

The Role of Family in Improving of PHBS Behavior to Adapt a New Habits (AKB) to Prevent from High Risk of Covid-19 in Elderly

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ABSTRACT

Elder people are an age group that have experienced a decreasing body function system in many aspects, such as physical, psychological and social. The existence of these limitations will greatly affect the ability/independence in carrying out Clean and Healthy Behavior (PHBS) in efforts to prevent from Covid-19. The elderly are also included in the category with a high risk of being susceptible to Covid-19 because most of the elderly people have comorbidities such as hypertension and diabetes mellitus, etc. One of the factors related to PHBS in the elderly people is family support. The purpose of this study was to determine the influence of the role of the family on PHBS behavior in adapting to new habits (AKB) to prevent high risk of Covid-19 in the elderly. This research design used an observational with a cross sectional approach. The population was all elderly people with a total of 40 elderly. The samples were 36 respondents using Simple Random Sampling technique. The independent variable was the Family Role and the dependent variable was PHBS behavior adaptation to new habits. The data collection using questionnaires and the data analysis used Spearman Rank at $\alpha = 0.05$. The results showed that most of the respondents had a family role in the support category as many as 23 respondents (63%) and most of the respondents 23 (63%) had PHBS behavior adapted to new habits in the moderate category. The results of the Spearman Rank obtained a p-value $(0.000) < \alpha (0.05)$ with a correlation coefficient of 0.698 which means a strong correlation. Thus, H_0 is rejected and H_1 is accepted which means there is an influence between the family role and PHBS behavior to adapt to new habits (AKB) to prevent high risk Covid-19 in elderly. The role of the family in caring for the elderly people is the main support system for them. In maintaining their health, the family can do things such as physical, psychological, social and spiritual care, so there will be positive behavioral changes.

I. Introduction

The Covid-19 pandemic has caused concern in the world, because Covid-19 may cause a serious illness with mild to severe symptoms, and can even cause mortality. The signs and symptoms most often experienced from people who are infected by Covid-19 are coughing, fever, sneezing and short breathing. (Aprilianingtyas & Indarjo, 2022).

Based on data from WHO, on May 3, 2021, there were 152,534,452 confirmed cases of Covid-19 in the world, by 3,198,528 (2.1%) people dying. In Indonesia, there were 1,682,004 people confirmed positive of Covid-19, by 1,535,491 (91.3%) people recovering and 45,949 (2.7%) people dying. The highest mortality rate was at the age of ≥ 60 years of 48.7%, and by ages 46-59 years of 35.9%. (Aprilianingtyas & Indarjo, 2022).



Elderly people are a vulnerable group that has very high morbidity during a pandemic COVID-19. This is because the immune system begins to weaken with age. With increasing age, the body will experience a decrease as a result of the aging process such as decreased organ function followed by decreased immunity as a body protector which does not work as strong as when it was young. (Aprilianingtyas & Indarjo, 2022).

Based on a preliminary study conducted in March 2022 in Hamlet Manggis Perreng Village, there are data on elderly people starting from the age of 60 as many as 40 people in Dusun Manggis. The number of hamlet residents exposed to Covid-19 is approximately 50% of residents exposed to Covid-19. Confirmed COVID data in Dusun Manggis were 22 cases, 4 people in the 60 year old age category were exposed, 8 people over 60 years old, and the number of elderly deaths due to Covid was 3 people, and also 20 elderly people who had been vaccinated with the dose 1.

The factor that causes the elderly to contract Covid-19 is due to a decrease in the body function of almost the entire body, including its immunity. The people who have comorbidities such as hypertension, diabetes, autoimmune, cancer, and heart disease. Covid-19 were dominated by the elderly ages. It indicates that the elderly in Indonesia are in a very vulnerable position (Gemini et al., 2022).

From the Covid-19 pandemic, the elder people are a vulnerable group that really need support from their families and communities so that the health and quality of life of the elderly during the Covid-19 pandemic can be maintained as optimally as possible. So the role and support of the family and community is very much needed (Kemenkes RI, 2020).

Prevention of COVID-19, namely first staying at home, avoiding gatherings first. Children and families, especially the elderly, are given the understanding not to go anywhere first, to wash their hands with soap every time they leave the house after doing activities, when leaving the house they are required to wear a mask, keep their distance from those around them, don't touch their face when haven't washed your hands and most importantly consume healthy, nutritious food and always think positively. Protect vulnerable groups by keeping their distance. Give attention, support and necessary information. (Sukiman, 2021).

This study aims to determine the effect of the role of the family on PHBS behavior in adapting to new habits (AKB) in the elderly with high risk to prevent from Covid-19 in Manggis village.

II. Methods

This research design was an observational with a *cross sectional* approach. The population in this study were 40 elderly people.. *The* sample of this study were 36 respondents using *Simple Random Sampling technique*. The calculation in this study used *Spearman Rank Correlation $\alpha = 0.05$* . The independent variable in this study was the Role of the Family and the dependent variable was the PHBS behavior of adapting to new habits. The measuring tools used in this study were questionnaires.

III. Results and Discussion

Table 1. Characteristics of Respondents in Manggis Village.

Characteristics	N	%
Age		
60 - 65 Years	15	42%
66 - 70 Years	6	17%
71 - 75 Years	7	19%
76 - 80 Years	8	22%

Gender		
Male	11	31%
Female	25	69%

Family Role		
Less Support	8	22%
Support	23	64%
Strongly Support	5	14%

PHBS Behavior Adaptation to New Habits		
Less	2	6%
Moderate	23	64%
Good	11	31%
Total	36	100%

Source: Hasil analisa data, Tahun 2022.

Table 2 The Analysis Test Results of PHBS behavior in adapting to new habits (AKB) in terms of the family role to prevent high risk of Covid-19 in the elderly people in Manggis village.

		Family Role	PHBS Behavior to Adapt to New Habits
Spearman's rho	Family Role	Correlation	1.000
		Coefficient	.698**
		Sig. (2-tailed)	0.00N
		N	36
	PHBS Behavior Adaptation to New Habits	Correlation	.698**
		Coefficient	1,000
		Sig. (2-tailed)	0.00
		N	36

Based on the results of the analysis using the *Spearman rank* obtained $P\text{-value} = 0.000 < \alpha = 0.05$, with a *correlation coefficient* of 0.698 which means, had a strong correlation between the variables, thus H_0 is rejected and H_1 is accepted, which means that there is a correlation between the role of the family on PHBS behavior in adapting to new habits (AKB) to prevent from high risk Covid-19 in the elderly people.

The role of family to prevent from high risk Covid-19 in the elderly people

The role of family to prevent from Covid-19 is known that the majority of respondents have a family role in the supporting category, as many as 23 respondents (64%).

The family has an important role in maintaining the health of the elderly. The support from the family, the elderly people will be able to have a better life. To carry out the daily activities, the elderly people need help and assistance from the family. The elderly people who need help in daily activities such as eating, drinking, bathing, doing housework that usually have functional disabilities. (Samsudin, 2020).

The role of the family for the elderly people is not only as a nurse when they are sick, but informally the family has a more complex role, like a motivator, educator, and facilitator for them. If this role can be implemented, it can be illustrated that the family can provide encouragement for the elderly people to have a good quality life the rest of their lives. (Fadhli & Sari, 2022).

Based on the results of this study, it was found that more than half of the family roles were known to have family roles in the supporting category as many 23 respondents (64%) from total 36 respondents, indicating that most families support the elderly people to prevent from covid-19 by implementing PHBS behavior to adapt to new habits. The implementation of PHBS is highly recommended to all people in Indonesia even though the Covid-19 outbreak has decreased. Maintaining the body's immunity is very important in order to have a healthy body. However, there are still many Indonesian people who do not understand the importance of having a healthy lifestyle. Especially in the community among the elderly people that need much more attention from the family.

PHBS behavior in adapting to new habits to prevent high risk of Covid-19 in elderly people in Manggis village.

Most of the PHBS behavior in adapting to new habits had PHBS behavior adapted to new habits in the moderate category as many 23 respondents (64%).

Clean and Healthy Life Behavior (PHBS) is a strategy to prevent the spread of Covid-19 which is very effective and easy for all levels of society to implement. Due to the lack of public awareness in implementing Clean and Healthy Living Behavior (PHBS) is one of the reasons that the transmission of Covid-19 is still uncontrollable.

The implementation of PHBS can be done by doing habits such as keeping the environment clean, exercising regularly, and consuming nutritious food. Empowering the community to implement PHBS is very important to do, because the first step to starting this habit starts with the household or family. (Pane et al., 2021).

Based on the results of this study, it was found that more than a half 23 respondents (64%) of the PHBS behaviors adapted to new habits had a moderate category of PHBS behaviors adapted to new habits. The results of the study showed that most of the respondents had PHBS behavior adapted to new habits in the moderate category. It happened because there were still many elderly families who did not know about the PHBS behavior adapted to new habits such as how to have sneezing, washing hands, wearing masks, and having correct social distancing. The elderly people also need information and direction from the family, so in order to implement PHBS behavior to adapt to new habits requires a good family role.

The effect of the family role on PHBS behavior in adapting to new habits (AKB) in the elderly people to prevent high risk of Covid-19 in Manggis village.

The results of the analysis test using *Spearman's rank* obtained $p\text{-value} = 0.000 < \alpha = 0.05$, so H_0 was rejected and H_1 was accepted, which means that there is a correlation between family role and PHBS behavior in adapting to new habits (AKB) in the elderly people to prevent form Covid-19 with a *correlation coefficient* of 0.698, which means a strong correlation indicates that the more supportive the role of the family the better to have PHBS behavior in adapting to new habits to prevent Covid-19 in Manggis village.

A role is part of the expected behavior in accordance with the social position held to achieve a goal. Thus, referring to the role of the family where the expected behavior can be carried out by the family itself towards the individual who expects it. The role of the family for the elderly people is very important. (Fadhli & Sari, 2022).

The role of the family informally has 3 functions; as a motivator, as an educator, and the role of the family as a facilitator. The role of the family as a motivator is a way for family members to take the initiative to provide support for the elderly people to have their own choices in continuing the rest of their lives well. This is useful as a prevention method for the

elderly who have problems or illnesses. Next is the role of the family as an educator. (Fadhli & Sari, 2022).

IV. Conclusion

1. Most of the respondents had a family role in the supporting category as many as 23 respondents (64%).
2. Most of the respondents had PHBS behavior adapted to new habits in the moderate category as many as 23 respondents (64%).
3. There is an influence of the role of the family on PHBS behavior in adapting to new habits (AKB) to prevent Covid-19 in the elderly people at high risk ($P\text{-value} = 0.000 < \alpha = 0.05$) with a *correlation coefficient* of 0.698 which means a strong correlation, indicating that the more supporting the role of the family the better the behavior of PHBS in adapting to new habits in efforts to prevent Covid-19.

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