

The level of independence of elderly people in carrying out daily activities during the pandemic with help from family members

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Abstrak: This study aims to evaluate the level of independence of elderly people in carrying out daily activities during the pandemic with support from family members. Through data collection and analysis, the level of independence in various aspects of daily life is identified, as well as the role played by the family in providing help and support. The findings of this study provide insight into the important role of the family in maintaining the independence of the elderly in crisis situations such as a pandemic.

Keywords: Elderly People, Daily Activities, Pandemic

INTRODUCTION

Problem health problems faced age carry on including deficiencies moving (*immobilization*), severe senility (*dementia*), urinating or defecation (incontinence), intake lack of food and drink , abrasions and ulcers on the body consequence lying down for a long time (*decubitus*), broken bones and so on. ADL is skills basics and tasks occupational must owned somebody For nurse himself in a way done independently somebody everyday with objective For meet / relate with his role as personal in family and society . Factor affecting decline *Activities Daily Living* are : Condition physique for example disease chronic , disorder eyes and ears , mental capacity , mental status such as sadness and depression , acceptance to function member body , support member family .

During the Covid 19 pandemic that occurred moment this , group elderly become most at risk group transmitting and contracting the virus, isolation considered right , however must still notice need elderly in accordance level his independence . Isolate elderly Possible can reduce transmission , where objective mainly is For postpone peaked existing cases , and minimize spread to group risky tall . Isolate self No suitable done elderly who are highly dependent on contact outside social home , like homecare services , community elderly , and places of worship. Those who don't own family or Friend close , and dependent on support service volunteer or maintenance social , yes experiencing feelings of loneliness , isolation , or isolated ⁹ .

There are four problem one of the crucial aspects faced by the elderly during the Covid-19 pandemic is problem limitations mobility consequence just activity takes place at home just during pandemic (consequences from exists restrictions doing activities outside House). That matter cause activity daily elderly become limited . During the pandemic This need exists guarantee to elderly the main thing is to stay yourself , use it ensure fulfillment need life daily moreover with recommendation restrictions doing activities outside House ¹⁰ .

Seniors who have various limitations and great need various help in achieve a sense of peace , comfort , decent treatment from the environment that is support family . Condition general elderly living together family show family hold role important in the lives of older people age ¹¹ . Most of the family can appreciate and respect elderly as a parent they . If family far away , they are often visit or

ask condition elderly through telephone . But family still very lacking very give encouragement and motivation to respondents For do activity outside house , p This caused Because attitude excessive protection from family to respondents , such as fear fell outside home and tired . Family consider elderly No capable Again doing activities outside home , meanwhile they do not have time For accompany Because condition those who are busy with their respective affairs , aside That condition the economy also gets in the way family For give support ¹² .

Support family is very necessary for quality life and health elderly still awake optimally , incl its independence in activity daily during the Covid 19 pandemic . Things that are necessary noticed living family together elderly during the Covid19 period, namely ensure that elderly No exposed with Covid-19. Family need notice protocol health and ensure that all over member family specifically elderly follow rule protocol health . Before the Covid-19 period or until the occurrence of Covid-19 in the elderly tend feel neglected by his family . His family seldom notice circumstances elderly , family tend Busy with affairs each of them , p This make elderly precisely feel not enough happy . his children only just ask health just without give attention more such as : giving medicine , feeding Eat even For accompany sitting ¹³ .

Data obtained researcher from the Village Office Tenggela , Gorontalo Regency , data was obtained that amount existing elderly as many as 134 people. Researcher Then conducted an initial survey on 8 elderly people in the village Tenggela , found that there are 6 people still need help For walking , bathing, dressing , defecating , and urinating , and 1 person in between use tool help stick as is For can walk . A number of the cause is Because condition physical decline , some big elderly say during the pandemic, they more Lots is at in House However busy family with work they or activities outside House other so that intensity meeting and attention become less time available family elderly more Lots spent outside House so that not enough notice condition or need daily elderly , as well lack of knowledge family about importance For fulfil need base daily elderly .

METHOD

Study manifold quantitative *descriptive correlation* with approach *cross-sectional study*. The research was carried out in Tenggela Village, Gorontalo Regency. The population was 134 people with a sample size of 57 people calculated using the Slovin formula and sampling using purposive sampling technique. Data collection was carried out using a questionnaire instrument that had been tested for validity (r count: 0.580 - 0.928) and reliability (Cronbach's alpha value: 0.940) . The data obtained was then analyzed using the *chi square correlation test* with α value = 0.05.

RESULTS

Analysis Univariate

Support Family in the Elderly in Century Covid-19 Pandemic in the Village Singa

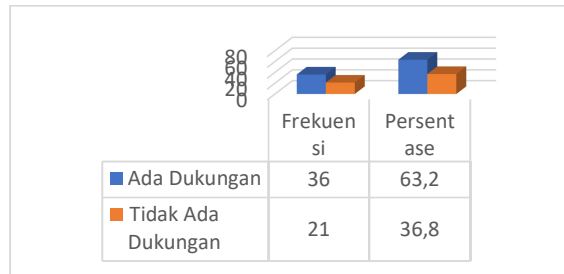


Figure 1 Support Family in the Elderly in Century Covid-19 Pandemic in the Village Singa

Figure 1 the show that based on part big elderly get support from family that is as many as 36 people (63.2%), while seniors who don't get support as many as 21 people (36.8%).

Independence Elderly in Fulfillment Activity A Day During the Covid-19 Pandemic in the Village Singa

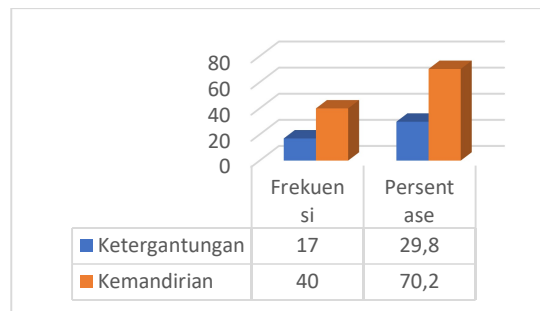


Figure 2 Independence Elderly in Fulfillment Activity A Day During the Covid-19 Pandemic in the Village Singa

Figure 2 the show that based on part big elderly get own independence in fulfillment activity daily that is as many as 40 people (70.2%), while elderly people who experience it dependency as many as 17 people (29.8%).

Analysis Bivariate

Table 1 Relationship Support Family with Independence Elderly in Fulfillment Activity Everyday Life During the Covid-19 Pandemic in the Village Singa

Support Family	Elderly Independence				Total	
	Dependency		Independent			
	n	%	n	%	N	%
There is Support	2	3.5	34	59.6	36	63.2
No Support	15	26.3	6	10.5	21	36.8
Amount	17	28.9	40	70.1	57	100
X^2_{count}					27,498	
$p\ value$					0,000	

Table 1 the show that Of the 57 respondents , there were 17 elderly people (28.9%) who experienced it dependency and from amount those , who get support from family as many as 2 elderly

people (3.5%) and 15 elderly people (26.3%) did not get support family . There are 40 elderly people (70.1%) who are independent and independent amount the there were 34 elderly people (59.6%) who received it support family and 6 elderly people (10.5%) did not get support .

Analysis results using the *chi square* test to get mark $X^2_{\text{calculated}}$ is 27.498 and ρ is 0.000 With the fulfillment of the value hypothesis $X^2_{\text{counts}} (27,498) > X^2_{\text{tables}} (3,841)$ as well mark $\rho (0.000) < \alpha(0.05)$ then it can be stated that there is a support relationship family with independence elderly in fulfillment activity everyday during the Covid-19 pandemic in the Village Tenggela .

DISCUSSION

Support Families for the Elderly During the Covid-19 Pandemic in the Village Singa

Research result get elderly people who get support from family that is as many as 36 people (63.2%), while That's it , the elderly do n't get support as many as 21 people (36.8%). Based on results the can concluded that part big family in the village Singa has give support for the elderly in Century covid-19 pandemic .

Research result This in line with The results obtained by samplean *et al.* (2016) who get that in Batu Village , District South Likupang Regency Part of North Minahasa big family give support with good (69.8%) in the elderly in do activity daily ¹⁴ .

Researcher assume that support family is very necessary elderly for health elderly can still awake optimally Possible during the Covid-19 period, a necessary thing noticed living family together elderly during the Covid-19 period, namely ensure that elderly No exposed with Covid-19. Family need notice protocol health and ensure that all over member family specifically elderly follow rule protocol health like wear a mask, wash hand , and guard distance .

Researcher opinion Attention from environment around especially Family is really needed by the elderly . Family is source important love love , motivation / encouragement , assistance , and social interaction for elderly . Support family is matter absolutely for the elderly still Healthy . Family need strive condition environment House still clean , safe and comfortable For elderly with ventilation and light sun sufficient entry , including in the room Sleep . Besides That , the family must too help teach use technology information and facilitation elderly so they can use gadgets for communicate and meet with relatives virtually . Attention sincere and patient from family will make elderly No feel isolated as well as makes it easier elderly accept and adapt to pandemic situations like Now This .

In accordance with theory put forward by Friedman (2013) that support family Good If balanced with mastery good science , mechanism coping good family and care to sick family with Good . Family nature support always Ready give help to member his family is sick if necessary ¹⁵ .

Support family as a relationship process between family with environment social , third dimensions interaction support family the nature reproxy (reciprocity or nature and frequency reciprocal relationship) , bait return (quality and quality communication) and engagement emotional

(depth intimacy and trust) in connection social . Good nuclear family or family big works as system supporter for member his family and is perpetrator active in modify and adapt community personal relationship to reach circumstances changed ¹⁵ .

Independence Elderly in Fulfillment Activity A Day During the Covid-19 Pandemic in the Village Singa

Research result show that part big elderly own independence in fulfillment activity daily that is as many as 40 people (70.2%), while elderly people who experience it dependency as many as 17 people (29.8%).

Research result This in line with results obtained by Juwariah (2017) , who obtained results in the work area Public health center Part of Ngasem Kediri big elderly (64.1%) are independent in do activity daily .

Researcher assume , in part big respondents is independent matter This Because part big they is in condition health Good . With healthy condition they can do activity What just without request the help of others, or as little Possible depends to other people. Every respondents own level that independence vary matter This can influenced habit activity a day - day like exercise body or Work , respondents Which used to own busyness activity will more independent compared to with respondents Which only silent self . Be active can make member body can beneficial in maintain function body

Dependency elderly the more Lots caused factor age elderly , increasingly increase age , then happen decline ability function body including muscles , joints and bones so that can hinder or influence ability body For activity with good and smooth . Assumption researcher the proven that in these 17 people , it is seniors aged 68-74 years .

In line with theory Ediawati (2016) that change physical problems that occur in the elderly naturally will influence independence elderly . Independence is freedom For act , no depending on others, no influenced by others and free arrange self Alone or activity somebody Good individual nor group from various health or disease . Independence in the elderly is very important For nurse himself Alone in fulfil need base man . Although difficult for member more family young For accept parents do activity daily in a way complete and slow . With thoughts and methods Alone elderly recognized as individual who has unique characteristics by reason That nurse need knowledge For understand ability elderly For think , argue and take decision For increase his health ¹⁶ .

By theory carry on age that has independence in activity is elderly who have pretty good health good health so elderly can do activity like work and be creative ¹⁷ . According to Berman *et al.* (2016) , age can become factor Which influence independence somebody in operate activity a day day . Factor *degenerative* hold important role in ability activity . The more increase age somebody will reduce ability activity daily somebody . Age considered as factor Which relevant in question seniority and level not quite enough answer . Age is important determinant from connection social and level age is significant influence within structure from a number of culture .

Results study Which done Sari (2019) that there is connection between age with independence elderly , Where the more increasing age so the more reduced ability elderly in activity daily . With increasing age so in a way natural will happen decline ability function For nurse self Alone nor interact with public surroundings , and will the more depend on others.

Review activity daily somebody means do inspection For know somebody independent or depends . Do inspection with instrument certain For make objective assessment . In accordance with theory Where carry on age as individual The same case with clients described by Orem in Ekawati (2016) , namely a unit that also desires independence in maintain life , health and well-being

Connection Support Family With Independence Elderly in Fulfillment Activity Every Day During the Covid-19 Pandemic in the Village Singa

Research result show that There is connection support family with independence elderly in fulfillment activity everyday during the Covid-19 pandemic in the Village Tenggela . That matter showed from get *the chi square* test results mark $X^2_{\text{calculated}}$ is 27.498 and ρ is 0.000 With the fulfillment of the value hypothesis $X^2_{\text{counts}} (27,498) > X^2_{\text{tables}} (3,841)$ as well mark $\rho (0.000) < \alpha(0.05)$ then it can be stated that there is a support relationship family with independence elderly in fulfillment activity everyday during the Covid-19 pandemic in the Village Tenggela .

Reality on the ground , elderly often always try do all something Alone without help from other people though matter That from his family Alone . That matter obtained from interview deep in some elderly people who stated that they always try fulfil need himself myself , later If sick and not can move new they request help from other people and family . That matter they do Because No want to bothering other people in their old age . Precisely they will feel No Again useful Because all something taken care of by someone else.

In line with research from Daryanti (2020) in the Work Area Public health center Leuwigoong Regency Garut get that There is a relationship between support family with independence elderly in fulfillment activity everyday , with p value is 0.000. This matter caused Because with exists support family so will form independence in the elderly , the elderly the more get support from family will form behavior For can do activity daily .

According to researcher support given family to elderly naturally can give impact big to elderly in fulfillment need his life daily . In do activity daily in a way independent , elderly need support from family For guard health physique nor his soul . So that can increase health and quality life elderly . Elderly will can enjoy day old they with peace and quiet in the end will give Lots benefit for all member another family . Support family can help individual For overcome the problem in a way effective . Support families can too increase health physical and mental in the elderly . Support family relate with subtraction symptom illnesses and abilities For fulfil his needs Alone will maintenance health . Family have role important in support independence age carry on . Because family own closeness and attachment Good physique nor emotional . Non-independence elderly caused three

matter that is limitations physical and /or mental, choose For helped in One activity certain However independent in activity others , as well No exists support family .

On research This obtained that there were 2 elderly people (3.5%) who did not get support family However still experience dependency in fulfillment independence Elderly in Fulfillment Activity Everyday During the Covid-19 Pandemic . That matter according to researcher caused Because factor age respondents where in the second respondents the aged 71 and 74 years . Where is the respondent with classified age Already seniors This has experience decline functions his body so that No can Again do activity daily in a way independent completely . With thereby elderly He really needs the people around him (family) to activity . In other words, even though family has give support for respondents independence , incompetence elderly For activity cause they No can independent or still experience dependence on others for activity .

That matter in line with theory from Berman *et al.* (2016) , age can become factor Which influence independence somebody in operate activity a day day . Factor *degenerative* hold important role in ability activity . The more increase age somebody will reduce ability activity daily somebody . Temporary that , Murtiyani et al. (2017) also explains that The more increase age man will experience a decrease in daily activity. As age increases, there will naturally be a decline in the functional ability to care for oneself and interact with the surrounding community, and one will become increasingly dependent on other people. Where as age increases, the patient's ability to carry out daily activities decreases.

Study this is also getting that there were 6 elderly people (10.5%) who did not No get support from family However own independence in Fulfillment Activity Everyday During the Covid-19 Pandemic . Based on results observation moment study obtained that 3 of them is respondents who work , according to researcher matter the show that respondents the has used to Work so that in do activity He also gets used to his daily life do it Alone .

That matter in line with theory that states that social activities and productive activities such as Work can improve the quality, abilities and lifespan of a person. Those who are more active are good in a way physique nor socially, it turns out that fewer people die and are more independent than those who are less active. It was further explained that an important condition that supports happiness is enjoying social activities with relatives and friends ²² .

Meanwhile, 3 other people based on observation moment study obtained it turns out elderly the only stay with his son owns it busyness in work everyday so that No can maximum in do care for the elderly the . With thereby elderly the Want to No Want to must capable independent in fulfil need everyday without rely on others. Although heavy , in fact third respondents the capable For independent .

That matter in line with theory that states that family elderly Busy with work each of them on the side That increasing need economy make all member family Work outside home , so cause family who have elderly not enough notice or give optimal support to elderly ²³ . Elderly No means only

silent yourself at home with stare eye blank . At that age young and the elderly must still Still Can active , independent and productive . People who have elderly No means he No Can anything . Elderly can also be independent , healthy , happy , respected and still beneficial for family and surroundings . Criteria independent in a way physique ie can do all something Alone with help or without tool . For the elderly still independent and productive , elderly must healthy and sociable with fellow elderly . No must with method chat intensive , but also possible with follow recitation , social gathering , or other activities possible stimulate function brain . Activity that , will grow Spirit want to Keep going healthy , happy , independent , useful and of good quality ²⁴ .

Research result This in line with theory Notoatmodjo (2014) stated that exists connection between support family with independence elderly with help and assistance family elderly will easy do its independence in life daily Because elderly feel noticed so that achieved good independence . Simultaneously with increasing age , some internal vital functions body follow experience setback . Hearing start decreased vision blur , and strength the physical started weakened . Reality that's what people who have experienced it carry on age (elderly) . Lifeline naturally that must be passed man That is something circumstances complex . This matter because humans who already are age carry on Lots experience various problem life No only factor biological the only , but also factors psychological and social influence life elderly . Support member family in a way maximum to elderly Already Of course become hopes and dreams for all elderly in the walking activity his life . There is support good family , then seniors will too own mechanism good coping . Mechanism good coping This is very important for the elderly capable overcome all the problems he faced ⁸ .

Benefit involvement family will increase health / well-being member family including elderly . Ability elderly in fulfillment activity daily If support optimal family is provided so elderly encouraged For independent in activity a day days , so his health status increases , if No There is support family so elderly will depends in fulfillment activity daily , then the health status decrease ¹⁵ .

CONCLUSIONS AND RECOMMENDATIONS

There's a relationship support family with independence elderly in fulfillment activity everyday during the Covid-19 pandemic in the Village Singgela (X^2 calculated at 27.498 and ρ at 0.000).

Recommended for nurse For Keep going develop ability self through trainings health gerontic so that can do service maximum in the elderly especially independence elderly in fulfillment activity everyday during the Covid-19 pandemic .

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