. When viewed from the degree of significance of the spearman rho test, the results above show that there is a significant correlation between the power support factor and the use of elderly posyandu. The coefficient (r) has been obtained 0.138 which means that the relationship between family support and the use of elderly posyandu has a sufficient correlation or at a moderate level.

## **DISCUSSION**

### **Level of knowledge**

Based on table 2, it was found that 22 people had good knowledge about the elderly posyandu, 11 people had sufficient knowledge, the rest had less knowledge. There is a significant difference between respondents with a good and sufficient level of knowledge and respondents with a level of knowledge that is lacking in utilizing elderly posyandu. There were 30 respondents using posyandu with a good and sufficient level of knowledge and 3 respondents with less knowledge who used elderly posyandu. Knowledge is everything that a person knows and believes. Understanding is the result of knowing, and this happens after people have sensed a certain object. Knowledge or cognitive is a very important domain in shaping one's actions (Notoatmodjo).

According to green (1989 in Notoadmojo, 2007), explained that a person's behavior is influenced by several factors. The first factor is knowledge, attitudes, beliefs, values, traditions. Furthermore, it is explained from Notoatmodjo's theory which shows that a person's behavior is influenced by knowledge (Notoatmodjo, 2014). So that from these concepts and theories it can be explained, that the increasing knowledge, it can affect one's lifestyle patterns, and knowledge is very important for the formation of one's actions.

Furthermore, it was found that 15 people had the last educational background of elementary / junior high school equivalent, 18 people had the last education of high school / vocational school, and 7 of them had undergraduate education background, here shows that the educational factor also has a contribution in the level of knowledge of a person. This is supported by Mahmudah (2018), that educational background also affects his understanding

and knowledge (Mahmudah, 2018). This is also in accordance with the theory (Padila, 2014) that someone who has education, has better access to health information, is more active in determining attitudes and is more independent in making decisions. Education can be a process for individuals to understand something that is not yet understood, and with adequate formal education individuals will be easier to understand and understand good behavior. According to Soekamto (2002), the level of education and also socio-economic can affect a person's level of knowledge. The higher the level of education, the more basic awareness of the importance of science. The higher the level of education, the more basic awareness of the importance of science. So it can be explained that the level of education can spur a person to be active in increasing his knowledge. This level of education can be a factor for a person in receiving information that affects his health behavior.

### **Family Support**

Table 3 shows that 25 people received good family support, 9 of whom received sufficient family support, and the rest received insufficient family support. Most respondents who received good and sufficient family support have taken advantage of the elderly posyandu. The results of these data can be explained in the theory of paat, 1977 (in Friedman, 1998) which states that the family is the basic system where health and health care behaviors are regulated, implemented, and secured by the family as a form of preventive care. Family support is a supportive experience given by family members, so that related individuals feel that they are cared for and appreciated because they get help from people who are considered meaningful in their lives (Lubis, Namora & Hasnida, 2009). According to Friedman (2003), family support is a form of family affective function towards the elderly that can improve the psychosocial status of the elderly. while according to Friedman (2010) family support is the attitude, action, and acceptance of the family towards sick sufferers.

So it can be explained that individuals who get high family support will become more optimistic in facing health problems and their lives will be more skilled in meeting psychological needs. Table 5.1 shows 17 elderly people living with more than 3 family members. According to mada (2022), social interaction, attention and concern of family members affect the quality of life of the elderly. while according to (Luthfa, 2018) explained that Danpat's family became good listeners to listen to him tell stories and meet his needs. So that from these concepts and theories it can be explained that the elderly need more attention from family members, with the existence of family members who live in the same house with the elderly make the elderly have a place to interact socially and get more support to improve the quality of life.

### **Utilization of Posyandu**

The results of this study found that 33 respondents had used the elderly posyandu and 7 of them did not use the elderly posyandu. The use of elderly posyandu aims to maintain the health of the elderly and be monitored optimally (Hesthi, 2010). According to Yuniati and Dewi (2012) explained that for the elderly who are not actively utilizing health services at the elderly posyandu, their health condition cannot be monitored properly, so that if they experience a risk of disease due to a decrease in body condition and the aging process is feared to be fatal and life-threatening. Furthermore, explained Sulaiman and Anggriani (2021) in their research, the number of elderly (elderly) is increasing along with the success of development in Indonesia. The elderly need affordable health care to overcome their health problems. Posyandu for the elderly is an alternative means to meet health needs.

So that from these concepts and theories it can be explained that the use of elderly posyandu is an important factor in improving the quality of life of the elderly, from psychosocial and health. Age may also contribute to a person's level of knowledge. There were 23 people aged 60-74 years who used the elderly posyandu, while respondents aged 75-89 years did not use the posyandu. According to Yuwono and Suwaryo (2017) explained that a person's age also

affects a person's comprehension and mindset. Rasily and Dewi (2016) in theory, age affects the development of a person's comprehension and mindset, the older a person is, the processes of mental development improve, but at a certain age such as the elderly are very old, the increase in mental development processes is not as fast as when he was younger. So it can be explained that getting older will reduce a person's ability to understand something, capturing the information provided.

#### **The relationship between the level of knowledge and the use of elderly posyandu**

The results of statistical tests using spearman's rank with a value of  $p = 0.000$  smaller than the stipulated  $<0.05$  then the hypothesis is accepted. This shows a relationship between the level of knowledge and the use of elderly posyandu. When viewed from the degree of significance of the spearman rho test, the results above show that there is a significant correlation between the level of knowledge factor and the use of elderly posyandu. The coefficient ( $r$ ) has been obtained 0.149 which means that the relationship between the level of knowledge and the use of elderly posyandu has a sufficient correlation or at a moderate level. The results of this study can be supported by the opinion of Sunaryo (2016) who states that one of the factors that can affect the use of elderly posyandu is knowledge about elderly posyandu.

High knowledge obtained from information provided by officers about the use of elderly posyandu can determine the presence of elderly posyandu participants (Octaviani, 2016). While Viktoria (2016) said there is a relationship between the use of elderly posyandu and the knowledge they have. The results of this research can be explained in the theory of paat, 1977 (in Friedman, 1998) which states that the family is the basic system in which health and health care behaviors are regulated, implemented, and secured by the family as a form of preventive care. Family support is a supportive activity provided by family members, so that related individuals feel that they are cared for and appreciated because they get help from people who are considered meaningful in their lives (Kurniawan, 2016). Based on this concept, it can be explained that the increasing knowledge of the elderly will encourage the elderly to better utilize the elderly posyandu. This level of knowledge is the basis for attitude formation and can encourage interest or motivation for the elderly to always participate in elderly posyandu activities.

#### **The relationship between family support and the use of elderly posyandu**

The results of statistical tests using spearman's rank with a value of  $p = 0.021$  smaller than the stipulated  $<0.05$  then the hypothesis is accepted. This shows a relationship between family support and the use of elderly posyandu. When viewed from the degree of significance of the spearman rho test, the results above show that there is a significant correlation between the power support factor and the use of elderly posyandu. The coefficient ( $r$ ) has been obtained 0.138 which means that the relationship between family support and the use of elderly posyandu has a sufficient correlation or at a moderate level. Individuals who receive high family support will become more optimistic in facing health problems and their lives will be more skilled in meeting psychological needs (Setiadi, 2007 in Kurniawan, 2016). Nurdiana et. Al (2007) in his research states that the family plays an important role in determining the way or nursing care needed by clients at home. Support from family is an important element to increase self-confidence and motivate the elderly (Oktowaty, 2018).

Individuals who get high family support will become more optimistic in facing health problems and their lives will be more skilled in meeting psychological needs (Setiadi, 2008). So based on these concepts and theories, it can be explained that family support can be a motivation for the elderly to be active in participating in posyandu. The role of a good family is also a powerful motivation or support in encouraging the elderly to take advantage of the elderly posyandu. The existence of optimal support from the family can affect the behavior of the elderly in utilizing the elderly posyandu.

### Research limitations

In this research process, there are limitations that may affect the results of the study, namely there are limited numbers of personnel who help this research, making it difficult to help the collection of the elderly and assistance when filling out questionnaires. There is a lack of respondents' ability to understand the statements on the questionnaire in filling out the questionnaire so that there is a need for assistance when filling out the questionnaire. The number of respondents was only 40 people, this is still not enough to describe the real situation.

### CONCLUSION

Based on the research "The Relationship Between Knowledge Level and Family Support with the Utilization of Elderly Posyandu in RW 05 Sememi Village, Surabaya" can be concluded as follows most of the elderly in RW 05 Sememi Village Surabaya have a good level of knowledge about the use of elderly posyandu. Most of the elderly in RW 05 Sememi Village Surabaya get good family support from their families. Most of the elderly in RW 05 Sememi Village Surabaya use the elderly posyandu. The level of knowledge is related to the use of elderly posyandu in the RW 05 area of Sememi Village, Surabaya. Family Support is related to the use of elderly posyandu in the RW 05 Sememi Exodus Surabaya area because there is a difference in the proportion of elderly posyandu utilization between the elderly with good and less family support.

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