

CHAPTER I

INTRODUCTION

1.1 BACKGROUND

The elderly are a group of people aged over 60 years. They are part of the age group entering the final phase of life and experiencing the aging process (WHO, 2020). This aging process is natural and experienced by all humans as a stage of growth and development. As a person enters old age, they will face various changes, both physically, psychologically, and socially (Jahirin & Gunawan, 2020). Physical changes experienced by the elderly due to the aging process can lead to limitations in functional activities (Fadhil, 2024). Functional activity is a person's ability to carry out daily tasks and activities independently. As they enter old age, the elderly experience an increased risk of degenerative diseases, such as osteoarthritis. This condition is common in the elderly and can impact the decreased ability to carry out daily activities, such as ambulation, eating, dressing, bathing, brushing teeth, and grooming (Fauziah et al., 2024) In osteoarthritis sufferers, joint pain is a factor that causes a decrease in functional activity (Apriyanto et al., 2022).

The WHO states that osteoarthritis is a leading cause of disability and reduces quality of life globally. As a result, approximately 80% of people with osteoarthritis experience significant mobility limitations, even to the point of being unable to perform daily activities (Ariyanti, 2021). According to research

The 2018 Basic Health Survey (Riskesdas) reported that the prevalence of joint problems in Indonesia was 7.3%, with 6.1% of cases among men and 8.5% among women. Osteoarthritis cases increase with age, with 18.6% among those aged 65 and over and 18.9% among those aged 75 and over (Amanati & Wibisono, 2022). Based on data from the Ministry of Health, the number of people suffering from joint diseases, especially osteoarthritis, is 55 million people (24.7%), consisting of 45% of those aged 55-64 years, 51.9% of those aged 65-74 years, and 54.8% of those over 75 years (Dewi, 2011). In East Java, the prevalence of osteoarthritis is estimated at around 6.72%. This condition is most commonly found in the age group of 75 years and above, with a prevalence rate reaching 18.95%. In addition, osteoarthritis affects women more often with a prevalence of 8.46%, compared to men who have a rate of 6.13% (Riskesdas, 2018). In Malang, the prevalence of osteoarthritis sufferers under the age of 70 is 6.2% in men and 15.5 percent in women. The incidence rate is divided by the location of the joint damage in the knees and hips, which results in physical limitations in meeting daily needs (Nowadays, 2020).

Research conducted by Sofyan shows that more than 80% of osteoarthritis sufferers experience limited range of motion, especially in Konang Village, Galis District. Furthermore, the prevalence of rheumatic disease in the area reaches 36% of the total population aged 70 years and over, which impacts daily activities (Hidayat, 2011). Similar findings were reported by Rokhima & Purba, (2023) shows that approximately 54.5% of elderly people experience joint pain in

carrying out daily activities, and 35.1% experience mild dependence in performing ADL. Research by Dwi Widyaastuti (2019) revealed that the majority of elderly people are considered independent. This indicates that elderly people who are independent are generally in good or fairly good health, enabling them to carry out daily activities without assistance (Purba et al., 2022). After conducting interviews with cadres at the Jeruk Manis elderly posyandu, it was noted that around 30 elderly people were diagnosed with osteoarthritis with the main complaint of joint pain, which can cause impaired ability to fulfill ADL such as moving from sitting to standing, moving, going up and down stairs, and mobility, so that family support is needed to ensure the fulfillment of ADL for the elderly. However, some family members have not implemented family support optimally due to several reasons such as the family is busy working, the family economy is limited, and family members do not understand good family support.

Osteoarthritis is a degenerative disease affecting the joints, involving damage to the cartilage, joint lining, ligaments, and bones, leading to pain and stiffness. Joint pain usually occurs due to overuse, while stiffness occurs due to lack of movement in the joint (Ariyanti & Imam, 2021) Osteoarthritis can affect various joints in the body, but most often occurs in weight-bearing joints, such as the knees and hips (Rahmi, 2018) When osteophytes form in joints, they can cause swelling or deformity, reducing range of motion. This condition impacts physical well-being, including the ability to perform activities of daily living (ADL).

Daily Living Activities (ADL) is a collection of daily routine activities that include the ability to walk, eat, dress, bathe, and groom. ADL are basic activities that are important to meet daily needs (Suci & Jepisa, 2020) Normally, ADL are performed without assistance from others. However, if an elderly person cannot perform daily activities independently, they need family support. If family support is not provided to the elderly, it will be difficult for them to perform ADL (Saranga et al., 2022).

Family support refers to the actions, attitudes, or forms of recognition a family provides to each of its members. This support is based on the belief that the family is the primary source of assistance and is always ready to help when needed. (Arini et al., 2022) One form of family involvement that can be provided to the elderly is through family support. This support plays a crucial role in strengthening the elderly's spirit to live their old age more effectively (Study et al., 2023). These findings are in line with research conducted by Suci & Jepisa (2020) Regarding family support for fulfilling daily living activities in the elderly, the results showed that family support was influential in fulfilling ADL in the elderly, as evidenced by good family support achieving a result of 53.1% out of 100%. Another study conducted by Baco & Rantisa (2023) Regarding the relationship between family support and the independence of the elderly in fulfilling ADL, 49% of those who received good family support had independence for independent elderly, 6% had good family support for dependent elderly, 15% had insufficient family support for independent elderly, and 30% had insufficient family support for dependent

elderly. It can be concluded that family support has an influence on the independence of the elderly in fulfilling their ADL.

Based on the explanation above, family support is the main source of support needed by the elderly in fulfilling ADL. This study is a continuation of studies that have been conducted by several previous researchers, however there are differences in the content and discussion carried out with previous studies, namely the researcher discusses more specifically the fulfillment of daily living activities in elderly with osteoarthritis. This focus was chosen because there is still limited research that specifically discusses the independence of elderly with osteoarthritis in carrying out daily activities. This research is necessary considering that families play a vital role in providing care for the elderly, especially those with osteoarthritis. However, not all family members necessarily have an adequate understanding of the appropriate form of support for this condition. already understand how to provide appropriate support. Based on this description, the researcher wants to conduct a study entitled "The Relationship Between Family Support and the Ability to Fulfill Daily Living Activities in Elderly with Osteoarthritis in the RW 04 Area, Samaan Village." Through this study, it is hoped that families can better understand the importance of support in helping to fulfill daily activities for elderly with osteoarthritis optimally.

1.2 FORMULATION OF THE PROBLEM

Based on this background, the problem formulation in this research is:

"Is there a Relationship between Family Support and the Ability to Fulfill Daily Living Activities of Elderly People with Osteoarthritis in the RW 04 Area of Samaan Village?"

1.3 RESEARCH PURPOSES

The objectives of this research are divided into two parts, namely general objectives and specific objectives.

1.3.1 General purpose

The purpose of this study was to analyze the "Relationship between Family Support and the Ability to Fulfill Daily Living Activities of Elderly People with Osteoarthritis in the RW 04 Area of Samaan Village".

1.3.2 Special purpose

1. Identifying the level of family support for elderly people with osteoarthritis
2. Identifying the ability to fulfill ADL in elderly people with osteoarthritis
3. Analyzing the relationship between family support and the ability to fulfill daily living activities in elderly people with osteoarthritis.

1.4 BENEFITS OF RESEARCH

The results of this research are expected to provide benefits to the following parties:

1.4.1 For Nursing Education at the Ministry of Health Polytechnic of Malang

To implement clinical practice of geriatric nursing in elderly people with osteoarthritis by paying attention to the impact on ADL, and can be used as additional reference material in the Nursing Department Library.

1.4.2 For Elderly Families

As knowledge and evaluation for elderly families in understanding and providing family support by supporting the fulfillment of daily living activities in the elderly.

1.4.3 For Further Researchers

As reference material in creating the title and also as a source of literature in the research.

1.4.4 For Health Services

The results of the study related to the relationship between family support and the fulfillment of ADL in elderly people with osteoarthritis can provide information for health workers, especially nurses, so that they can increase their role in motivating and educating families to provide support to the elderly.