

Family Support as a Determinant of Elderly Welfare: Evidence from Balung District, Jember

*M. Hafid Mahmudi¹, Ariangga Ramadhansyah², Yusdi Haq³

^{1,2}Sekolah Tinggi Dirasat Islamiyah Imam Syafi'i Jember, Indonesia

*Corresponding Author: hafidzmahmudi6@gmail.com

Abstract

Indonesia is facing a rapid demographic transition as its elderly population continues to rise, posing new challenges for social and health policy. Family support is widely recognized as a crucial factor in elderly well-being, but there is limited empirical evidence from local Indonesian contexts, particularly in rural areas such as Balung District, Jember. This study aims to examine the influence of family support on the welfare of elderly individuals in Balung District, Jember, and to determine how much variance in elderly welfare can be explained by family support. A quantitative cross-sectional design was employed. Data were collected from 70 respondents—35 elderly people and 35 family caregivers—using purposive sampling. Validated and reliable instruments measured family support and elderly welfare. Pearson correlation and simple linear regression analyses were conducted using JASP software. The findings reveal a strong positive relationship between family support and elderly welfare ($r = 0.688$, $p < 0.001$). Family support accounted for 47.4% of the variance in elderly welfare. The analysis confirms that higher levels of family support are significantly associated with improved well-being among the elderly. Family support is a key determinant of elderly welfare in Balung District, Jember. Programs and policies that empower and educate families, enhance community resources, and strengthen family-based care systems are essential for improving the quality of life of Indonesia's aging population. Future research should explore additional factors influencing elderly welfare and adopt mixed-methods approaches for a more comprehensive understanding.

Keywords: *Elderly Welfare, Family Support, Aging, Indonesia, Community Health, Jember*

A. Introduction

The rapid growth of the elderly population presents a significant challenge for both social and health development in Indonesia. According to the Indonesian Law No. 13/1998 on the Welfare of the Elderly, individuals aged 60 and above are classified as elderly (Undang Undang RI, 1998). Globally, the number of older adults is projected to rise sharply, from approximately 1.4 billion in 2020 to 2.1 billion by 2050 (United Nations, 2020). Nationally, data from Indonesia's Central Bureau of Statistics (Badan Pusat Statistik, BPS) indicate that

the elderly population reached 22.6 million in 2016—a figure that continues to grow alongside increased life expectancy and shifting demographic structures (BPS, 2016).

In Jember Regency, the number of elderly residents stood at 360,105 in 2020, accounting for 14.3% of the total population (BPS, 2021). This places Jember among the regions experiencing an accelerated demographic transition toward an aging population. Notably, elderly women outnumber men, and a small fraction receive institutional care through the local Social Services Agency (Dinas Sosial Kabupaten Jember, 2020). While population aging offers opportunities for active, productive later life, it also presents substantial challenges—particularly when health declines and independence is lost. Older adults frequently face reduced income, higher rates of disability, diminished family support, and, at times, a lack of community acceptance (Friska et al., 2020). The inadequacy of government welfare programs compounds these issues, increasing the vulnerability of older people.

To address these challenges, improvements in health and social services are essential to support the physical, mental, and social well-being of older adults (Kiswati, Titisari, & Aisyah, 2022). The ultimate goal is to enhance their quality of life, recognizing that older people require specialized care and support to remain healthy and engaged. Numerous studies underscore the crucial role of positive interpersonal relationships, social support, and community participation in promoting well-being among the elderly. Among these, family emerges as the primary source of support, providing emotional, social, and financial assistance (Chasani, Fitriani, & Amaliyah, 2022; Mayasari et al., 2022; Syaharuddin, Utami Dewi, & Saputra, 2023; Uddin, 2019). The quality of these familial relationships directly influences happiness, life satisfaction, and resilience in old age. Family support encompasses emotional care (affection, attention), instrumental assistance (financial or practical help), informational guidance, and motivational reinforcement (Kiswati et al., 2022; Ronoatmodjo et al., 2018).

Financial support enables older adults to live with dignity and security. However, when older individuals are no longer economically productive, the burden often shifts to family members, particularly adult children, who must support both their aging parents and their own offspring (Liang et al., 2023). Emotional support, meanwhile, is critical for psychological well-being, fostering feelings of peace, satisfaction, and contentment (Yang, Wang, & Yao, 2022; Permata & Darubekti, 2023; Shrestha et al., 2024). Social support, which includes companionship, engagement in cultural activities, and participation in community life, further enriches the lives of the elderly and helps maintain their sense of belonging (Tang et al., 2022).

Given the multifaceted needs of older adults, the family's role in meeting these needs is central. Prior research consistently identifies family support as a key determinant of elderly well-being and quality of life (Fahmi, Pratiwi, & Tangerang, 2021; Sangian, Wowiling, & Malara, 2017; Shrestha et al., 2024; Wang et al., 2020a). Despite this, there remains a gap in understanding how family support specifically shapes the welfare of older people in the Jember context. This study seeks to examine the impact of family support on the welfare of the elderly in Jember District. We hypothesize that elderly individuals receiving comprehensive family support will demonstrate higher levels of well-being. The findings aim to inform the development of targeted intervention programs and contribute to the broader literature on family-based eldercare, offering insights that may be applicable beyond the Indonesian context.

B. Metode

This study employed a quantitative research design to objectively assess the impact of family support on the welfare of elderly individuals in Jember. The sample comprised 35 older adults (aged over 60) and 35 family members serving as primary caregivers, with caregivers' ages ranging from 21 to 51 years. Participants were selected through purposive sampling, with the primary inclusion criteria being that the elderly participant had a family caregiver residing in the same household and providing daily care. All respondents were drawn from Balung, a sub-district in Jember.

Data were collected using structured questionnaires that measured both elderly welfare and family support. Two validated instruments were employed: the Elderly Welfare Scale (8 items) and the Family Support Scale (9 items). The Family Support Scale was adapted from House, Umberson, and Landis (1988), covering two core components—emotional support (e.g., love, trust, care, empathy) and financial support. Additionally, a social support dimension was integrated, drawing on the work of Chen, Guo, and Perez (2021) and Wang et al. (2020a), to better reflect the local context. Items were translated from English to Bahasa Indonesia, with modifications made to ensure cultural appropriateness for the target community. The final Family Support Scale consisted of 9 items, demonstrating good internal consistency (Cronbach's alpha = 0.837). All items utilized a five-point Likert scale: (1) Never, (2) Rarely, (3) Sometimes, (4) Often, and (5) Always. The Elderly Welfare Scale was derived from the Camberwell Assessment of Need for the Elderly (CANE), developed by Tom Reynolds and colleagues at Cambridge University (Reynolds et al., 2000). This instrument comprises 8 items and also demonstrated acceptable reliability (Cronbach's alpha = 0.730). Responses were recorded using the same five-point Likert scale as above. Data analysis was conducted using simple linear regression to examine

the effect of family support (independent variable) on elderly welfare (dependent variable). All statistical analyses were performed using JASP version 0.19.3.

C. Result and Discussion

1. Results

Data for this study were obtained from 70 respondents, comprising 35 elderly individuals and 35 family caregivers living in Balung District, Jember. Data collection was carried out from March 1 to 7, 2025, using purposive sampling to ensure that each elderly participant was supported by a family caregiver residing in the same household. This approach was taken to accurately assess the impact of family support on elderly welfare, as stated in the research objectives.

Before proceeding to the main statistical analyses, the research instruments underwent thorough validity and reliability testing. For the family support scale (independent variable), 13 out of the original items were found to be valid according to Pearson's bivariate correlation, with significance values below 0.05. Similarly, 11 items on the elderly welfare scale (dependent variable) met the validity criteria. This rigorous selection process ensured that only items truly reflective of the constructs being measured were included in the subsequent analyses. The reliability of both instruments was confirmed, with Cronbach's alpha values of 0.837 for family support and 0.730 for elderly welfare, indicating a high degree of internal consistency and measurement stability.

To verify the suitability of the data for parametric analysis, assumption testing was conducted. The Shapiro-Wilk test for normality produced a significance value of 0.451, confirming that both variables were normally distributed. In addition, the heteroscedasticity test returned a significance value of 0.775, demonstrating that the variance of the residuals was stable and that the data satisfied the assumption of homoscedasticity required for linear regression.

Descriptive analysis provided an overview of the respondents and supported interpretation of the main findings. While mean and standard deviation values were not reported in the original dataset, the demographic breakdown, validity and reliability information, and key analytical outcomes are summarized in Table 1. This table integrates the sample's demographic profile with the principal results from the correlation and regression analyses, directly addressing the research objectives.

Table 1. Respondent Demographics and Key Statistical Results

Variable	Value
Number of respondents	70 (35 elderly, 35 caregivers)
Sampling method	Purposive sampling
Valid items (Family Support Scale)	13
Valid items (Elderly Welfare Scale)	11

Cronbach's alpha (Family Support)	0.837
Cronbach's alpha (Elderly Welfare)	0.730
Shapiro-Wilk (Normality, Sig.)	0.451
Heteroscedasticity (Sig.)	0.775
Pearson's correlation (r)	0.688
Regression t-value	5.28
Regression significance (p)	< 0.001
R ² (coefficient of determination)	0.474 (47.4%)

The central research hypothesis – that family support significantly affects the welfare of the elderly – was addressed through both correlation and simple linear regression analyses. The Pearson correlation analysis revealed a coefficient of 0.688, indicating a strong, positive association between family support and elderly welfare. This suggests that higher levels of family support are closely linked to improvements in the overall well-being of older adults.

Subsequently, the simple linear regression analysis confirmed that family support was a statistically significant predictor of elderly welfare. The regression yielded a t-value of 5.28 with a significance level of $p < 0.001$, providing strong evidence that the relationship observed is not due to chance. The coefficient of determination (R^2) for the regression model was 0.474, indicating that family support explains 47.4% of the variance in elderly welfare among respondents in this study. The remaining 52.6% of the variance is attributable to other factors not explored here, which could be investigated in future research.

All statistical assumptions required for linear regression were met, strengthening the credibility of these results. The research instruments were demonstrated to be both valid and reliable, and the data met all relevant statistical criteria for analysis. Most importantly, this study provides robust empirical evidence that family support is a key factor in promoting the welfare of the elderly in Balung District, Jember. These findings directly answer the primary research objectives, highlighting the importance of strengthening family-based support systems to enhance the quality of life for older adults.

2. Discussion

The results of this study clearly demonstrate that family support has a significant and positive impact on the welfare of elderly individuals in Balung District, Jember. This aligns with the broader literature, both nationally and internationally, which consistently highlights the essential role of the family as a primary support system for older adults (Chasani, Fitriani, & Amaliyah, 2022; Uddin, 2019; Wang et al., 2020). The present study reinforces previous findings by showing that family support—including emotional, instrumental, and informational forms—not only enhances subjective well-being and life

satisfaction but also provides a buffer against the psychological, physical, and social challenges that accompany aging.

This relationship is particularly pronounced in the Indonesian context, where cultural and religious values elevate the responsibility of family members toward their elderly relatives. Filial piety and respect for parents are deeply embedded in both local traditions and Islamic teachings. The Qur'anic injunctions and Prophetic traditions cited in the original article emphasize not just the social, but also the spiritual significance of caring for one's parents in old age. These norms are reflected in daily practices, as family members in Indonesia often provide multi-dimensional support – ranging from financial assistance and daily care to emotional reassurance and religious companionship. This study's findings thus affirm that the family, in its various roles, remains the cornerstone of elderly welfare in Indonesian society.

Furthermore, the statistical results from this research confirm the practical significance of these cultural expectations. With a Pearson correlation coefficient of 0.688 and a regression model explaining 47.4% of the variance in elderly welfare, the data provide strong empirical evidence for the centrality of family support. The fact that nearly half of the variance in welfare outcomes can be attributed to family support underscores its crucial importance – especially in regions like Balung, where formal social services are often limited.

At the same time, this study acknowledges that elderly welfare is inherently multi-dimensional and cannot be explained by family support alone. More than half of the variance remains unaccounted for, suggesting the influence of other factors such as physical health status, economic security, opportunities for community engagement, and access to healthcare services. The limitations of this study – including its focus on a single district, use of a quantitative approach with closed-ended survey items, and primary emphasis on one independent variable – point to the need for future research that employs a broader range of methods. Qualitative studies could, for example, provide richer insights into the lived experiences of older adults, the nuanced dynamics of family caregiving, and the intersecting roles of community, religious institutions, and government agencies.

Importantly, these findings carry direct implications for practice and policy. Given the demonstrated importance of family support, interventions aiming to improve elderly welfare should prioritize empowering families and equipping them with the knowledge and resources needed for effective caregiving. This includes training for family caregivers, provision of psychosocial support, and connecting families with community-based resources. Social workers and health professionals play a vital role in supporting both elderly individuals and their families, conducting holistic assessments, and facilitating access to services. On a broader level, policymakers are urged to develop

inclusive and age-friendly policies, invest in infrastructure that supports elderly care, and promote public awareness campaigns to strengthen social solidarity and respect for older adults.

Finally, as Indonesia's elderly population continues to grow, a multi-stakeholder approach will become increasingly important. Collaboration between families, community organizations, religious institutions, and government bodies will be essential to create a sustainable, compassionate, and supportive environment for the elderly. The present study adds to the growing body of evidence supporting such efforts and provides a solid empirical foundation for the development of family-based and community-oriented policies to promote healthy and dignified aging.

D. Conclusion

This study found that family support has a significant and positive influence on the welfare of elderly people in Balung District, Jember. The results show that family support accounts for nearly half of the differences in elderly welfare among participants, confirming the important role families play in the daily lives of older adults. Support from family members – whether emotional, practical, or informational – helps improve the well-being and life satisfaction of the elderly. While the findings highlight the value of family support, it is important to note that elderly welfare is also affected by other factors, such as health, financial situation, and access to community resources. This study was limited to one district and relied on survey data from a relatively small sample, so further research is needed to explore other influences on elderly well-being and to include different methods or broader populations. In practice, these findings suggest that programs and policies should focus on strengthening the capacity of families to support their elderly members. Providing information, training, and community resources to families could help improve the quality of life for the aging population. Cooperation among families, local organizations, and policymakers will be important as Indonesia's elderly population continues to grow.

References

- Chasani, S., Fitriani, D. D., & Amaliyah, L. (2022). Nursing analysis: Relationship of family support with elderly. *Nursing Analysis: Journal of Nursing Research*, 2(1).
- Chen, L., Guo, W., & Perez, C. (2021). Social support and life satisfaction of ethnic minority elderly in China. *International Journal of Aging and Human Development*, 92(3), 347–364. <https://doi.org/10.1177/0091415019896224>

- Fahmi, N. F., Pratiwi, A., & Tangerang, S. Y. (2021). Hubungan dukungan sosial dan keluarga terhadap tingkat stres pada lansia: The relationship of social and family support to stress levels in the elderly. *Nusantara Hasana Journal*, 1(3).
- Friska, B., Usraleli, U., Idayanti, I., Magdalena, M., & Sakhnan, R. (2020). The relationship of family support with the quality of elderly living in Sidomulyo Health Center work area in Pekanbaru Road. *JPK: Jurnal Proteksi Kesehatan*, 9(1), 52–60. <https://doi.org/10.36929/jpk.v9i1.194>
- House, J. S., Umberson, D., & Landis, K. R. (1988). Structures and processes of social support. *Annual Review of Sociology*, 14(1), 293–318. <https://doi.org/10.1146/annurev.so.14.080188.001453>
- Kiswati, W., Titisari, I., & Aisyah, S. (2022). Elderly participation in elderly POSYANDU in relationship with family support. *Jurnal Ners dan Kebidanan (Journal of Ners and Midwifery)*, 9(1), 105–111. <https://doi.org/10.26699/jnk.v9i1.art.p105-111>
- Liang, H., Wang, B., Wu, Y., Zhang, Q., Xiang, N., Yue, Z., & Liu, E. (2023). The association between financial support of adult children to their parents and informal care provision in China and its differences in household registration, residence arrangement and community-based care services: 2008 ~ 2018. *International Journal for Equity in Health*, 22(1), 63. <https://doi.org/10.1186/s12939-023-01856-z>
- Mayasari, A. C., Rochmah, L., Syadiyah, H., Kirana, S. A. C., Mutyah, D., & Poddar, S. (2022). Relationship between family support and elderly independence in fulfilling daily activities. *Malaysian Journal of Medical Research*, 6(4), 18–23. <https://doi.org/10.31674/mjmr.2022.v06i04.003>
- Permata, S. P., & Darubekti, N. (2023). Pemanfaatan posyandu sebagai upaya meningkatkan kesejahteraan lanjut usia. *Jurnal Ilmiah Kebijakan dan Pelayanan Sosial (Biyana)*, (Edisi Khusus).
- Reynolds, T., Thornicroft, G., Abas, M., Woods, B., Hoe, J., Leese, M., & Orrell, M. (2000). Camberwell Assessment of Need for the Elderly (CANE): Development, validity and reliability. *British Journal of Psychiatry*, 176(5), 444–452. <https://doi.org/10.1192/bjp.176.5.444>
- Ronoatmodjo, S., Sekolah Tinggi Ilmu Kesehatan, Kuningan Garawangi, & Jawa Barat. (2018). Faktor-faktor yang berhubungan dengan kualitas hidup lansia di Desa Cipasung Kabupaten Kuningan tahun 2017. *Jurnal Kesehatan Reproduksi*, 9(1).
- Sangian, L. M. L., Wowiling, F., & Malara, R. (2017). Hubungan dukungan emosional keluarga dengan penerimaan diri pada lansia di Desa Watutumou III. *E-Jurnal Keperawatan*, 5(2), 1–8.
- Shrestha, A., Ghimire, S., Kinney, J., Mehta, R., Mistry, S. K., Saito, S., Rayamajhee, B., Sharma, D., Mehta, S., & Yadav, U. N. (2024). The role of family support in the self-rated health of older adults in Eastern Nepal: Findings from a cross-sectional study. *BMC Geriatrics*, 24(1), 41.

<https://doi.org/10.1186/s12877-023-04619-1>

- Syahrudin, S., Dewi, S. U., & Saputra, M. K. F. (2023). The relationship of family social support with loneliness in the elderly. *Jurnal Edukasi Ilmiah Kesehatan*, 1(3), 135–140. <https://doi.org/10.61099/junedik.v1i3.22>
- Tang, S., Yao, L., Li, Z., Yang, T., Liu, M., Gong, Y., Xu, Y., & Ye, C. (2022). How do intergenerational economic support, emotional support and multimorbidity affect the catastrophic health expenditures of middle-aged and elderly families?—Evidence from CHARLS2018. *Frontiers in Public Health*, 10, 872974. <https://doi.org/10.3389/fpubh.2022.872974>
- Uddin, M. A. (2019). Development of the Family Support Scale (FSS) for elderly people. *MOJ Gerontology & Geriatrics*, 4(1), 24–27. <https://doi.org/10.15406/mojgg.2019.04.00170>
- Wang, L., Yang, L., Di, X., & Dai, X. (2020a). Family support, multidimensional health, and living satisfaction among the elderly: A case from Shaanxi Province, China. *International Journal of Environmental Research and Public Health*, 17(22), 8443. <https://doi.org/10.3390/ijerph17228434>
- Yang, M., Wang, H., & Yao, J. (2022). Relationship between intergenerational emotional support and subjective well-being among elderly migrants in China: The mediating role of loneliness and self-esteem. *International Journal of Environmental Research and Public Health*, 19(21), 14567. <https://doi.org/10.3390/ijerph192114567>