

## Family Support with Coping Mechanism of Elderly Hypertension in Elderly Integrated Health Service Post in Kediri

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### ABSTRACT

Family support to the elderly as a rehabilitative and curative effort, such as help their needs, help their financial, look for transportation for their activities, including recreation. The family is a support system for the elderly to maintain their health. The purpose of this study was to determine the relationship of Family Support with coping mechanism of elderly hypertension in elderly integrated health service post in Kediri. The research design in this research was correlation design with cross-sectional approach. The population was all elderly hypertension in integrated health service post elderly in Kediri City. The sample size was 67 respondents taken with Purposive Sampling technique. Variable dependent was coping mechanism, independent variable was family support. Instruments used in collecting data were questionnaire sheet. Analysis results used Chi Square. The result of this research is most of respondent have good family support that is 46 respondent (68,7%), while most respondent of adaptive coping mechanism that is 43 respondent (64,2%) Chi Square test result obtained significant result  $p = 0,000 < 0,05$ , which means there is a relationship of family support with coping elderly hypertension in Integrated health service post Elderly Kediri City. The motivation will greatly assist the individual in facing and solving the problem. Individuals who are not motivated to deal with and solve problems will form a destructive coping. If each requirement can be achieved, then the individual is motivated to seek needs at the next higher stage, so that the individual will have the ability to solve the problem. If the respondent gets good family support will make the elderly coping mechanism becomes adaptive.

**KEYWORDS:** Family Support, Coping Mechanism, Elderly

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### INTRODUCTION

Elderly is a person who has age of 60 years and older. The elderly is group in humans who have final age of their life phase. Groups categorized elderly will occur a process called aging process is a natural process that accompanied by the decreasing of physical, psychological and social conditions that interact with each other. This situation tends to potentially cause health problems in general and especially mental health [1]. Family support is important for the elderly, especially elderly who suffer from certain diseases, because it is a support system for the elderly to maintain their health [2].

In the elderly stage there will be some changes, especially on physiological changes because with the increasing age, organ function will decrease both due to natural factors and because of disease. One of the most common health disorders is the cardiovascular system that is decreased elasticity of the aortic wall; heart valve becomes thickens and stiff, and decreased the ability of the heart to pump blood. This results in decreased contraction and blood volume, loss of elasticity of blood vessels, lack of effectiveness of peripheral blood vessels for oxygenation, as well as the occurrence of hypertension due to increased peripheral vascular resistance [3].

WHO data in 2009 shows the elderly amounted to 7.49% of the total population, in 2011 amounted 7.69% and in 2013 obtained elderly proportion of 8.1% of the total population. [4] The number of elderly population in Indonesia in 2011 was 20 million (9.51%), with life expectancy of 67.4 years and by 2015 estimated at 28.8 million (11.34%), with age of expectation life 71.1 years [5] The increase in the elderly population is due to an increase in life expectancy as a result of improving the quality of health of East Java society with the number of elderly 4,113,847 people or about 11% of the total population of East Java.

Nowadays, hypertension is a big challenge in Indonesia because its condition often found in primary health care. Based on a national health basic research survey (RISKESDAS) in 2013 hypertension has a high

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prevalence of 25.8%. In addition, hypertension control is inadequate despite the availability of many effective drugs. [5] The total prevalence of Elderly Hypertension disease in Kediri District from January to November 2016 for age 60 years and over is 16,142 consist of 6,302 males and 9,840 women.

Hypertension is a degenerative disease that is often experienced by elderly. Elderly is the process of decreasing endurance that can end with death [6]. Elderly people with health problems, especially hypertension, need families in their care process. Therefore, for the elderly who cannot care for themselves, the family is tasked care the elderly. The care of the elderly by the family can give informational support, emotional support, instrumental support, and assessment support [7]. Family support to the elderly as a rehabilitative and curative effort, such as help their needs, help their financial, look for transportation for their activities, including recreation. The family is a support system for the elderly to maintain their health. Family support in elderly services include keeping or caring for the elderly. Maintain improved mental status, anticipate socioeconomic changes, as well as provide motivation and facilitate spiritual elderly [2].

The results of interviews at Elderly Integrated health service post in Kota Kediri in 8 elderly people, 3 of them said they have long suffered from hypertension and always get attention and support from family to visit and treatment to Public Health center, while 5 people say they get less attention from family and mechanism coping to hypertension is not good. This study aims to determine the relationship of family support to coping mechanism of elderly hypertension in elderly integrated health service post Kediri.

## RESEARCH METHODS

This research was quantitative research using correlation design with Cross Sectional approach that is type of research that emphasizes on the measurement or observation data of independent and dependent variable only once at one time. Research begins by selecting populations that meet inclusion criteria, then selected until the number of samples is met. In this study the population used is all elderly hypertension in elderly integrated health service post Kediri as many as 150 people.

The numbers of samples of this study were 67 respondents with sampling technique using purposive sampling. Data analysis used chi-square test.

## RESULTS

**Table 1. Distribution of frequency of respondents based on family support for elderly at elderly Integrated health service post Kota Kediri**

Family Support	Frequence	Percentage (%)
LESS	0	0
ENOUGH	21	31.3
GOOD	46	68.7
<b>Total</b>	<b>67</b>	<b>100</b>

Based on table 1 above is known that most respondents have good family support that is 46 respondents (68.7%). It was concluded that family support in elderly of hypertension at Elderly Integrated health service post Kediri City has done well.

**Table 2. Distribution of frequency of respondents based on family support for elderly at elderly Integrated health service post Kota Kediri**

Criteria of elderly coping	Frequence	Percentage (%)
Maladaptif	24	35.8
Adaptif	43	64.
<b>Total</b>	<b>67</b>	<b>100</b>

Based on table 2 above it is known that most respondents have adaptive elderly coping that is 43 respondents (64.2%). it can be concluded that elderly coping in elderly Integrated health service post in Kediri well done in accordance with existing rules.

## DATA ANALYSIS

**Table 3. Chi Square Statistics Test Results between Family support and hypertensive elderly coping at Integrated health service post Kediri.**

	Value	Asymp. Sig. (2-sided)
<b>Pearson Chi-Square</b>	54.802 <sup>a</sup>	.000
<b>Likelihood Ratio</b>	65.239	.000
<b>Fisher's Exact Test</b>		
<b>N of Valid Cases<sup>b</sup></b>	67	

Based on table 3 statistical test results can be obtained by using Chi Square test to 67 respondents in elderly Integrated health service post Area public health center Pesantren II Kediri obtained  $\rho$  value = 0.000 because the value  $\rho$  value = 0.000 < 0.05 then H0 rejected which means there is family support relationship with coping elderly hypertension at elderly Integrated health service post Kediri City.

## DISCUSSION

### **Family Support to Hypertension Elderly at Elderly Integrated health service post.**

The results of the study shows that from total of 67 respondents, most respondents have good family support that is 46 respondents (68.7%). Family support is a process that occurs throughout the life span, the nature and type of support differs in various stages of the life cycle. Family support can be internal social support, such as support from a husband, wife or support of siblings and may also be external family support for the nuclear family. Family support enables families to function with a variety of intelligence and common sense. As a result, this enhances the health and adaptation of the family [8]

From the research results obtained most respondents who stay in their own homes have good family support. Family support plays an important role in providing feelings of comfort to the elderly. Family support within a family includes information support, emotional support, instrumental support and awards support. Information provided by the family to the elderly is information about diseases such as treatment of hypertension, hypertension diet, lifestyle and sport habits. Emotional support given by the family is love affection for the elderly such as caring, empathy, giving attention to elderly. The instrumental support provided by the family is to spend time with the elderly, provide assistance, funding such as giving a little income to the elderly so that the elderly do not feel the deep change in entering his old age. Family support awards are rehabilitation support such as support for acute hypertensive age or to stroke, providing extra assistance to the elderly. If the family is active in carrying out all these components, the elderly will feel appreciated and cherished by his family. People who live in a supportive environment are much better off than those who do not. That support will be created when interpersonal relationships between families and the elderly go well. A strong family bond is helpful when the elderly face problems, because family is the closest one to the elderly. Big families and close friends encourage elderly to communicate personal difficulties. So the problem will be given advice and personal guidance in accordance with the problems faced by the elderly.

The difficulties experienced by the elderly in this research are about hypertension disease. Where elderly should get support from their family in maintain their healthy. Family should help the daily work if not busy. They also give advice to the elderly to go to the doctor if they feel pain. Family also provide guidance in maintain health and care in a variety of circumstances and attention to all needs. The support of families used by elderly in facing the problems especially related to health and quality of life. As well as in maintaining the pattern of life, diet and schedule control to health services. Therefore the importance of family support is very influential on the life of the elderly.

### **Elderly Coping Mechanism Hypertension at elderly integrated health service post.**

The result of the research shows that from 67 respondents, most respondents have adaptive coping that is 43 respondents (64,2%).

Coping mechanisms means how individuals solve problems, overcome changes and situations that threaten both cognitively and behaviorally. Coping (problem handling) is thought or behavior is effective in reducing or relieving stress that comes from a painful, dangerous, or challenging condition [9]

Factors affecting coping depend on internal and external stimulus that is internal and external stimulus. Internal stimuli include experiences, emotional abilities, personality and biological stress processes (cells or molecules) that come from within the individual body. External stimulus stimuli include focal stimuli (diseases), contextual stimuli (decreased endurance), and residual stimuli (patient perception of disease, lifestyle, and role function).

The coping mechanism of the elderly in the adaptive category is indicated by the behavior in the face of problems where they will talk to others if there is a problem. Elderly would prefer to talk to the people closest to him. Elderly tend to be more comfortable if gather with family. Because every elderly have their own comfort while in the family environment. Elderly will feel cared for and given love to family members. For elderly people over the age of 60 years old, support and attention is needed. At that age, the elderly feel unable to do everything by themselves. Elderly need more help from their family. If the problems faced related to the health of the elderly will require family members to seek treatment. Some elderly people who do not get support from the family, while feeling the pain just use relaxation to deal with pain, balanced exercise to maintain health or other non-pharmacological management. When the elderly get support and attention from the family in facing the problem, such as facing psychological problems such as anxiety or stress. Elderly do not vent with excessive eating and avoid others when angry or damage the goods around. But carry out the worship and closer to Allah SWT.

#### **Relationship of family support with coping mechanism of elderly hypertension in elderly integrated health service post.**

The result of analysis between family support and coping mechanism obtained value p value 0,000 <0,05, it can be concluded there is Relation of Family Support with Mechanism of Elderly Hypertension in elderly integrated health service of Kediri.

Decreased physical or biological conditions, psychological conditions and social changes occur in old age. Elderly even the people think as if the task is completed. They stop working and increasingly withdraw from social interaction which is one of the characteristics of this phase. Elderly with various problems requires a variety of preventive measures. One of the problems faced, among others, the state of his mental health becomes threatened. In addition to lack of income, the elderly generally experience a loss of role and identity, position, volume and type of daily activities, status, authority and authority as well as loss of relationship with the group and even self-esteem. Facing the process of loss, the elderly require coping mechanisms. [10] Coping mechanisms are the way in which individuals solve problems, adapt to change, and respond to threatening situations. [11]

Family support to the elderly as a rehabilitative and curative effort, such as help their needs, help their financial, look for transportation for their activities, including recreation. The family is a support system for the elderly to maintain their health. Family support in elderly services include keeping or caring for the elderly. Maintain improved mental status, anticipate socioeconomic changes, as well as provide motivation and facilitate spiritual elderly [2]

Family support is important for the elderly, especially elderly who suffer from certain diseases, because it is a support system for the elderly to maintain their health. Elderly families advise if they are sick and suggest to the doctor only when ill. Families also provide guidance in maintaining health and care in a variety of circumstances and attention to all needs to feel valuable so that in the face of elderly problems, especially related to health they will use relaxation to overcome illness, balanced exercise to maintain health or other non-pharmacological management. When faced with psychological problems such as anxiety or stress do not vent with excessive eating when anxious, stressed, avoiding other people when angry or damage the goods around. This is possible because it is supported by their age-old factors.

The existence of motivation will greatly assist the individual in facing and solving the problem. Individuals who are not motivated to deal with and solve problems will form a destructive coping. If each requirement can be achieved, then the individual is motivated to seek needs at the next higher stage, so that the individual will have the ability to solve the problem. If the respondent gets good family support will make the elderly coping mechanism becomes adaptive. Therefore, many benefits and linkages of family support to

the elderly. The better the support the family provides to the elderly will have a positive effect. Elderly will feel comfortable and appreciated by his family and gain confidence for a better life.

### CONCLUSION

1. Most of the respondents have good family support that is 46 respondents (68,7%) from total 67 respondents.
2. Most respondents have adaptive coping that is 43 respondents (64.2%) of total 67 respondents.
3. There is a Relationship of Family Support with coping mechanism of Elderly Hypertension in Elderly Integrated health service post Area Pesantren II Health Center of Kediri

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