

*Review article*

## The Influence of Family Support on the Level of Independence of Older Adults After Stroke in Fulfilling Daily Living Activities in Indonesia: A Literature Review

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**Introduction:** The natural process of aging is accompanied by a decline in physical, psychological, and social conditions that work together to create problems from chronic illnesses, weakness from reduced function of various body organs, and problems with day-to-day activities. Stroke is among the health issues that older adults frequently face. Hemorrhagic and non-hemorrhagic strokes are the two types of strokes.

**Method:** The purpose of this study is to ascertain how much family support affects an older adults' ability to carry out daily activities independently after suffering a stroke. Selected articles from the literature are reviewed and used in this study.

**Results:** Participants discussed two themes regarding the impact of family support: enhancing the quality of life for older adults following a stroke and providing support for older adults to remain independent with their ADLs. Having optimal family support will cause stroke sufferers to become independent in carrying out activities, but if there is no family support, stroke patients will become dependent on other people to fulfill their ADLs.

**Conclusion:** There is no family support, stroke patients will become dependent on other people to fulfill their ADLs.

**Keywords:** Activities of Daily Living, Family Support, Independence, Older adults, Poststroke

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### INTRODUCTION

Aging population is a phenomenon currently occurring in Indonesia. This is indicated by the growth rate of older adults which is faster than the population in the productive age group. Older adults in Indonesia were predicted to reach almost one-fifth of the country's total population in 2045, with a percentage of more than 10% in 2020. An older adults will become less productive in daily activities due to health problems such as decreased body function and decreased productivity resulting in more susceptibility to disease (Of et al., 2020).

Genetics suggests that Geriatric Syndromes (GSs), the aging process, and chronic age-related diseases (ARDs) are the three primary causes of health issues in the older population. Aging is a natural process that is accompanied by a decline in physical, psychological, and social conditions that interact to cause challenges resulting from chronic diseases encountered, weakness brought on by decreased function of various body organs, and dysfunction related to daily activities (Balqis & Sahar, 2019). One of the health problems that older adults often experience is stroke.

Strokes are divided into two, namely hemorrhagic and non-hemorrhagic strokes. Hemorrhagic stroke is caused by the rupture of a blood vessel in the brain, thereby contaminating the area around the brain with blood clots. Meanwhile, non-hemorrhagic strokes are caused by blockage or narrowing of blood vessels in the brain, thereby inhibiting the brain's ability to receive oxygen (Bunyamin et al., 2023). Stroke usually shows indications and symptoms of focal loss of central nervous system function that develops quickly (within seconds or minutes). These symptoms last more than 24 hours and cause physical, and mental disability and death in the young and older adults. Medical treatment must be received within three hours of a stroke to prevent disability. If treatment is delayed, permanent disability or even death may occur (Meo et al., 2021). Stroke affects the patient's nervous system, resulting in paralysis on the right or left side of the body, difficulty swallowing, problems coordinating movements, distraction, and depression. As a result, patients depend on their families to help them with daily tasks and life skills. Stroke sufferers must undergo physical recovery accompanied by family members in carrying out daily living activities after the stroke

that occurred. The role of family members is very important in the recovery period for stroke sufferers.

The family is the first party to prioritize maintaining the welfare of its family members. The main source of emotional support for each person regarding the health status of family members comes from their behavior, attitudes, and acceptance within the family. To increase the patient's ability to be independent during the recovery period at home, the family is very important.

Post-stroke patients require various forms of assistance to meet their daily needs. For stroke victims, family support is one of the key components of help that can foster independence. Information support, assessment support, instrumental support, and emotional support are the four pillars of family support. Informational support is family support provided to stroke survivors in the form of stroke-related information. Family support for stroke victims that takes the form of talking, listening, and expressing gratitude is known as "appreciative support." Family support in the form of money, job-related assistance, and time spent observing the patient's well-being following a stroke is referred to as instrumental support. The family provides emotional support by acting as a secure haven for healing and rest and by assisting with emotion management (Ramadhani et al., 2022). The families of post-stroke patients act as figures providing nursing care. The family, in carrying out its role, is required to have a flexible response and be able to adapt to changes in its duties to continue to support the successful functioning of the family.

Independence in daily activities refers to an individual's capacity to carry out daily tasks without the help of others. Eating, bathing, using the toilet, managing urination and defecation (BAC and BAK), moving around, walking, and dressing are examples of daily functional activities (Of et al., 2020). It may be difficult for older adults after a stroke to carry out daily functional tasks alone at home, thereby impacting their quality of life.

According to research conducted by (Pranata et al., 2022) to make it easier for older adults to carry out daily activities or ADLs, the family plays an important role in older adult care. Older adults who have experienced a stroke can also experience psychosocial changes due to their limitations, which requires the readiness of family members to help meet the needs of older adults. Family support is defined as the attitudes, behavior, and acceptance of sick patients by their families.

Having optimal family support will cause stroke sufferers to become independent in carrying out activities and if there is no family support, stroke patients will become dependent on other people to fulfill ADLs.

## METHOD

The research design carried out in this study was a literature review, a systematic review through reviewing articles regarding the influence of family support on the level of independence of older adults after stroke in fulfilling activities of daily living. The library source used is Google Scholar. Keywords used include family support, stroke, older adults, and activities of daily living. The literature search is literature published from 2020 to 2024. 500 articles were included from the Google Scholar with the keywords used. Furthermore, article selection was carried out based on time and full text, 291 articles were included. The next step was screening for final article eligibility. The screening was carried out based on the themes created by the authors, 6 articles were found which were then reviewed. The literature search strategy can be seen in the following table:

**Table 1.** Literature Search Strategy

Search Engine	Google Scholar
Search Results	500 Articles
Full Text 2020-2024	291 Articles
Eligible according to the inclusion and exclusion criteria	6 Articles
<b>Results</b>	<b>6</b> Articles

## RESULTS

The six articles were identified by the author based on their inclusion and exclusion criteria. The authors then took data out of the six selected articles. Analyzing and classifying significant data according to the author's name, year, title, research methodology, and outcomes is how data extraction is done. The extracted data can be seen in Table 2.

**Table 2.** Extraction Results

No	Author And Year	Title	Journal	Research Methods	Results
1	(Meo et al., 2021)	<i>Activity Of Daily Living Pada Pasien Pasca Stroke</i>	Nursing and Public Health	Quantitative observational with a cross-sectional approach.	There is a connection between family support and ADL independence. It is hoped that families will continue to advocate for post-stroke patients' quality of life to help them live better lives.
2	(Fadillah, 2020)	Relationship Between Family Support and Independent Activity Daily Living (ADL) In Elderly Post-Stroke at Neurology Polyclinic, Sufina Aziz General Hospital Medan	Science Midwifery	Descriptive correlation with a cross-sectional approach	The quality of life of older adults after a stroke can be significantly influenced by family support.
3	(Nurfazira et al., 2023)	The Relationship between the Role of the Family Caregiver and the Level of Independence in Daily Living Activities of Post-Stroke Patients	Journal of Public Health	Quantitative with a cross-sectional approach	There is a connection between family caregivers' involvement and post-stroke patients' independence in their everyday activities.
4	(Ramadhani et al., 2022)	Relationship between family support and the level of independence of post-stroke patients	<i>Ilmiah Wahana Pendidikan</i>	Descriptive correlation by using a cross-sectional approach	The high level of independence of older adults after a stroke is due to high family support.
5	(Pranata et al., 2022)	The Relationship Between Family Support and the Level of Activity of Daily Living (ADL) Independence in Post-Stroke Patients in The Working Area of the Langsa City Health Center	BIKES	Quantitative	The degree of family support that post-stroke patients exhibit is highly correlated with their level of independence in daily activities (ADL).
6	(Witriastuti et al., 2023)	The Relationship between Family Support and the Level of Independence in Daily Living Activities of Post-Stroke Patients at the RSM Ahmad Dahlan Neurological Polyclinic	Journal Of Health Care	Correlation analysis	The independence of stroke patients in carrying out daily tasks is greatly influenced by family support. Therefore, to speed up the healing process of this disease, it is very important to continue to increase awareness among the families of stroke victims.

## DISCUSSION

Based on the analysis carried out on the six articles, it was found that optimal family support will cause stroke sufferers to become independent in carrying out daily activities and if there is no family support, stroke patients will become dependent on other people. There were two themes conveyed by participants related to the influence of family support, namely improving the quality of life of older adults after stroke, and increasing the independence of older adults after stroke in fulfilling ADLs.

The first theme that emerged in this literature study was family support for older adults after stroke to improve their quality of life. Two articles related to this theme include research conducted by Meo et al. (2021) and Fadillah (2020). In their research, Meo et al. (2021) stated that family support which always provides motivation, appreciation, and information can increase enthusiasm for carrying out daily activities. According to him, the decisions made by family members and the support they receive to participate in therapy will also influence the speed at which post-stroke people achieve independence. Independence will

emerge more quickly if family members quickly decide when to carry out rehabilitation. The faster you practice, the faster you will adjust to independence and get a good quality of life. Respondents who have less family support because they live separately from other family members or live alone, one of their husbands/wives has died, and they live with their family but are no longer cared for because family members are busy working, which can affect the independence and quality of life of older adults after a stroke (Meo et al., 2021).

On the other hand, in research conducted by Fadillah (2020) The majority of family support given to stroke patients receiving care at the Neurology Polyclinic at Sufina Aziz Hospital Medan was found to be quite good in this study. This is because most older adults still have families, both biological and extended, who can offer emotional and practical support to enable them to go about their daily lives. Examples of this support include companionship to prevent loneliness, motivation to keep older people going, and solutions to solve problems. therapy. Accompanying them in their search for knowledge and solutions to stop seniors from having repeated strokes, as well as regularly reminding them to take their medications on time and encouraging them to perform the exercises that their doctor has prescribed. One older adult did, however, claim that they did not receive the support they needed from their family, citing instances in which they were impatient and did not spend enough time with them following a stroke, leaving them feeling lonely. In addition, older adults reported that their family did not provide them with enough motivation, which prevented them from engaging in appropriate exercise regularly. physician's recommendations. People who experience support in their lives feel loved, valued, and acknowledged, which increases their sense of purpose and empowers them to reach their full potential.

The second theme that emerged was family support for the independence of older adults after stroke in fulfilling ADLs. Consisting of four articles which state that family support greatly influences the ADL independence of older adults after stroke conducted by Nurfazira et al. (2023), Ramadhani et al. (2022), Pranata et al. (2022) and Witriastuti et al. al. (2023). The results of research conducted by Ramadhani et al. (2022) show that patients with high family support have the highest level of independence, namely 12 (54.4%). To provide health services such as instrumental support, informational support, assessment support, and emotional support, family support is crucial. The closest friends or family members can provide support, as can the family members themselves (spouse, kids, and relatives). This study agrees with that of Witriastuti et al. (2023), who found that there are four types of family support: instrumental, emotional, informational, and appreciation support. Expressions of empathy, care, encouragement, warmth, or love are examples of emotional support. Informational support includes giving guidance, recommendations, instructions, and information. Support that comes directly from the family is known as instrumental support, and it includes material help like housing, lending or providing money, and help with everyday household chores. And with appreciation support, the family allows stroke patients to determine their opinion, especially in determining comfort during the treatment period, apart from that, the family also gives praise for the stroke patient's abilities and forms of large or small changes/developments in carrying out daily activities. Family support certainly cannot be separated from various factors that influence family members. This factor includes internal factors of family characteristics including age, education, employment, information, and inpatient experience of stroke patients. Meanwhile, according to research conducted by Nurfazira et al. (2023) which states that the role of family caregivers in caring for stroke patients includes helping with daily activities such as eating, bathing, urinating and defecating, toilet activities, and mobilization. However, according to research conducted by Witriastuti et al. (2023), another form of family support that can increase independence is by providing the objects needed by older adults after a stroke. These items include handkerchiefs for wiping saliva, eating and drinking utensils, equipment for personal care and body hygiene, as well as walking aids. Before providing these objects, it is best to first ask what objects older adults like. These objects that are liked will make him happy and it is also hoped that they can train and entertain older adults after a stroke.

## **CONCLUSION**

There is no family support, stroke patients will become dependent on other people to fulfill their ADLs.

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