



## RELATIONSHIP ROLE OF FAMILY IN PROVISION OF NUTRITION WITH NUTRITIONAL STATUS IN THE ELDERLY IN MOJOKERTO

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Research Report

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### ABSTRACT

**Introduction:** Biological changes in the elderly can affect nutritional status including reduced muscle mass, increased fat mass, decreased intestinal mobility, number of missing teeth, decreased sense of sight and reduced capacity of the kidneys to excrete large amounts of water. The impact of these changes is that a balanced nutritional intake is very necessary for the elderly to maintain the quality of life, the healing process and prevent complications of the disease. The family has an important role in maintaining the health status of the elderly through the fulfillment of balanced nutritional needs because the family is the closest party to the elderly. **Methods:** The design of this research is correlation. This study aims to determine the relationship between the role of the family and the nutritional status of the elderly using a cross sectional approach. The population is elderly aged > 60 in Klinterejo Village, Sooko District, Mojokerto Regency as many as 52 samples with simple random sampling technique. The instrument for measuring variables used questionnaires and KMS (Card Towards Health) sheets. Statistical test using Chi-Square with a value of  $= 0.05$ . **Results:** : The results showed that almost half of the respondents 44.2% had less family roles and as many as 69.2% had poor nutritional status of the elderly. **Conclusion** It is expected that the optimal role of the family in providing a balanced menu according to the needs of the elderly so that the nutritional status of the elderly is not in poor condition.

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### INTRODUCTION

Biological changes in the elderly can affect nutritional status including reduced muscle mass, increased fat mass, decreased intestinal mobility, number of missing teeth, decreased sense of sight and reduced kidney capacity to excrete large amounts of water (Wirakusumah, 2011). To compensate for the decline in the physiological function of the elderly and the various problems that accompany it, adequate nutrition must be given to suit the activities of the elderly. Balanced nutritional intake is necessary for healthy and sick elderly people to maintain their quality of life and is needed in the healing process and to prevent further complications from the disease (Festy, 2018). The family plays an important role in maintaining the health status of the elderly through the fulfillment of balanced nutritional needs because the family is the closest party to the elderly. The role of the family in fulfilling balanced nutrition in the

elderly is very necessary in order to achieve optimal health status of the elderly so that the quality of life of the elderly can increase.

According to (Mufarikoh, n.d.) that of the 19.5 million elderly in Indonesia, 31.7% are underweight, and 10.1% are overweight. In March 2018 the number of elderly people in East Java was 4,993,633 people, 31.0% of whom were underweight and 1.8% of them were overweight. Based on data obtained in Klinterejo Village, Sooko District, from direct observation of the number of elderly 15 elderly, who are underweight or on the BMI chart on the yellow line, which is 14 people and experience overweight or on the BMI chart on the red line, 1 person.

The factors that influence the nutritional state of the elderly are health status, teeth, lifestyle, food consumption and eating habits. There are some unusual phenomena that elderly people complain about related to the aging process that affects the nutritional status

of the elderly, especially in the gastrointestinal system, for example, difficulty consuming meat and hard foods due to disruption of the function of teeth and gums. If these phenomena are ignored continuously, it will gradually worsen the nutritional status of the elderly (Wirakusumah, 2011).

In efforts to adapt to the physical conditions that accompany the aging process, it is necessary to prepare a special menu for the elderly so that the elderly remain active, fit, energetic and independent. according to the needs and physical conditions of the elderly. So the role of the family needs to be increased through counseling efforts to families about providing nutrition to the elderly. One of the activities that families can do is to serve a balanced food menu, plan a diet and make a meal schedule for the elderly. With this the family can determine the choice of nutritious food

for the elderly and can meet the nutritional needs of the elderly and further improved to participate in the activities of the elderly posyandu.

## MATERIALS AND METHODS

In this study, the researcher used a non-experimental type design, namely a correlational design with a Cross Sectional approach. The population is 60 elderly and the sample is 52 elderly people aged > 60 years in Klinterejo Village, Sooko District, Mojokerto Regency. The sampling technique with probability sampling is simple random sampling. The instrument used is a questionnaire sheet & KMS (Card Towards Health). Statistical test using Chi-Square with a value of = 0.05.

## RESULTS

### The role of the family in providing nutrition

**Table 1.** Distribution of Respondents Frequency Based on Family Roles in Providing Nutrition for the Elderly in Klinterejo Village, Sooko District, Mojokerto Regency.

Respondent's role	Frequency	%
Not enough	23	44,2
Enough	14	26,9
Well	15	28,8
Total	52	100

Table 1 shows that almost half of the respondents (44.2%) have a less family role as many as 23 respondents and almost half of the respondents (26.9%) have a sufficient role as many as 14 respondents.

### Nutritional status in the elderly

**Table 2.** Frequency Distribution of Respondents Based on Nutritional Status of the Elderly in Klinterejo Village, Sooko District, Mojokerto Regency.

Nutritional status in the elderly	Frequency	%
Not enough	36	69,2
Enough	10	19,2
Well	6	11,5
Total	52	100

Table 2 shows that most of the respondents (69.2%) have poor nutritional status as many as 36 respondents and a small proportion of respondents (11.5%) have more nutritional status as many as 6 respondents.

### Relationship of Family Role in Nutrition Provision with Nutritional Status in the Elderly

**Table 3** Cross-tabulation of the role of the family in providing nutrition with nutritional status in the elderly

		<i>Not enough</i>	<i>Well</i>	<i>More</i>	<i>Total</i>
Not enough	Count	22	1	0	23
	% of Total	95,7%	4,3%	,0%	100,0%
Enough	Count	14	0	0	14
	% of Total	100,0%	,0%	,0%	100,0%
Well	Count	0	9	6	15
	% of Total	,0%	60,0%	40,0%	100,0%
Total	Count	36	10	6	52
	% of Total	69,2%	19,2%	11,5%	100,0%

Based on the results of the cross tabulation in table 3 above, from 23 respondents, 22 respondents (95.7%) had poor nutritional status and 1 respondent (4.3%) had good nutritional status. Of the 14 respondents, the role of the family is sufficient in providing nutrition, as many as 14 respondents (100%) with poor nutritional status. Of the 15 respondents the role of a good family in providing nutrition was 9 respondents (60%) with good nutritional status and 6 respondents (40%) over nutritional status.

### **Results Correlation of the role of the family in providing nutrition with nutritional status in the elderly in Klinterejo Village, Sooko District, Mojokerto Regency.**

Based on the calculation results of the chi square statistical test, the p value obtained is  $0.00 < 0.05$ , so it can be concluded that there is a relationship between the role of the family in providing nutrition and the nutritional status of the elderly in Klinterejo Village, Sooko District, Mojokerto Regency. The contingency coefficient value is 0.692 which indicates that the direction of the correlation is positive with a strong correlation strength.

### **DISCUSSION**

Based on table 1, it shows that almost half of the respondents (44.2%) have a less family role as many as 23 respondents and almost half of the respondents (26.9%) have a sufficient role as many as 14 respondents. Role is a set of behaviors expected of a person according to a given social position either formally or informally, while position is a person's presence in the social system. Role is defined as an individual's ability to control or change the behavior of others ((Riasmini, n.d.)). The role of the family is very important in improving the health status and quality of life of the elderly, namely by playing a role in fulfilling nutrition, presenting and preparing nutritional menus for the elderly. The role of the family in fulfilling the nutrition of the elderly consists of 3 stages, namely the stage of providing food ingredients, processing and serving food. At the stage of providing food, it can be obtained from buying or from the produce of the garden itself. There are various ways of processing food ingredients, including boiling, frying and steaming. And at the stage of serving food served at the dining table for consumption by the elderly and other family members. The presentation of food must be distinguished between elderly food because the amount of nutrients needed by the elderly is different from the nutritional needs of other family members (Riviati, Nur, n.d.). In this study, the role of the

family in providing nutrition to the elderly found a sufficient role (26.9%) because almost half of the elderly were still not prepared for a balanced menu that was not in accordance with the needs of the elderly, the elderly were also given solid food even though many of the elderly did not have teeth. The elderly are also often given foods and drinks that contain lots of sugar. For respondents who have a good role as much as (28.8%). Some of the elderly who have a good role can answer questions by filling out a questionnaire sheet. Many of the elderly know about how to serve food and what food is allowed to be given to the elderly, although not all of the elderly have correctly answered all the questions from the questionnaire. While the role of the family that has a less role is (44.2%). Many elderly do not know how to provide nutrition so that many elderly cannot answer questions from the questionnaire that has been given about preparing a balanced menu and planning a diet that has not been met according to the needs of the elderly, so a good family role is needed to meet the nutritional needs of the elderly.

Based on table 2 shows that most respondents (69.2%) have poor nutritional status as many as 36 respondents and a small proportion of respondents (11.5%) have more nutritional status as many as 6 respondents. Nutritional status is a sign or appearance caused by the size seen through several variables, namely weight, height, age arm circumference (Christy, J., & Bancin, 2020). Nutrition in the elderly can be influenced by factors of age and gender, activity, lack of ability to digest food, lack of taste, reduced nerve muscle condition, poor physical condition, economic and socio-cultural factors (Sudargo, T, 2018) Judging from the results of the study, there are still many elderly who have poor nutritional status. This can be due to many things, for example, the lack of ability of the elderly to digest food and supported by a reduced sense of taste so that food intake in the elderly decreases, the physical condition of the elderly also affects the activity, because the physical condition decreases, the activity also decreases, there are still many families who cannot prepare a balanced menu and do not meet the needs of the elderly such as giving soft food to the elderly who do not have teeth. This causes the elderly to be susceptible to disease so that it affects nutritional status.

Based on table 3 of 23 respondents, it was found that 22 respondents (95.7%) had poor nutritional status and 1 respondent (4.3%) had good nutritional status. Of the 14 respondents, the role of the family is sufficient in providing nutrition, as many as 14 respondents (100%)

with poor nutritional status. Of the 15 respondents the role of a good family in providing nutrition was 9 respondents (60%) with good nutritional status and 6 respondents (40%) over nutritional status. Based on the results of the Contingency Coefficient test above, an Approx. Sig value of 0.00 is obtained (because value  $<0.05$ ), then  $H_0$  is rejected and  $H_1$  is accepted, which means that there is a relationship between the role of the family in providing nutrition and the nutritional status of the elderly in Klinterejo Village, Sooko District, District. Mojokerto. The contingency coefficient value is 0.692 which indicates that the direction of the correlation is positive with a strong correlation strength. Role is a set of behaviors expected of a person according to a given social position either formally or informally, while position is a person's presence in the social system. Role is defined as an individual's ability to control or change the behavior of others ((Riasmini, n.d.)). While nutrition is a process of organisms using food that is consumed normally through the process of digestion, absorption, transportation, storage, metabolism and excretion of substances that are not used to maintain life, growth and normal function of organs, and produce energy (Wijayanti, 2017). The family plays a role in providing support or support for the problems faced by family members in this case the provision of nutrition, where the support needed is not only physical but also moral (Iskandar, 2013). In addition to this, the family in making decisions is determined by the ability of family members, of course this will affect the support provided (Tridonanto, 2014). The family has a duty in maintaining the health of its members. According (Friedman, n.d.) there are 5 health tasks that must be carried out by families, namely: recognizing disorders of the health development of each member, making decisions to take appropriate action, providing care for family members both sick and unable to help themselves, maintaining the atmosphere in the family. a house that benefits the health and personality development of family members, maintains a reciprocal relationship between the family and health institutions, which shows the good use of existing health facilities. Judging from the results of research in Klinterejo Village, Sooko District, Mojokerto Regency, many do not know about how to provide food according to the needs of the elderly. And there are still many elderly who do not pay attention to the type of food that will be given to the elderly. Families in providing daily nutritional needs do not meet their needs because there are still families who still provide solid food for the elderly who do not

have teeth. So it is expected that the role of the family provides a balanced menu according to the needs of the elderly. Efforts to increase the role of the family can be done by increasing family knowledge about health and nutritional fulfillment of the elderly.

## CONCLUSION

There is a relationship between the role of the family in providing nutrition and the nutritional status of the elderly in Klinterejo Village, Sooko District, Mojokerto Regency. Correlation shows the direction of positive correlation with strong correlation strength.

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