

Research Article

Relationship Between Family Support and the Level of Utilization of Elderly Posyandu in the Working Area of Mongeudong Health Center, Banda Sakti Subdistrict, Lhokseumawe City, 2025

Rohana¹, Linda Adriani ^{2*}, Wahyuni³, and Zuheri⁴¹ STIKES Darussalam Lhokseumawe; e-mail : rohana.rn12@gmail.com² STIKES Darussalam Lhokseumawe; e-mail : lindaadriani.ns@gmail.com³ STIKES Darussalam Lhokseumawe; e-mail : wahyuni.mkm.2021@gmail.com⁴ STIKES Darussalam Lhokseumawe; e-mail : zuheri.ilyas@yahoo.com

* Corresponding Author : Linda Adriani

Abstract: Posyandu lansia is a community-based health service effort aimed at improving the quality of life for the elderly thru regular health monitoring. However, the utilization rate of posyandu is still influenced by various factors, including family support. This study aims to determine the relationship between family support and the level of utilization of elderly health posts in the Mongeudong Health Center Work Area, Banda Sakti District, Lhokseumawe City in 2025. This study uses a descriptive analytic design with a cross-sectional approach. The study population consisted of all elderly individuals registered at the elderly health post, totaling 22 people. A sample of 22 respondents was selected using the total sampling technique. The research instruments are a family support questionnaire and a questionnaire on the utilization of elderly Posyandu. Data analysis was performed using univariate and bivariate methods with the Chi-Square test at a significance level of $\alpha = 0.05$. The research results show that out of 21 respondents with family support, 16 people (33.3%) actively utilize the Posyandu. Conversely, out of 27 respondents without family support, 21 people (43.8%) are passive. Statistical tests show a p value of $0.001 < \alpha (0.05)$, which means there is a significant relationship between family support and the utilization of elderly health posts. There is a significant relationship between family support and the level of utilization of elderly Posyandu. Elderly individuals with good family support tend to be more active in participating in Posyandu activities. It is recommended that families play a more active role in accompanying the elderly, and that community health centers strengthen family education programs to increase participation in Posyandu.

Keywords: elderly; family support, Mongeudong Community Health Center; utilization of Posyandu.

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1. Introduction

The elderly are a population group undergoing a natural aging process, characterized by a decline in physical, mental, and social functions. According to data from the Central Bureau of Statistics, the number of elderly people in Indonesia continues to increase each year. In 2023, the elderly population reached 10.78% of the total population, and this figure is expected to continue to grow as the life expectancy of the Indonesian population increases (BPS, 2023). This increase in the elderly population has consequences for the growing need for specialized healthcare services. One of the government's programs to improve the health of the elderly is the Posyandu Lansia, which is a community-based health service that provides routine health monitoring, counselling, and early detection of degenerative diseases. The presence of Posyandu Lansia is expected to improve the quality of life for the elderly through regular health monitoring (Kemenkes, 2022). However, the utilization rate of elderly health

posts in various regions is still considered low due to various factors, including a lack of awareness among the elderly, limited access, and low support from family (Harahap, 2021).

Family support is an important factor in determining the participation of the elderly in healthcare services. Elderly individuals who receive emotional, informational, and companionship support from their families are more likely to attend posyandu activities regularly. Conversely, elderly individuals who receive less attention from their families are at a higher risk of not utilizing healthcare services, potentially leading to a decline in their quality of life (Putri et al., 2020). Previous research has shown that family support has a significant relationship with the utilization of elderly health posts or Posyandu. A study conducted by Ariyanto et al. (2021) found that elderly individuals with good family support had higher attendance rates at Posyandu compared to those with low family support. This aligns with Ainiah et al. (2021) research, which states that family serves as the primary motivator for the elderly in maintaining their health.

According to Zulaikha & Miko (2021), the low participation of the elderly in Posyandu is caused by various physical conditions that occur in the elderly, such as being sick or the absence of family members to accompany them to Posyandu, resulting in an average monthly visit rate that can be considered low. Factors influencing the implementation of healthcare services include demographic factors such as age, gender, education level, and socioeconomic status. Supporting factors include attitudes, availability of facilities, geographical location, healthcare services, and family support (Ariyanto et al., 2021). Family support, in the form of encouragement, motivation, empathy, or assistance, can make other individuals feel calmer and safer. Support is received from family members, including husbands, parents, or other close relatives. Family support can bring joy, a sense of security, satisfaction, comfort, and emotional support, which will affect their mental well-being. Family support is related to the formation of mental balance and psychological satisfaction; family is one of the most important aspects in the lives of the elderly. Before others encourage, family is the first to encourage the elderly.

Family support plays a significant role in encouraging the interest or willingness of the elderly to participate in elderly posyandu activities. If family members always accompany or take them to the Posyandu, it can be a strong motivation for the elderly. If they forget the Posyandu schedule, remind them and try to help resolve all their problems (Zulaikha & Miko, 2021). Posyandu for the elderly is a service center for senior citizens (Mubarak & Khayatin, 2009). The establishment and operation of elderly health posts are based on community needs and initiatives. Social programs and services provided to the elderly vary in each location according to the conditions and needs of the community. Nevertheless, there are also similarities in the existence of elderly Posyandu.

Posyandu for the elderly plays an important role in maintaining the health and quality of life of the elderly in the community. In addition to providing healthcare services, this smallest service unit will also facilitate various non-medical activities so that the elderly have an outlet to create and engage (Zulfianti et al., 2022). The research results indicate an influence between family support and community participation on the Posbindu PTM program. The OR value is 8.666, meaning that individuals with unsupportive families are 8.666 times less likely to participate in Posbindu PTM activities compared to those with supportive families (Amanda et al., 2023). The research results show a significant relationship between family support and elderly visits to Posyandu, with a p-value of 0.001 (<0.05). Family support is a beneficial state for individuals, obtained from family members, so that sick family members or those in need of support and motivation feel cared for, valued, and loved by their closest people. Family support plays a role in improving physical health and creating positive effects (Harahap, 2021).

In Lhokseumawe City, particularly in the working area of the Mongeudong Health Center, the number of elderly Posyandu (integrated health posts) is already available, but the participation rate of the elderly still varies. Based on data from the Mongeudong Health Center in 2024, out of 350 registered elderly individuals, only about 58% regularly participate in posyandu activities. This phenomenon raises questions about the factors influencing the utilization of elderly posyandu, one of which is family support. Based on the description, the researcher is interested in further investigating "The Relationship between Family Support and the Level of Utilization of Elderly Posyandu in the Working Area of the Mongeudong Health Center, Banda Sakti District, Lhokseumawe City in 2025."

2. Preliminaries or Related Work or Literature Review

The utilization of healthcare services for the elderly in Indonesia still faces challenges, particularly in terms of participation in Integrated Health Posts (Posyandu) for the Elderly. Posyandu for the Elderly are designed to provide basic health services such as physical examinations and counselling, but participation rates are often still low (Kemenkes, 2018). One of the main factors strongly believed to influence this utilization rate is family support. This literature review aims to examine the relationship between family support and the utilization rate of Posyandu Lansia (Elderly Health Posts) as a theoretical foundation for research in the working area of the Mongeudong Health Center, Banda Sakti District, Lhokseumawe City.

Family support can be divided into several types: emotional, instrumental, informational, and appraisal. Emotional support, such as affection and empathy, can increase the motivation of the elderly to participate because they feel valued (Mujahidullah, 2012). Instrumental support, such as providing transportation or accompanying the elderly to Posyandu, is crucial, especially for those with physical or financial limitations. Without this real assistance, the elderly may not be able to access available healthcare services (WHO, 2021).

Additionally, information support also plays an important role. When family members provide information about the benefits of Posyandu and its activity schedule, the elderly's awareness of the importance of maintaining their health becomes higher (Nugroho, 2019). This can increase their intention to come regularly. Meanwhile, supportive feedback, such as praise or positive encouragement, can build the elderly's self-esteem and confidence that their participation is beneficial. This combination of the four types of support creates a supportive and conducive environment for seniors to participate in health programs actively (Tuwu & Tarifu, 2023).

Numerous previous studies aligned with social support theory have shown that strong social networks, particularly from family, have a significant impact on healthy behavior. These studies identify that elderly individuals with good family support tend to be more compliant with treatment and more active in public health programs. This relationship makes family support a very important variable to study in the context of utilizing Posyandu Lansia, as it can be a key predictor of elderly participation (Harmoko, 2016).

Based on the conceptual framework and previous studies, this literature review will serve as the foundation for testing the hypothesis that there is a significant relationship between family support and the utilization rate of Posyandu Lansia. This research design will provide in-depth insights into how the role of family, both directly and indirectly, can encourage participation among the elderly. Thus, the research findings in the Mongeudong Public Health Center area are expected to provide practical recommendations for healthcare workers and local governments in designing more effective programs, involving the active role of families.

3. Proposed Method

This study uses a correlational analytical design with a cross-sectional approach, which is to determine the relationship between family support and the level of utilization of elderly health posts at the same time (Adiputra et al., 2021; Anggreni, 2022; Arikunto, 2016; Notoatmodjo, 2018). In the context of this research, the researcher focuses on how the form of family support influences the utilization of elderly health posts in the Working Area of Mongeudong Health Center, Banda Sakti District, Lhokseumawe City. The research was conducted in the Working Area of Mongeudong Health Center, Banda Sakti District, Lhokseumawe City. The research period is planned for March–May 2025.

4. Results and Discussion

Table 1. Cross-Tabulation Distribution of Research Results

No	Family Support	Utilization of Elderly Health Hosts				Total		p- <i>Value</i>	α
		Active		Passive					
		f	%	f	%	f	%		
1	Support	16	33.3	5	10.4	21	43.8	0.001	0.05
2	Not Supporting	6	12.5	21	43.8	27	56.2		
	Total	22	45.8	26	54.2	48	100		

Based on Table 1, the research results indicate a significant relationship between family support and the utilization of elderly Posyandu. Out of 48 respondents, 21 elderly individuals

(43.8%) received family support, while 27 elderly individuals (56.2%) did not receive family support. In the group of elderly individuals who received family support, the majority (16 people or 33.3%) actively participated in utilizing the elderly Posyandu. Conversely, in the group that did not receive family support, most (21 people or 43.8%) participated passively, indicating a low utilization rate.

The statistical test results show a p-value of 0.001, which is much smaller than the α value (significance level) of 0.05. This indicates that the null hypothesis (no relationship between family support and the utilization of elderly Posyandu) is rejected. In other words, there is a statistically significant relationship between family support and the utilization rate of elderly Posyandu. Family support plays a significant role in encouraging the active participation of the elderly in health activities (Marlina et al., 2017).

After the researchers conducted the study. Family Support and Posyandu Utilization In this study, elderly individuals who received family support showed a higher rate of Posyandu utilization compared to those who did not receive family support. Out of the 21 elderly individuals who received family support, 16 (33.3%) actively utilized the Posyandu, while out of the 27 elderly individuals who did not receive family support, only 6 (12.5%) were active. This result proves that family support is one of the key factors in encouraging elderly participation in healthcare services.

This result aligns with the research by Friandi (2022), who found that elderly individuals with high family support have more regular visits to posyandu compared to those without family support. Similarly, research by Latumahina et al. (2022) states that family plays an important role as a motivator, reminder, and companion for the elderly in accessing healthcare services. Types of family support can include emotional, informational, instrumental, and appraisal support (Laili & Hatmanti, 2018).

Emotional support is provided thru care and motivation to help the elderly maintain their health. Informational support involves providing knowledge and information about the importance of posyandu. Instrumental support can include helping with transportation to posyandu, while appraisal support involves showing appreciation when the elderly participate. This study found that elderly individuals who received support in the form of transportation to the posyandu and emotional encouragement attended more regularly compared to those who did not receive similar support. This shows that the role of the family is not just as a companion, but also as the main driver for increasing the awareness of the elderly in utilizing healthcare services (Friedman et al., 2010).

The implications for the health of the elderly with the utilization of elderly posyandu have a positive impact on the early detection of degenerative diseases, increasing awareness of healthy lifestyles, and extending life expectancy (Kemenkes, 2018). Low family support can be a significant obstacle, as the elderly generally have limited mobility, lack confidence, and have limited information. Therefore, family involvement is crucial in improving the quality of life for the elderly.

5. Comparison

Based on the text, the novelty of this research lies in its specific focus and location. Although the relationship between family support and the utilization of elderly healthcare services has been extensively studied, this study specifically targets the elderly population within the working area of the Mongeudong Community Health Center, Banda Sakti District, Lhokseumawe City in 2025. This provides unique and locally relevant empirical data that was previously unavailable. This novelty allows the Mongeudong Community Health Center to design more targeted interventions, such as an educational program for families, specifically designed to increase the participation of the elderly in the area. Thus, this research not only confirms existing theories but also generates highly specific and practical insights for the community being studied.

6. Conclusions

Based on the research results, there is a significant relationship between family support and the utilization rate of elderly health posts in the Mongeudong Health Center Work Area, Banda Sakti District, Lhokseumawe City in 2025, with a value of $q = 0.001 < \alpha (0.05)$. Elderly individuals with more family support utilized Posyandu more actively (33.3%) compared to those without support (12.5%). Conversely, elderly individuals without family support were more likely to be passive in utilizing Posyandu (43.8%). Family support plays an important role in motivating, accompanying, and facilitating the elderly to participate in Posyandu

activities. This shows that family involvement is a key factor in increasing the participation and quality of life of the elderly.

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Data Availability Statement: The data that support the findings of this study are available from the corresponding author upon reasonable request. Due to patient privacy and ethical restrictions, the data are not publicly available.

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