

THE EFFECTS OF FAMILY SUPPORT AND PEER SUPPORT ON THE QUALITY OF LIFE IN ELDERLY IN JEMBER, EAST JAVA

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ABSTRACT

Background: Social support in the elderly is defined as the perceived availability of support, affection, and instrumental aid from their social partners, including family members, peers, or neighbors. Social support may help the elderly to buffer stress and depression while enhancing their mental health and wellbeing. This study aimed to examine the effects of family support and peer support on the quality of life in elderly.

Subjects and Method: A cross sectional study was conducted at Tresna Werdha Social Service in Jember, East Java, from August to September 2019. A sample of 200 elderly aged ≥ 60 years old was selected by fixed exposure sampling. The dependent variable was quality of life. The independent variables were healthy behavior, education, residence, family income, family support, and peer support. The data were collected by questionnaire and analyzed by a multiple logistic regression run on Stata 13.

Results: Quality of life in elderly increased with strong family support (OR=7.12; 95% CI= 1.63 to 31.09; p= 0.009), strong peer support (OR= 3.06; 95% CI= 1.13 to 8.34; p= 0.028), healthy behavior (OR= 2.86; 95% CI= 1.27 to 6.44; p= 0.011), living in the house (OR= 3.83; 95% CI= 1.10 to 13.35; p= 0.035), education \geq Senior high school (OR= 3.91; 95% CI= 1.34 to 11.36; p= 0.012), and high income \geq Rp 2,170,000 (OR= 4.72; 95% CI= 1.08 to 20.65; p=0.040).

Conclusion: Quality of life in elderly increases with strong family support, strong peer support, healthy behavior, living in the house, education \geq Senior high school, and high income.

Keywords: quality of life, elderly, family support, peer support

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