

## Hubungan antara Fungsi Keluarga dan Kualitas Hidup Lansia

### *The Relationship Between Family Function and Quality of Life in The Elderly*

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#### **ABSTRACT**

**Background.** Family is the smallest unit of a society. Health status of family member is inter-related with various problem faced by other family members. In theory, family function disorder may cause health problem of the family members. The current increasing number of the elderly leads to problem in the health and function in the elderly. This study aimed to examine the association between family function and the quality of life of the elderly.

**Methods.** This was an analitic-observasional cross sectional study. A sample of 41 old people aged 60 years or older was selected from Kelompok Jantung Sehat Surya Group Kediri. The dependent variable under study was quality of life of the elderly. The independent variable under study was family function. The confounding factor to control for included age, sex, type of family, and employment status. The variables were pre-tested for its validity and reliability. The data were analyzed by use of chi square and multiple logistic regression, on SPSS 17.0.

**Results.** Multiple logistic regression analysis showed that elderly who came from a well-functioning family had 25 times higher probalility to have better quality of life than those who came from poorly-functioning family (OR = 24.9, p = 0.040 ; CI 95% 1.2 to 533.0).

**Conclusion.** Family function has strong positive association with quality of life of the elderly. Family doctors are recommended to provide information and education to families in order to increase family function.

**Key words:** family function, quality of life, elderly.