

# **CHAPTER 1**

## **INTRODUCTION**

### **1.1. Background**

Based on the results of the assessment during the practice of nursing profession in the work area of Ciptomulyo Community Health Center, Malang City, found a family with an elderly family member with dementia. The results of the interview showed that the family experienced difficulties in caring for the patient due to a lack of understanding of dementia, not knowing how to communicate properly with the patient, and not being able to cope with behavioral changes that appeared such as forgetfulness, confusion, and repetitive behavior. In addition, the family did not have a clear division of roles in care so that most of the responsibilities were carried out by only one family member.

Another phenomenon found is that families assume memory decline in the elderly is a normal part of the aging process, leading them to underperform optimal care. Families also have never received specific education about caring for elderly people with dementia from healthcare professionals. This situation leaves families feeling overwhelmed and confused when the patient exhibits behavioral changes, and experiencing difficulty meeting their daily needs.

The World Health Organization reported that in 2021, approximately 57 million people worldwide were living with dementia, with nearly 10 million new cases occurring annually. Dementia is currently a leading cause

of disability and dependency among older adults worldwide. According to various national and international reports, Indonesia is estimated to have over 1 million dementia sufferers, and this number continues to rise as life expectancy increases.

In East Java Province, the phenomenon of population aging is increasingly evident. Data from the East Java Province Central Statistics Agency (BPS) in 2024 showed that the proportion of elderly people had reached 14.91% of the total population. This figure indicates that East Java's population structure has entered the Aging Population category.

Malang City is one of the areas in East Java with a relatively high population of elderly people. One of the healthcare service areas for the elderly is the Ciptomulyo Community Health Center, which serves the Ciptomulyo, Gadang, and Kebonsari sub-districts. Data on patient visits in 2025 shows that the adult and elderly cluster comprised the largest number of visits, reaching 9,439. This indicates a high demand for healthcare services among the adult and elderly population within the Ciptomulyo Community Health Center's coverage area.

The increasing incidence of dementia has various impacts not only on sufferers but also on their families, who act as primary caregivers. Most people with dementia are cared for by family members at home, placing significant responsibility on the family to meet the patient's physical, psychological, social, and spiritual needs. However, caring for a person with

dementia is often challenging due to behavioral changes, memory impairment, disorientation, and decreased communication. This situation places significant physical, emotional, social, and economic burdens on families.

Various studies have shown that families caring for people with dementia often experience high caregiver burden. Literature by Biran, Setyawati, and Siwi (2022) explains that caregiver burden in families of people with dementia encompasses emotional, physical, and socioeconomic aspects that can impact the family's quality of life. The more severe the patient's condition and the lower the family's ability to provide care, the higher the burden felt by the family.

Furthermore, research by van de Kieboom et al. (2024) found that neuropsychiatric symptoms that appear in dementia patients, such as agitation, aggressiveness, sleep disturbances, and behavioral changes, are significantly associated with increased burden on family caregivers. This burden can cause stress, fatigue, anxiety, depression, and a decrease in the family's ability to fulfill their role as caregivers.

In family nursing practice, one of the most common problems encountered is the family's inability to care for a family member experiencing chronic health problems, including dementia. This inability can be manifested by a lack of knowledge about the disease, inappropriate treatment, inability to make health decisions, and suboptimal utilization of health facilities. If left untreated, this condition can increase the risk of complications in dementia

patients, accelerate cognitive decline, increase hospitalization rates, and reduce the quality of life for both patients and their families.

Efforts to improve family capacity include a family empowerment approach. Family empowerment is a process that helps families increase their knowledge, skills, confidence, and decision-making abilities regarding the care of a sick family member. This approach aligns with WHO recommendations emphasizing the importance of supporting family caregivers as part of comprehensive dementia care.

One form of nursing innovation that can be implemented is the "Family Empowerment Strategy (FES)". This strategy focuses on providing health education, training in care skills, strengthening family support, and assistance in developing care action plans that can be carried out independently at home. Through family empowerment, it is hoped that families will be able to recognize health problems, make appropriate decisions, carry out care actions independently and utilize health facilities optimally. Independently, and utilize health facilities optimally.

Based on the description, it is necessary to implement the "Family Empowerment Strategy through the Family Empowerment Action Plan (FEAP)" as a family nursing innovation to improve the family's ability to care for family members with dementia. Therefore, the author is interested in raising a final scientific paper for nurses entitled "APPLICATION OF FAMILY EMPOWERMENT STRATEGY IN FAMILIES WITH

## INEFFECTIVE FAMILY HEALTH MANAGEMENT PROBLEMS IN THE CIPTOMULYO PUBLIC HEALTH CENTER AREA.”

### **1.2. Formulation of the problem**

Based on the background above, the problem formulation that can be taken is "How is the application of the family empowerment strategy in families with ineffective family health management problems in the Ciptomulyo Community Health Center area?"

### **1.3. Objective**

#### **1.3.1. General purpose**

To find out the application of Family Empowerment Strategy in families with the inability to care for family members with dementia.

#### **1.3.2. Special purpose**

1. Identifying the assessment of family capacity in caring for family members with dementia in the Ciptomulyo Community Health Center area, Malang City.
2. Identifying family nursing problems with the inability to care for family members with dementia in the Ciptomulyo Community Health Center Area, Malang City.
3. Making Nursing Action Plans for families with the inability to care for family members with dementia in the Ciptomulyo Community Health Center Area, Malang City.
4. Implementing Family Empowerment Strategy in families of dementia sufferers in the Ciptomulyo Community Health Center Area, Malang City.

5. Analyzing the development of nursing problems after nursing actions were carried out. IMPLEMENTATION OF FAMILY EMPOWERMENT STRATEGY IN FAMILIES WITH INEFFECTIVE FAMILY HEALTH MANAGEMENT PROBLEMS IN THE CIPTOMULYO COMMUNITY HEALTH CENTER AREA.