

# The Role of Families and Nursing Homes in Improving the Quality of Life of The Elderly in Tanjungpinang City

<sup>1</sup>Emmy Solina, <sup>2</sup>Darsono Wisadirana, <sup>3</sup>Wawan Edi Kuswandoro, <sup>4</sup>Anif Fatma Chawa, <sup>5</sup>Casiavera

<sup>1,5</sup> Universitas Maritim Raja Ali Haji, Indonesia

<sup>2,3,4</sup>, Universitas Brawijaya, Indonesia

<sup>1</sup>emmysolina@umrah.ac.id, <sup>2</sup>darsono\_wisa@ub.ac.id,

<sup>3</sup>wkuswandoro@ub.ac.id, <sup>4</sup>anif\_chawa@ub.ac.id, <sup>5</sup>casiavera@umrah.ac.id

Coresspondensi \*emmysolina@umrah.ac.id

Article history: received June 13, 2024; revised July 13, 2024; accepted July 14, 2024

This article is licensed under a Creative Commons Attribution 4.0 International License



**Abstract.** This research discusses the role of families and nursing homes in improving the quality of life of the elderly. Social problems facing the elderly include the ability of families and nursing homes to meet their needs. The elderly are part of the demographic bonus challenge and need support for physical, economic, psychological and social well-being. Shifts in family functions have led to an increase in the number of elderly people in nursing homes. The International Convention on the Elderly emphasizes the importance of access to basic needs and employment opportunities, but Indonesia has not ratified this convention, even though there are local policies that recognize the elderly as a vulnerable group that must be empowered. This research uses a constructivist paradigm and qualitative methods with in-depth interviews and participant observation to collect data. The results show that the pattern of caring for elderly people in families and nursing homes is different, with nursing homes often being a place for elderly people who have been neglected by their families. Families have an important role in caring for and supporting elderly people, which can significantly influence their quality of life. Nursing homes also play a role in providing care and support, but face challenges such as limited resources and social stigma. This research highlights the importance of a holistic approach in elderly care, both in the context of families and nursing home institutions. Well-functioning families and well-managed nursing homes can improve the quality of life of seniors, by taking into account their physical, emotional, social, and spiritual needs.

**Keywords:** Family, Nursing home, Quality of life, Family role

## I. INTRODUCTION

This research is about the role of families and nursing homes in improving the quality of life of the elderly. The problem of the elderly as a social problem is the family's ability to fulfill the needs of the elderly, including the ability of nursing homes to fulfill the needs of the elderly for those living in nursing homes. The elderly are a demographic problem (Falikhah, 2017), where they are faced with increasingly sophisticated technological situations. In this case, the elderly are part of the challenge of facing the demographic bonus (Heryanah, 2015).

The elderly, as a phase, experience various declines. In a way, physique, economy, psychic, and social needs get support from family members so that the elderly can endure and gain well-being in a century old age (Mei & Chuanling, 2001). However, in fact, the change in public life shifted functions in families and was replaced by institutions other than house aging (Sugar & Cohn, 1991). This results in the lives of the elderly being neglected by the nuclear family. Based on the International Convention on the Elderly (Universal Instrument United Nations Principles for Older Persons) in 1991, it is emphasized that in terms of independence, elderly people should have access to adequate food, water, shelter, clothing, and health care through the provision of income, family, and community support. (United Nations, 1991). Apart from that, seniors also have the opportunity to work or gain access to other income opportunities. Indonesia has not ratified this international convention, so in Indonesian policy, there are no special regulations regarding the elderly. However, in regional policies that refer to the Social Welfare Law, the elderly are part of a vulnerable group that should be empowered. Then, the elderly group is categorized based on their ability to earn a living, namely the potential elderly group who are able to carry out work and activities that produce goods and services, and the non-potential elderly group who are unable to earn a living, so they depend on the help of other people. The elderly group that is often found in nursing homes is a group that is unable to do work to earn a living.

The social role construction of the elderly not only emphasizes their vulnerability but also their productivity in society. Seniors are not only identified by their physical or health limitations but also by the contributions they make to their families, communities, and society as a whole. Despite physical decline, older adults often have a wealth of valuable experience, knowledge, and wisdom that can be relied upon in a variety of contexts. They can play an important role in providing emotional support, providing advice, and sharing their knowledge with younger generations. In this case, a social construction of older

people that goes beyond the stigma of vulnerability is important to promote social inclusion and appreciation of their role in society. Through this recognition, seniors can feel appreciated, motivated to remain active, participate in social life, and support their sustainable quality of life.

One of the largest population groups in Japan is the elderly, numbering around 36.23 million elderly people (World Economic Forum, 2023). The number of elderly people in Japan is more than a third of the total Japanese population. Meanwhile, data on the elderly population in China is increasing every year; in 2019, the population aged 60 years and over amounted to 254 million people (The Lancet, 2019). It is estimated that by 2040, the elderly in China will increase by around 28% to 402 million people. Japan and China both face challenges in ensuring access to health, education, and socioeconomic disparities for the elderly (The Lancet, 2019; World Economic Forum, 2023).

Age Hope Life (UHH) in Indonesia experiences enhancement along with increasingly improving health conditions. According to BPS data for 2015, In 2008, the Indonesian population's UHH reached 69 years, and in 2015, it increased to 70.8 years. UHH estimated will increase again to 72.2 years in 2020-2035. This causes an increase in the number of elderly people, where in 2010, based on the 2010 population census, 18.1 million people (7.6% of the total population) rose to 20.24 million people (8.03% of the total population). Based on the results of the of the Susenas year 2014, the number of elderly residents estimated will increase to 36 million in 2025 and 41 million in 2035 (Bappenas projection).

Based on data from the Riau Islands Central Statistics Agency in September 2020, the number of residents in the Riau Islands recorded as much as 2,064 million souls, with a rate of population growth per year from 2010–2020 reaching 2.02%. This amount decreased compared to the previous period by 4.95%. Whereas percentage age productive 15 until 64 year reach 71.00%. Temporary, the percentage of the elderly population reached 5.30%, or increased compared to last year (2010), which was only as big as 3.4%. City Tanjung Pinang, also known as Mother City Riau Islands, has an elderly population, reaching 8.06% of its total population, which is 213,592 souls in 2020.

The process of determining whether or not functions in the family are running is influenced by characteristics of the public (Xu, 2001). In public rural areas, generally consisting of extended families, where everyone has a strong kinship with each other, they usually live close to each other, so we often find them in a residential group consisting of one large family, each of which has their own connection kinship (Liu et al., 2013).

People in cities have one characteristic, namely individuals (Yung et al., 2016). This means that urban communities prioritize their own interests over other people's. In their writing, Yung et al. (2016) also emphasized that the existence of individualism in urban communities is characterized by the people are known as people who are indifferent and don't care about other people's business.

In urban communities or modern societies, the existence of the elderly in the family and society is considered a nuisance, especially for those who are elderly (Wong et al., 2017). Matter This is influenced by characteristics from urban That Alone. The research findings of Wong et al. (2017) emphasized that the conditions of society in modern urban areas have implications for the neglect of the elderly. In this case, the research conducted by researchers in Tanjungpinang City is unique, namely that Tanjungpinang City is still strong in Malay customs and culture. Therefore, the characteristics and identity of the Malays of this city are new to this research.

Nursing homes are divided into three types based on their management: nursing homes managed by private institutions, nursing homes managed by social foundations, and nursing homes managed by the government. These differences in management affect the acceptance of elderly people into institutions, as well as the facilities and level of resources provided. Based on an observation study in Tanjungpinang City, the existing nursing homes are nursing homes managed by the Social Foundation and nursing homes managed by the government. Meanwhile, privately managed nursing homes do not exist in Tanjungpinang City.

Based on the results of field observations, the nursing homes in Tanjungpinang comply with government regulations in providing facilities, care, and psychosocial support for the elderly in accordance with applicable guidelines. Nursing homes managed by the Social Foundation have better facilities compared to nursing homes managed by the government. Facilities and comfort for the elderly should be prioritized. This can be seen in nursing homes managed by the Foundation, where the facilities there are more complete and comfortable for the elderly to carry out their activities.

The problem of the elderly also occurs in Tanjungpinang City, Riau Islands Province. Based on data from the Tanjungpinang City Social Service in 2024, the percentage of elderly people in Tanjungpinang City is increasing from year to year. Based on the results of the initial observations, three nursing homes were found in Tanjungpinang. The following is the latest data on nursing home residents in Tanjungpinang City:

No.	Name of Nursing Home	2021	2022	2023
1.	Bintan Happy Home (Government)	32 people	36 people	40 people
2.	Happy Home Embung Fatimah (Government)	12 people	7 people	9 people
3.	Anugrah Nursing Home (Social Foundation)	28 people	29 people	35 people

Source: Researcher, 2024

Based on the elderly data in the table, a small proportion of those living in nursing homes are elderly people who were accompanied by their families to live in nursing homes. This means that the majority of nursing home residents are neglected

elderly people. Seeing the many cases of elderly people being neglected in Tanjungpinang City so that they have to live in nursing homes, the author is interested in finding out more about how the family plays a role in ensuring the quality of life for the elderly. So that family functioning becomes the dominant factor in looking at the quality of life of the elderly.

Family is units smallest from public Which consists on head family And a number of person Which collected And stay in something place in lower something roof in a state of interdependence (Barber, 1961; Kuznets, 1978). In essence, families are expected to be able to function to realize the process of reciprocal development of love and affection between family members and between relatives, as well as between generations which are the basis of the family harmonious (Arranz et al, 2010:16).

Basically, the form, cycle and function of the family influence conditions the health of each family member both physically and psychologically. On the contrary, condition health member family Also influence form, cycle And function family the. Phases cycle life family covers leave House And become adults living alone, family joining through marriage (partner new), become person old And A family with child, family with teenager, until family on life age carry on (Santrock, 2012). Every member family have tasks certain order every stage from cycle family can taking place with as it should like wrong the only one family cycle on life age carry on.

Family has a very important role in develop, prevent, adapt And or repair various problem health found in families (Ferrer et al., 2005). In this case, the health problems of family members are mutual related to various problems of other family members, if there is one family member whose health problems will definitely affect the implementation of functions family the (Azwar, 2007). So family functioning can be a dominant factor in looking at the quality of life of the elderly.

Previous research (Lourenco & Santos, 2021; Guriti & Ismarwati, 2020; Fadhliia & Sari, 2021; Arini., Anggorowati & Pujiastuti, 2021) shows how families and the elderly are related in overcoming socioeconomic factors and the health of the elderly in ensuring the quality of life of the elderly. Apart from that, the factors that become obstacles in fulfilling the quality of life for the elderly are dominant family economic factors. Where elderly families are in a poor and inadequate situation. However, not many have explored the role of the family in the discussion.

The problems faced by the elderly in Tanjungpinang City highlight aspects of the family's role in improving the quality of life of the elderly, especially in the complex modern context (urban life). Apart from that, it also highlights the role of nursing homes as social institutions that have a responsibility and role in ending economic, cultural and social violence against the elderly. One of the innovations that is focused on is exploring the role of families and nursing homes in supporting elderly care. With the rapid development of modern society, various family functions have changed, such as the function of caring for the elderly being transferred to nursing homes.

## II. METHODS

This research uses the Constructivism Paradigm. The constructivism paradigm is an approach to research that emphasizes the construction of subjective knowledge and understanding by individuals or groups. Or in other words, the constructivism paradigm sees the truth of a reality based on the results of social construction, and this truth is relative. This is in line with the social facts paradigm in Sociology where the theory used in this research comes from the social facts paradigm. This constructivist paradigm argues that social reality cannot be separated from subjective perceptions, experiences and interpretations. In research using the constructivism paradigm, the main focus is on diverse understandings and interpretations of social reality.

Research with a constructivist approach usually uses qualitative research methods which involve more in-depth data collection and research that is directly involved with participants (Mills, Bonner & Francis, 2006). Commonly used data collection methods include in-depth interviews, participant observation, and content analysis. The data collected is in the form of words, actions, or symbolic representations which are then analyzed interpretively.

In the context of this research, the focus lies on the dynamics of the relationship between families and nursing homes in caring for the elderly and their impact on the quality of life of the elderly. As a traditional institution, the family has an important role in providing care and support to the elderly. However, with demographic and social changes occurring, such as increasing urbanization, mobility, and changing family structures, the family's role in caring for the elderly can be challenged.

## III. RESULTS AND DISCUSSION

### *Parenting Patterns for the Elderly*

Elderly is an advanced stage of a life process which is characterized by decreased ability of the body to adapt to environmental stress. The elderly are a state characterized by a person's failure to maintain balance to physiological stress conditions (Effendi, 2009). An elderly person is someone who has aged > 60 years and unable to earn their own living to meet their needs his daily life (Ratnawati, 2017). Based on this, it can be seen that the process of old age in maintaining physical and psychological conditions is important to see as an indicator of the quality of life of the elderly.

The characteristics include: skin that starts to wrinkle, decreased function ears and eyes, can not move faster than before, easily felt tired, hair start thinning And colored white, easy attacked disease Because the body's immune system decreases, you are more likely to remember the past then and it is difficult to remember new things because the speed of thinking and feeling decreases lonely And boredom. Moreover Again elderly Which lost work tend experiencing post power syndrome, the role in the

family and society is increasingly decrease or economic conditions worsen. Not every human being Can avoid process old so that matter most importantly Which done is prepare yourself to live a healthy, happy and productive old age (Emile, 2010).

Family is the best place for the elderly because they have emotional ties and history. The number of elderly people is increasing and decreasing the function of body organs and their physical, psychological and social deterioration, it is necessary developed service elderly based family, including promote movement of “three generations under one roof” (Levinson, 1978). This will increasingly show the values of parental responsibility towards children and vice versa.

Elderly services in the family have special characteristics, namely the occurrence involvement emotion Which marking connection elderly with family Which take care of him, so that service in family expected become choice main in effort handling problem elderly in period come (Emile, 2010). Family is a vehicle most good for give service to the elderly, Because has the potential to care parent. In this service, the elderly remain stay in the environment family, life merges together child, grandchild and relatives other families. The efforts made are to provide needed services physical, psychic nor social. Function family very big in realize elderly Which prosperous.

As for forms service family to elderly among other:

*Service fulfillment need physique*

Service This covers provide place stay Which worthy like provide room Alone or Sleep with grandchild, provide the toilet easy reachable by elderly, provide food (food Which nutritious Which complete and balanced, vegetable, fruit and etc), provide clothing to protect the body according to the weather, at least 1 or 2 underwear a year, as well as inspection health for example with make timetable routine For check health especially elderly Which suffer disease sugar, hypertension And etc.

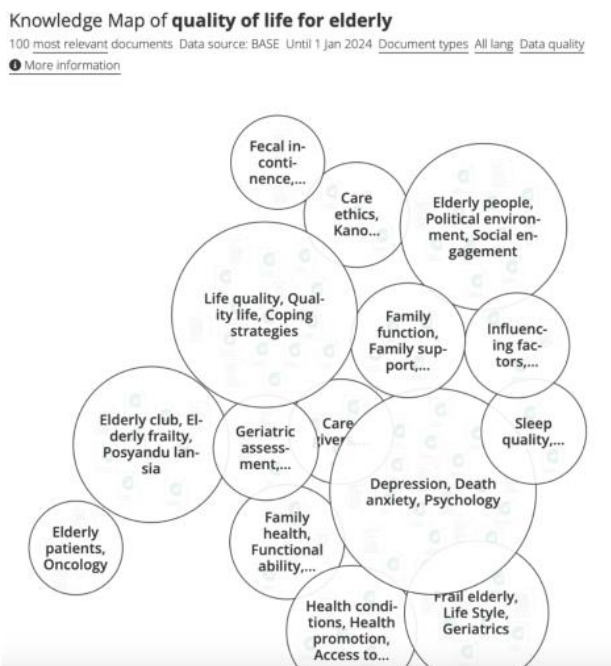
*Service Fulfillment Psychic*

This service includes providing a sense of security, attention and affection as well as give chance on elderly For do his hobby (sport, read, sing, play music, make craft hand, And etc), give chance For do religious activities (taking him to religious studies, providing a special place of worship complete with ablution area), recreational activities (In the house such as watching TV, hanging out with family, reading newspapers, gardening, make craft hand, whereas in outside House like stay in touch to House neighbor, House family in outside city And place tour as well as place religious (taking him to religious studies, providing a special place of worship complete with ablution area), recreational activities (In the house such as watching TV, hanging out with family, reading newspapers, gardening, make craft hand, whereas in outside House like stay in touch to House neighbor, House family in outside city And place tour as well as place worship

*Service Fulfillment Need Social*

This service includes providing opportunities to connect with people surrounding and neighbor, give chance For take part in activities social environment And give chance For visiting relatives near (child, you or friends).

Based on previous literature searches using a Knowledge Map with the keyword quality of life for the elderly, the research mapping was found as follows:



Based on searches carried out on the Knowledge Map, previous research on the quality of life of the elderly focused more on studying their health conditions (both physical and psychological). More related articles are published in journals in the fields

of Health and Psychology. According to the author's search, the following results represent a literature mapping based on keywords that were more widely discussed in previous research.

Based on a literature review conducted by researchers, it was found that studies on the quality of life of the elderly were predominantly conducted by researchers with health science backgrounds (such as medicine and nursing). It was found that care for the elderly by the family was studied more often when the elderly were undergoing treatment in the hospital. Therefore, the elderly care in question is post-treatment or healing care for the elderly. Meanwhile, research conducted by sociologists highlights the role of elderly families and nursing homes in elderly care to fulfill the quality of life of the elderly, not in the context of elderly people who are post-treatment in hospitals.

### **The Role of the Family and the Elderly**

Previous research on the role of family and the elderly was conducted by Travassos, Coelhom, & Arends-Kueninning (2020), examining the socio-demographic-economic profile of the elderly in Brazil. This research used a literature study approach. The results of this study show that the majority of elderly people in Brazil receive some form of income transfer from the government, which has a positive effect on reducing poverty in this segment.

Research conducted by Bahtiar, Sarah, & Wiarsih (2020) examined the meaning of life for elderly people living with chronic diseases using a descriptive qualitative method. The meaning of life for elderly people with chronic illnesses is closely related to their mental readiness to face death. In this study, the elderly interpreted their lives as surrendering to God, accepting divine destiny, care until death, financial health insurance, role replacement, and being able to see the growth and development of their children and grandchildren. Elderly individuals with chronic illnesses gain meaning in life through family support.

Based on previous research literature, the researcher concluded that studies on the elderly with an emphasis on the issue of family support are more related to the function of caring for elderly people who are experiencing health problems or undergoing treatment.

The research gap that researchers wish to explore further involves examining family support in socio-economic aspects, raising several critical dimensions that need special attention. This research will examine the impact of family support on the social and economic aspects of the elderly, exploring how interactions between the elderly and their families influence their financial stability, social well-being, and integration into society.

Furthermore, the dimensions of the quality of life of the elderly will be the focus of exploration, with in-depth research on how family support in socio-economic aspects can influence the level of happiness, mental health, and life satisfaction of the elderly. This aspect will enrich understanding of the quality of life of the elderly by considering local cultural variables in Tanjungpinang City. The research will try to capture and understand how local values, norms, and cultural practices influence the way families provide support to the elderly, and how this can create a positive influence on their quality of life.

### **Role Theory and Social Support**

The role is a dynamic aspect, including actions or behaviors carried out by individuals who occupy or have a position, fulfilling the rights and obligations in accordance with their position. If an individual carries out this role effectively, it can be expected that what they do is in accordance with the expectations of their environment. Roles can be considered as dynamic processes involving activity, in contrast to static concepts or the use of parties and responsibilities which are subjective. A role is defined as a task or assignment to an individual or group of people.

Each individual occupies a status in various societal structures. Status in this case is not the prestige of an individual position, but the position itself. Individuals who occupy a status are also considered to have certain rights and obligations that constitute a role in that status. Status and role tend to exist together in what Parsons calls "role status sets" (Saifuddin, 2005).

Therefore, social structure is the interrelationship between statuses that is produced when actors carry out the roles imposed in interactions with others. So, if people who occupy the status of worker, owner, manager, and other statuses in society carry out their roles, we will understand the economic or employment structure in that society.

The same perspective can be used to characterize the characteristics of social structures based on education, religion, and other factors that help society. One of the unifying aspects of the concept of society is that each individual can have status and role in all of these structures at the same time. As a result, individual actors exist within a number of structures. This concept views individuals as divided into several roles.

Role is a dynamic concept that is different from static conditions or use by parties and subjective responsibilities. A role is defined as a task or assignment to a person or group of people. Some aspects of roles involve norms related to a person's position or status in society. In this context, a role becomes a series of rules that provide guidance for someone in living their life in society.

Roles—in a social context—refer to the roles played by individuals in various situations and interactions. An overview of role theory involves understanding how roles are formed, internalized, and carried out in social contexts. Role theory views roles as a complex social concept, which includes the expectations attached to individuals in a situation or position.

Social role theory suggests that social roles are the result of interactions between individuals and the society around them. According to this theory, individuals internalize the roles that exist in society through the socialization process. The socialization process involves learning the values, norms, and expectations associated with a particular role. For example, a child learns to be obedient and respectful to his parents through interactions with his family.

The theory also suggests that individuals can have multiple, interrelated roles. Each role has different expectations, and individuals must manage these roles well. For example, an individual can be an employee, a spouse, and a parent simultaneously. Each of these roles has different demands and expectations.

### **Family and Elderly Caregiving**

Family plays a very important role because it is the place where an individual grows and develops, starting from childhood to adulthood. In the family, parents have the role of nurturing, mentoring, and helping to shape children into independent, confident, and good individuals. The family also serves as the first place for individuals to interact with social support. This is in line with Hurlock's (2002) findings, which emphasize the role of parents and family members in providing nurturing care and interaction with their children (Rahmatika & Apsari, 2020).

The family's role in caring for the elderly is influenced by the social meaning attached to that role. Each family member may have different perceptions and interpretations regarding their role towards the elderly. For example, a child may feel a responsibility to care for and respect their parent, while a partner may feel a tension between their role as a partner and their role as an elderly carer.

### **Social Support Theory**

Social support for the elderly population is essential as long as they can appreciate its importance in living their lives. However, not all elderly people are able to fully understand and utilize social support from others. Thus, even though they receive social support, there are often signs of dissatisfaction expressed through complaints, disappointment, or frustration (Kuntjoro, 2002). Taylor (1999) states that social support has a positive impact on happiness.

Operationally, sources of social support can be grouped into informal support sources and official support sources (Cahyono, 2017). Informal social support comes from family and the surrounding environment, while formal social support is obtained through professional services and service centers such as social institutions or hospitals (Hasbi & Usman, 2020). Although there are sources of social support from professionals such as psychologists or social workers, the family is still considered the main potential source. This is due to special support functions in the family that cannot be replaced, such as the husband's support for the wife to carry out her role as a wife or the role of mother in educating children with the support of a husband who is full of sympathy and attention, and beliefs based on compassion.

Social support from the family has significant meaning for the elderly, especially when they begin to become isolated from the external environment such as work friends, business colleagues, or other people outside the family. In Indonesia, family social support, especially in the form of encouragement from children to parents, still plays a significant role. Regarding Indonesian culture, which still adheres to the concept of an extended family, elderly people are often allowed to live with families that involve children, in-laws, grandchildren, or other family members. In the context of traditional Asian culture, including Indonesia, the elderly are often associated with parents who still live with the family (Liu, 2009).

Support from family members for the elderly aims to maintain the stability of the elderly's condition, including their emotional, physical, and social conditions. Friedman (2010) notes that social support has an important role as assistance when a family is experiencing a crisis. In Friedman's perspective, it is clear that social support is a key element in providing assistance and solutions to problems faced by family members. Social support also has a positive impact on the quality of life of the elderly (Kiik, Sahar, & Permatasari, 2018), in this case, the quality of life of the elderly is influenced by various factors, including physical health, psychological health, social relationships, and the environment.

### **Social Construction Theory**

Social construction theory, developed by Peter L. Berger in the field of sociology, is a framework that highlights how social reality is constructed through social interactions and social processes. This theory emphasizes that social reality is not inherent or objective but is formed by individuals and groups through a process of interpretation and construction of meaning.

## **IV. CONCLUSIONS**

The role of families and nursing homes in improving the quality of life of the elderly is crucial, particularly given the social problems faced by the elderly and the capacity of families and nursing homes to meet their needs. Elderly individuals encounter various physical, economic, psychological, and social challenges that necessitate family support to achieve well-being in old age. However, social changes have shifted the family's function, leading many elderly people to live in nursing homes. International conventions emphasize the importance of independence for older people, including access to basic needs and family and community support. Although Indonesia has not ratified these conventions, regional policies recognize the elderly as a vulnerable group needing empowerment. The elderly are categorized based on their ability to earn a living, with non-potential groups often residing in nursing homes. In Tanjungpinang City, nursing homes managed by social foundations and the government offer varying facilities, with social foundations typically providing better amenities. Most nursing home residents in Tanjungpinang are neglected elderly individuals. This research aims to understand the family's role in improving the elderly's quality of life, considering the family as the smallest societal unit with significant caregiving and emotional support functions. Using a constructivist paradigm and qualitative methods such as in-depth interviews, participant observation, and content analysis, the

research reveals that elderly individuals need family support to maintain their physical, emotional, and social stability. Social construction theory underscores that the quality of life for the elderly encompasses physical, psychological, social, and environmental dimensions. Nursing homes are pivotal in elderly care, addressing physical, emotional, social, and spiritual needs. Government policy stresses the necessity of holistic services for the elderly, although challenges like limited resources and social stigma persist. Overall, families play a dominant role in enhancing the elderly's quality of life through emotional and social support, while nursing homes provide comprehensive care for those no longer fully supported by their families.

## REFERENCES

- Abbas, N., Abrar ul Haq, M., Ashiq, U., & Ubaid, S. (2020). Loneliness among elderly widows and its effect on social and mental well-being. *Global Social Welfare*, 7, 215-229.
- Achmad Fedyani Saifuddin, P. (2005). *Contemporary Anthropology A Critical Introduction to Paradigms* (1st ed.). Prenadamedia Group.
- Arini, HN, Anggorowati, A., & Pujiastuti, RSE (2022). Family support for the elderly with Type II Diabetes Mellitus: Literature review. *NURSCOPE: Journal of Nursing Research and Scientific Thought*, 7 (2), 172-180.
- Ayu, SA, Novryanthi, D., Yulendasari, R., Arif, IN, & Rahayu, AA (2023). Optimizing Knowledge and Family Support for Families of Hypertension Patients on Hypertension Control in Sarampad Village, District. Cugenang: Optimizing Knowledge and Family Support for Families of Hypertension Patients to Control Hypertension in Sarampad Village, District. *Puddled. Journal of Current Health Community Service*, 2 (1), 33-50.
- Bai, Y., Bian, F., Zhang, L., & Cao, Y. (2020). The impact of social support on the health of the rural elderly in China. *International journal of environmental research and public health*, 17 (6), 2004.
- Barber, B. (1961). Family Status, Local-Community Status, and Social Stratification: Three Types of Social Ranking. *Pacific Sociological Review*, 4 (1), 3-10. <https://doi.org/10.2307/1388480>
- Benites, A.C., Rodin, G., de Oliveira-Cardoso, É. A., & Dos Santos, M.A. (2021). "You begin to give more value in life, in minutes, in seconds": spiritual and existential experiences of family caregivers of patients with advanced cancer receiving end-of-life care in Brazil. *Supportive Care in Cancer*, 1-8.
- Bhandari, P., & Paswan, B. (2021). Lifestyle behaviors and mental health outcomes of the elderly: Modification of socio-economic and physical health effects. *Aging International*, 46, 35-69.
- Cahyono, SAT (2017). People with disabilities: examining social rehabilitation services for disabled people in poor families. *Social Welfare Research Information Media*, 41 (3), 239-254.
- Cantor, M. H. (1991). Family and Community: Changing Roles in an Aging Society. *The Gerontologist*. 31(3): 337-346. <https://doi.org/10.1093/geront/31.3.337>
- Coelho-Junior, H. J., & Marzetti, E. (2022). Attitudes toward finitude in the cinema of Federico Fellini: Light on older adults. *Frontiers in Psychology*, 13, 974012.
- Creswell, J. W. (2009). *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches* (Third Edition). SAGE Publishers.
- Creswell, J. W. (2014). *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches* (4th Edition). SAGE Publishers.
- Evy, C. and WAAD (2020). *Sociology of the Family* (1st). UNJ Press.
- Fadhliha, N., & Sari, RP (2022). The role of the family in caring for the elderly and the quality of life of the elderly. *Adi Husada Nursing Journal*, 7 (2), 86-93.
- Falikhah, N. (2017). Demographic bonus opportunities and challenges for Indonesia. *Alhadharah: Journal of Da'wah Science*, 16 (32).
- Ferrer, R.L., Palmer, R., & Burge, S. (2005). The Family Contribution to Health Status: A Population-Level Estimate. *Annals of Family Medicine*. 3(2), 102-108.
- Gunarsa, YSD (2012). *Principles of Ideal Family Psychology* (1st). PT BPK Gunung Mulia.
- Guriti, G., & Ismarwati, I. (2020). The role of the family in elderly care. *Journal of Nursing*, 12 (2), 241-244.
- Hasbi, H., & Usman, M. (2020). The Meaning of the Welfare of the Elderly Population (Review of the Sociology of Population and Welfare). *Hasanuddin Journal of Sociology*, 1-16.
- Helmawati. (2014). *Theoretical and Practical Family Education* (1st). PT Teen Rosdakarya.
- Herawati, T., Pranaji, DK, Pujihasvuty, R., & Latifah, EW (2020). Factors that Influence the Implementation of Family Functions in Indonesia. *Journal of Family and Consumer Sciences*, 13 (3), 213-227. <https://doi.org/10.24156/jikk.2020.13.3.213>
- Herdiansyah, H. (2013). Interviews, Observations, and Focus Groups as Instruments for Extracting Qualitative Data. Jakarta: RajaGrafindo Persada.
- Heryanah, H. (2015). Aging population and the second demographic bonus in Indonesia. *Population*, 23 (2), 1-16.
- Jammes, J., & King, T.V. (2021). *Fieldwork and the Self: Changing Research Style in Southeast Asia*. Singapore: Springer Nature.
- Johnson, H.M. (1971). The Structural-Functional Theory of Family and Kinship. *Journal of Comparative Family Studies*. 2(2). <https://doi.org/10.3138/jcfs.2.2.133>
- Kiroh, AG, Kairupan, BH, & Munayang, H. (2021). Overview of Mental Health in the Elderly During the COVID-19 Pandemic. *Biomedical Journal: JBM*, 13 (3), 338-345.
- Kuznets, S. (1978). Size and Age Structure of Family Households: Exploratory Comparisons. *Population and Development Review*. 4(2), 187-223. <https://doi.org/10.2307/1972278>
- Lábadi, B., Arató, N., Budai, T., Inhof, O., Stecina, D.T., Sík, A., & Zsidó, A.N. (2022). Psychological well-being and coping strategies of elderly people during the COVID-19 pandemic in Hungary. *Aging & Mental Health*, 26 (3), 570-577.
- Lehman, H. (1966). RK Merton's concepts of function and functionalism. *Inquiry*. 9:1-4, 274-283, DOI: 10.1080/00201746608601462
- Lluch-Sanz, C., Galiana, L., Tomás, J.M., Oliver, A., Vidal-Blanco, G., & Sansó, N. (2022). Using latent profile analysis to understand palliative care professionals' quality of life during the COVID-19 pandemic. *Current Psychology*, 1-13.

- Liu, H., Han, X., Xiao, Q., Li, S., & Feldman, M.W (2015). Family Structure and Quality of Life of Elders in Rural China: The Role of the New Rural Social Pension. *Journal of Aging & Social Policy*. 27(2), 123-138. DOI: 10.1080/08959420.2014.977662
- Lourenço, LDFL, & Santos, SMAD (2021). Institutionalization of elderly and family care: Perspectives of professionals from long-term facilities. *Cogitare Enfermagem*, 26.
- May, W., & Chuanling, (2001). The Current State of the Burden of Family Support for the Elderly in China. *Chinese Sociology & Anthropology*, 34 (1), 49-66. DOI: 10.2753/CSA0009-4625340149
- Merton, R. K. (1958). *Social Theory and Social Structure*. USA: The Free Press.
- Miles, M. B., & Huberman, M. (1992). *Qualitative data analysis* (translated by: Tjetjep Rohedi Rosidi). Jakarta: University of Indonesia.
- Mills, J., Bonner, A., & Francis, K. (2006). Adopting a constructivist approach to grounded theory: Implications for research design. *International journal of nursing practice*, 12 (1), 8-13.
- Nasution. (2010). *Sociology of Education* (2nd ed.). Literary Earth.
- Nurhayati, S., Safitri, HH, & Apriliyanti, R. (2021, December). Family Support for the Elderly in the Covid 19 Pandemic Era. In *Proceedings of the UNIMUS National Seminar* (Vol. 4).
- Peng, (2021). Coping with population aging in mainland China. *Asian Population Studies*. 17(1), 1-6. DOI: 10.1080/17441730.2020.1834197
- Primasari, NA, Devianto, A., & Sari, HI (2022). Family Support and Compliance with Hypertension Medication Consumption in the Elderly: Literature Review. *Journal of Health Research "Forikes Voice"*, 13, 34-39.
- Purbasary, E.K., Husnaniyah, D., & Nopit, I. (2022). Literature Review: Relationship between Family Support and Diet Compliance with Hypertension. *The Indonesian Journal of Health Science*, 14 (1), 32-45.
- Qiu, C., Zhang, X., Zang, X., & Zhao, Y. (2020). Acceptance of illness mediates the effects of health literacy on self-management behavior. *European Journal of Cardiovascular Nursing*, 19 (5), 411-420.
- Rayani, D., & Purqoti, DNS (2020). Elderly Families' Anxiety Regarding Hoax News During the COVID-19 Pandemic. *Reality: Journal of Guidance and Counseling*, 5 (1).
- Ritzer, G. (2014). *Modern Sociological Theory* (7th). Prenadamedia Group.
- Roh, M., & Weon, S. (2022). Living arrangements and life satisfaction of the elderly in South Korea. *Social Indicators Research*, 160 (2-3), 717-734.
- Rokicka, M., & Zajkowska, O. (2020). Informal elderly caregiving and time spent on leisure: evidence from time use survey. *Aging International*, 45 (4), 393-410.
- Ross, E. J. (1958). *Social Theory and Social Structure* (Robert K. Merton). *The American Catholic Sociological Review*. 19(2). <https://doi.org/10.2307/3709394>
- Ruli, E. (2020). Duties and Roles of Parents in Educating Children. *Journal of Nonformal Education*, 1 (1), 143-146. <https://ummaspul.ejournal.id/JENFOL/article/view/428>
- Saldana, Miles & Huberman. (2014). *Qualitative Data Analysis*. America: SAGE Publications.
- Salim, MH (2013). *Character Education Concept & Implementation in an Integrated Environment in the Family, School, College & Community* (1st ed.). AR- RUZZ Media.
- Shen, Y. (2008). Aging of the Population and the Government Responsibility—The Advanced Age Turn of the Chinese Population. *Asian Social Science*. 4(9), 116-124. 10.5539/ass.v4n9p116
- Shock, N. W. (1983). Aging of Physiological Systems. *Journal of Chronic Disease*. 36(1), 137-143.
- Sinha, D., Mishra, P.S., Srivastava, S., & Kumar, P. (2021). Socio-economic inequality in the prevalence of violence against older adults—findings from India. *BMC geriatrics*, 21 (1), 1-12.
- Sloane, P.D., Zimmerman, S., and D'Souza, M.F. (2014). What Will Long-Term Care Be Like in 2040? *North Carolina Medical Journal*. 75(5):326-330. <https://doi.org/10.18043/ncm.75.5.326>.
- Smyer, MA (1984). Working with families of impaired elderly. *J. Community Psychol*, 12: 323-333. [https://doi.org/10.1002/1520-6629\(198410\)12:4<323::AID-JCOP2290120405>3.0.CO;2-4](https://doi.org/10.1002/1520-6629(198410)12:4<323::AID-JCOP2290120405>3.0.CO;2-4)
- Soekanto, S. (2004). *Sociology of the Family* (3rd ed.). PT Rineka Cipta.
- Sugar, J. A., & Cohn, J. (1991). Determinants of Quality of Life in Institutions: Perceptions of Frail Older Residents, Staff, and Families. *The Concept and Measurement of Quality of Life in the Frail Elderly*. 28-49.
- Sujarwanto, RK (2019). *Educational Management of Children with Emotional Behavioral Disorders*. CV. Jakad Media Publishing.
- The Lancet. (2022). Population aging in China: Crisis or Opportunity? *Lancet Public Health*. Doi: [https://doi.org/10.1016/S0140-6736\(22\)02410-2](https://doi.org/10.1016/S0140-6736(22)02410-2)
- Tongco, M.D.C. (2007). Purposive Sampling as a Tool for Informant Selection. *Ethnobotany Research & Applications*. 5:147-158.
- Tristanto, A. (2020). Mental health and psychosocial support (DKJPS) in elderly social services during the Covid-19 pandemic. *Socio Informa: Study of Social Problems and Social Welfare Efforts*, 6 (2), 205-222.
- Troncale, J. A. (1996). The Aging Process: Physiological Change and Pharmacological Implications. *Postgraduate Medicine*. 99(5), 111-122. <https://doi.org/10.1080/00325481.1996.11946121>
- United Nations. (1991). *United Nations Principles for Older Persons*. Retrieved from: <https://www.ohchr.org/en/instruments-mechanisms/instruments/united-nations-principles-older-persons> (2 January 2024).
- Won, D., Bae, J.S., Byun, H., & Seo, K.B. (2020). Enhancing subjective well-being through physical activity for the elderly in Korea: A meta-analysis approach. *International journal of environmental research and public health*, 17 (1), 262.
- Wong, A. Chau, AKC, Fang, Y. & Woo, J. (2017). Illuminating the Psychological Experience of Elderly Loneliness from a Societal Perspective: A Qualitative Study of Alienation between Older People and Society. *Int. J Environ. Res. Public Health*. 14, 824. <https://doi.org/10.3390/ijerph14070824>
- World Economic Forum. (2023). More than 1 in 10 people in Japan are aged 80 or over. Here's how its aging population is reshaping the country. Retrieved from: <https://www.weforum.org/agenda/2023/09/elderly-oldest-population-world-japan/#:~:text=Almost%20a%20third%20of%20its,Italy%2C%20the%20next%20oldest%20country>.



- Xu, Y. (2002). Family Support for Old People in Rural China. *Social Policy and Administration*. 35(3). 307-320. <https://doi.org/10.1111/1467-9515.00235>
- Yung, H.K., Conejos, S., & Chan, E.H.W. (2016). Social Needs of the Elderly and Active Aging in Public Open Spaces in Urban Renewal. *Cities*. 52, 114-122.