

FAMILY SOCIAL SUPPORT BASED ON ABDELLAH THEORY WITH  
HELPLESSNESS IN POST-SURGERY PATIENTS OF LOWER EXTREMITY  
FRACTURE AT WAVA HUSADA HOSPITAL, KEPANJEN

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### ABSTRACT

**Background:** Post-surgery patients with lower limb fractures often experience physiological and psychological impacts, one of which is a feeling of helplessness. Family social support is an important factor in helping the patient's recovery process, especially in reducing the level of helplessness. Faye Glenn Abdellah's murder theory emphasizes the importance of meeting patient needs holistically, including emotional and social aspects. **Research Objective:** To determine the relationship between family social support according to Abdellah's theory and Helplessness in post-operative patients with lower extremity fractures at Wava Husada Hospital, Kepanjen. **Research Method:** This study used a descriptive correlational design through a cross-sectional approach. The number of samples was 100 respondents selected using the nonprobability sample method with purposive sampling technique. The instrument used was a questionnaire on family social support and helplessness. Data analysis used the Spearman Rank correlation test. **Research Results:** The results showed that most patients received family social support in the good category as many as 47 respondents and the level of helplessness in most patients was in the moderate category as many as 48 respondents. The results of statistical tests showed a significant relationship between family social support and the level of helplessness ( $p < 0.001 < 0.05$ ) and a correlation coefficient value of -0.489 with a negative relationship direction (the higher the social support, the lower the helplessness) and moderate relationship closeness. **Conclusion:** There is a relationship between family social support based on Abdellah's theory and the helplessness of patients after lower extremity fracture surgery at Wava Husada Hospital, Kepanjen

Keywords: Family Social Support, Abdellah's Theory, Helplessness, Post-Operation, Lower Extremity Fracture