



THE RELATIONSHIP BETWEEN FAMILY SUPPORT WITH THE RATE OF DEPRESSION IN THE ELDERLY DUE TO THE IMPACT OF PANDEMIC COVID-19

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ABSTRACT

Depression is a condition in which a person feels sad, disappointed when experiencing a change, loss or failure and becomes pathological when unable to adapt. Meanwhile, family support is assistance that can be given to other family members in the form of goods, services, information and advice that can make the recipient feel loved, valued and at ease. The purpose of this study was to determine the relationship between family support and the level of depression in the elderly during the Covid pandemic at the Leuwiliang Community Health Center, Bogor Regency, in 2022. This type of research uses quantitative analytical methods with a cross-sectional approach. Analytics is research that tries to explore how and why health phenomena occur. The sample selection used a purposive sampling technique with a total sample of 60 respondents. data analysis test using the Chi-Square test. The results of the study based on the results of univariate analysis found 52 respondents (86.7%) with good family support results, and 60 respondents (71.7) with normal depression levels. Statistical Test of the Relationship between Family Support and Depression Levels in the Elderly During the Covid-19 Pandemic at the Leuwiliang Community Health Center, East Bogor Regency in 2022. From 60 respondents from bivariate analysis, the results of the statistical test were p-value = 0.002, which means p-value <0.05.

Keywords: Family Support, Depression Level, Elderly

INTRODUCTION

The Corona virus that causes COVID-19 can attack anyone. According to data released by the Task Force for the Acceleration of Handling COVID-19 of the Republic of Indonesia, the number of positive confirmed cases as of 12 August 2020 was 130,718 people with 5,903 deaths. The case fatality rate for COVID-19 is around 4.5%. Judging from the percentage of mortality divided by age group, the elderly have a higher mortality rate than other age groups. Meanwhile, based on gender, 59.1% of sufferers who died from COVID-19 were men and the remaining 40.9% were women.(1)

According to WHO, the age limit for elderly (elderly) refers to people aged 60 years or more. According to WHO data, the life expectancy of the elderly was 66 years in 2000, increased to 70 years in 2012, and became 71 years in 2013. In 2009, the elderly accounted for 7.49% of the total population, calculated from the total population. world, and in 2011 contributed 7.69% of the total population, increasing to 8.1% in 2013.(2)In Indonesia, high life expectancy (UHH) is an indicator of successful development in the national health sector. Since 2004-2015, life expectancy has



increased from 68.6 years to 70.8 years, and life expectancy is estimated at 2030-2035. Indonesia will reach the age of 72.2 years, and Indonesia will enter an aging period. By 2020 it is estimated that 10% of the population will be aged 60 and over.(3)

According to BPS Indonesia data in the last five years (1971-2019), the number of elderly people has roughly doubled, bringing the proportion of the elderly population to 9.6% or around 25.64 million. At the same time, if a country's threshold exceeds 10%, it is called a country with an aging population structure. The large number of elderly people is the second time getting the benefits of lipstick. Demographic bonus refers to the condition that the number of people of productive age is greater than the number of people of non-productive age.(4)

The number of elderly people in Indonesia is increasing from year to year. In old age humans experience several problems, both physical problems and psychological problems. And the physical problems experienced by the elderly include decreased bodily functions such as the sensory system, musculoskeletal system, cardiovascular system, digestion, nerves and reproduction. The elderly will also experience a decrease in cognitive function including decreased memory, learning ability, understanding ability, problem solving, decision making and motivation. While the psychological problems that are often experienced by the elderly are problems of changes in aspects of personality and changes in roles and society.(5)

Depression in the elderly in the world is estimated there are 500 million people with an average age of 60 years. The World Health Organization in 2012 stated that every year there are 100 million cases of depression, and it is estimated that by 2020 the disease pattern in developing countries will change to bipolar depression. The prevalence of depression in the elderly in developed countries like France also shows quite high numbers. The population aged <64 years was 34.4%, the population aged 65-74 years was 23.3%, and the population aged more than 75 years was 22.9% depressed.(6)

Family support is an attitude, an act of family acceptance of family members, in the form of informational support, appraisal support, instrumental support and emotional support. So family support is a form of interpersonal relationship that includes attitudes, actions and acceptance of family members, so that family members feel that someone is paying attention. People who are in a supportive social environment generally fare better than their counterparts without these advantages, because family support is thought to reduce or buffer the effects of individual mental health.(7)

Depression is a mood disorder, a prolonged emotional condition that colors all of a person's mental processes (thinking, feeling, activity) which is characterized by negative thoughts about oneself, decreased mood, loss of interest and motivation, slow thinking and decreased activity.(8)

Based on the preliminary study data, the results of interviews with the elderly said they were sad and worthless because they were old and couldn't do anything and got tired quickly, the elderly said they were not passionate about living life because they felt they were weak and useless, they felt like they wanted to be called quickly by those in authority, the elderly said stay grateful and live a happy life through useful activities, because the family always provides support to stay enthusiastic and patient, the family always motivates that there are still families who care, the family always assures that an elderly person can always be healthy, the family always encourages them to always

pray to always be healthy. This study aims to determine the relationship between family support and the level of depression in the elderly.

Based on the background above, the researcher is interested in researching "The relationship between family support and depression levels during the Covid-19 pandemic in the elderly at the Leuwiliang Health Center, Bogor Regency, in 2022.

RESEARCH METHODS

This type of research uses a descriptive quantitative analytic method with a cross sectional approach. This research will examine whether there is a relationship between family support and the level of depression in the elderly during the Covid pandemic at the Leuwiliang Health Center, East Bogor Regency, in 2022. The population in this study were elderly aged 60-70 years at the Leuwiliang Health Center, Bogor Regency, a total of 60 elderly. The sampling technique used in this study was purposive sampling, namely determining the sample with certain considerations or special selection. This research was carried out at the Leuwiliang Community Health Center in Bogor Regency and was carried out on December 7 2022 - December 10 2022. The data collection tools used in the research depended on the purpose and source of the data to be collected. To obtain data that is relevant to the research problem, appropriate data collection tools or instruments are needed. The data collection technique in this study was to use a questionnaire or a questionnaire. The form of the questionnaire is in the form of closed-choice questions, meaning questions that expect the respondent to choose one of the alternative answers for each of the available questions.

RESEARCH RESULT

1. Characteristics of Respondents

Table 1. Frequency Distribution of Respondent Characteristics Based on Respondent's Gender

No	Age	Frequency	%
1.	60 Years	6	10.0
2.	61 Years	8	13,3
3.	62 Years	7	11,7
4.	63 Years	5	8,3
5.	64 Years	4	6,7
6.	65 Years	3	5.0
7.	66 Years	3	5.0
8.	67 Years	3	5.0
9	68 Years	14	23,3
10.	69 Years	4	6,7
11.	70 Years	3	5.0
Total		60	100

Based on the results of Table 1, the frequency distribution of the age characteristics of the respondents shows that out of 60 respondents, the majority of respondents were 68 years old, namely 14 respondents (23.3%).

Table 2 Frequency Distribution of Respondent Characteristics by Gender

No.	Gender	Frequency	(%)
1.	Male	24	40.0
2.	Female	36	60.0
Total :		60	100

Based on the results of Table 2, the frequency distribution of the characteristics of the sexes of the respondents is known that of the 60 respondents, the most respondents were female, 36 respondents (60.0%).

2. Univariate Analysis Results

Table 3. Frequency Distribution of Family Support for the Elderly During the Covid Pandemic at the Leuwiliang Health Center, East Bogor Regency, in 2022.

No.	Family Support	Frequency	(%)
1.	Good	52	86.7
2.	Enough	8	13.3
Total :		60	100

Based on the results of table 3, the distribution of the frequency of family support shows that out of 60 respondents, the frequency distribution of family support for the elderly at the Leuwiliang Health Center was 52 respondents (86.7%) with good family support results.

Table 4

Frequency Distribution of Depression Levels During the Covid Pandemic in the Elderly at the Leuwiliang Health Center, East Bogor Regency, in 2022.

No.	Depression Rate	Frequency	(%)
1.	Normal	43	71.7
2.	Moderate depression	11	18.3
3.	Mild Depression	4	6,7
4.	Major Depression	2	3,3
Total :		60	100

Based on Table 4 of the distribution of depression levels, it is known that out of 60 respondents, there were 43 (71.7) of the frequency distribution of depression levels at the Leuwiliang Health Center with normal results.

3. Bivariate Analysis

Table 5

“The Relationship between Family Support and Depression Levels in the Elderly During the Covid Pandemic at the Leuwiliang Health Center, East Bogor Regency, in 2022”

Support Family	Depression Rate				Total	p-Value
	Normal	Depression Light	Depression Currently	Major Depression		
	N %	n %	n %	n %	n %	
Good	38 71,1	11 21,2	3 5,8	0 0,0	52 86,7	0.02
Enough	5 62,5	0 0,0	1 12,5	2 25,0	8 13,3	
Total	43 71,7	11 18,3	4 6,7	2 3,3	60 100	

The results of the analysis of the Relationship between Family Support and Depression Levels in the Elderly During the Covid Pandemic at the Leuwiliang Health Center in East Bogor Regency in 2022, showed that from 60 respondents, 38 respondents (71.1%) had good family support and depression levels and were categorized as not depressed. normal.

The results of the statistical test using the Chi-Square test obtained a p value of 0.002 <0.05, meaning that Ha was accepted, Ho was rejected, from this value it can be concluded that there is a relationship between family support and depression levels in the elderly during the Covid pandemic at the Leuwiliang Health Center, East Bogor Regency, in 2022.

DISCUSSION

1. Family support

Based on table 3 the results of the frequency distribution of Family Support for the Elderly at the Leuwiliang Health Center, Bogor Regency, from 60 respondents who had Family Support which were categorized as good, namely 52 elderly (86.7%) while those who had sufficient Family Support, namely 8 elderly (13.3 %), the results of this study were strengthened by the results of the questionnaire items that the researchers gave to the respondents.

The results of this study are comparable to research conducted by Try Yuli Anggara, with the title "relationship of family social support with the incidence of depression in the elderly aged 60-74 years" showing that almost half of the respondents (47.2%) have good family support, 17 people.(9)



This means that in this case people who get social support feel relieved emotionally because they are cared for, get suggestions or pleasant impressions on themselves. Family support is also existence, sorrow, care, from people who can be relied on, appreciate and love us. Family support as comfort, attention, appreciation, or helping people with an attitude of accepting their condition, this family support is obtained from individuals and groups.

According to the analysis, the researchers concluded that family support is an important component to avoid depression rates in the elderly during the Covid pandemic.

2. Depression Rate

Based on table 4 the results of the frequency distribution of depression levels at the Leuwiliang Health Center in Bogor district from 60 respondents who were categorized as not depressed were 43 elderly (71.7%), categorized as moderate depression as many as 11 elderly (18.3%), categorized as moderate depression as many as 4 elderly (6.7%), and in the category of severe depression as many as 2 elderly (3.3%). This is reinforced by the results of the questionnaire items that the researchers gave to the respondents.

The results of this study are comparable to research conducted by Kanisius Siku Saju, Farida Halis Dyah Kusuma, Lasri with the title "the relationship between family support and the depression level of elderly people aged 60-70 years who take part in Karang Wreda Permadi activities in Tlogomas Village, Lowokwaru District, Malang City" shows that the elderly Most of the aged 60-70 years who participated in the Permadi Wreda Organization in RW 06 Tlogomas Village, Lowokwaru District, Malang City were mostly categorized as not depressed, as many as 80 elderly people (90.91%).(10)

3. The Relationship between Family Support and the Level of Depression in the Elderly During the Covid Pandemic at the Leuwiliang Health Center in East Bogor Regency in 2022

Based on the results of statistical tests using the Chi-Square test, the p value was $0.02 < 0.05$. Thus, there is a high and significant positive relationship between family support and acceptable levels of depression. This shows that the better the family support, the better the level of depression in the elderly during the Covid-19 pandemic. Conversely, the less family support, the more severe the level of depression in the elderly during the Covid-19 pandemic. This means that the elderly whose family support is lacking will experience depression, therefore family support for the elderly during the Covid-19 pandemic is important and needed.

According to the researcher's analysis, it was concluded that the better the family support, the lower the level of depression experienced by the elderly and vice versa, the less family support, the more severe the level of depression experienced by the elderly. So from family support, Lanisa really needs it, because family support is a form of family therapy that can be given to elderly people who are depressed. It is through the family that various health problems arise and can be overcome. So having family support that has emotional ties will at least give strength to the elderly to live a better old age, because it needs support from various parties, starting from government



agencies to the family level to take care of the lives of the elderly, both through the elderly Posyandu,(9)

CONCLUSION

1. It is known that the frequency distribution of Family Support for the Elderly During the Covid Pandemic at the Leuwiliang Health Center in East Bogor Regency in 2022 from 60 respondents who had good Family Support, namely 52 respondents (86.7%).
2. It is known that the distribution of depression levels in the elderly during the Covid pandemic at the Leuwiliang Health Center in East Bogor Regency in 2022 out of 60 respondents was categorized as not depressed, namely 43 respondents (71.1%).
3. There is a relationship between family support and the level of depression in the elderly during the Covid pandemic at the Leuwiliang Health Center in East Bogor Regency in 2022 with a p-value of 0.002 (p-value <0.05), which means that Ho is rejected and Ha is accepted.

SUGGESTION

1. For Stikes Wijaya Husada Bogor
The data and results of this study can be used as a reference and as basic data for teaching materials for future researchers, of course with the addition of other variables, because in this study only two variables were used.
2. For respondents
It is hoped that it can further increase family support for the elderly so they don't experience depression.
3. For Research Sites
It is hoped that this can add information about the relationship between family support and the level of depression in the elderly during the Covid pandemic at the Leuwiliang Health Center, East Bogor Regency, in 2022.

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