



Relationship Between Family Support and Elderly Motivation to Participate in Posbindu Activities In Kesambi Village, The Working Area Of Kesambi Public Health Center, Cirebon City

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ABSTRACTS

Introduction: Population aging is a growing public health concern worldwide, requiring comprehensive healthcare services to maintain quality of life and functional independence. Integrated Health Service Posts (Posbindu) provide community-based health monitoring, disease prevention, and healthy aging promotion. However, elderly participation remains low. Family support is considered an important factor influencing motivation to engage in Posbindu activities. This study aimed to examine the relationship between family support and elderly motivation to participate in Posbindu activities in Kesambi Village, Cirebon City. **Method:** This quantitative correlational study used a cross-sectional design. A total of 90 elderly respondents were recruited through total sampling. Data were collected using questionnaires assessing family support and motivation to participate in Posbindu activities. Data were analyzed using the Spearman Rank correlation test with a significance level of $\alpha = 0.05$. **Results:** Most respondents reported poor family support (84.4%), while only 10.0% received good support. The majority demonstrated moderate motivation (80.0%), followed by high (12.2%) and low motivation (7.8%). Spearman Rank analysis revealed a significant positive relationship between family support and motivation to participate in Posbindu activities ($p = 0.000$), indicating that stronger family support was associated with higher motivation among older adults. **Conclusion:** Family support is significantly associated with elderly motivation to participate in Posbindu activities. Strengthening family involvement may improve participation in community-based healthcare programs and support healthier aging.

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1. INTRODUCTION

Aging population has become one of the most significant demographic phenomena worldwide. According to the World Health Organization (WHO, 2024), the number of individuals aged 60 years and above is increasing rapidly and is projected to exceed 2 billion by 2050. This demographic transition presents substantial challenges to healthcare systems, particularly in developing countries, where the prevalence of chronic diseases, functional limitations, and healthcare dependency among older adults continues to rise. Healthy aging has therefore become a global priority, emphasizing the importance of preventive and promotive healthcare strategies that enable older adults to maintain independence, improve quality of life, and reduce the burden of disease (WHO, 2023). Community-based healthcare programs have been recognized as effective approaches to support healthy aging and facilitate access to preventive healthcare services among elderly populations.

Indonesia is currently experiencing a similar demographic transition characterized by a steadily increasing elderly population. Data from Statistics Indonesia indicated that the proportion of older adults has continued to rise during the last decade, reflecting the country's movement toward an aging society (Badan Pusat Statistik [BPS], 2023). The increase in life expectancy has been accompanied by a growing prevalence of chronic diseases such as hypertension, diabetes mellitus, cardiovascular disorders, and degenerative conditions among older adults (Kementerian Kesehatan Republik Indonesia [Kemenkes RI], 2024). Consequently, the government has implemented various community-based health programs aimed at improving health promotion, disease prevention, and early detection among elderly individuals. These programs are expected to enhance health awareness and encourage active participation in maintaining health status throughout the aging process.

One of the most important community-based health initiatives for older adults in Indonesia is the Pos Pembinaan Terpadu (Posbindu). Posbindu serves as an integrated health service designed to monitor health conditions, provide health education, conduct routine health screening, and promote healthy lifestyles among elderly populations (Kemenkes RI, 2023). Through regular participation in Posbindu activities, older adults can receive early detection of health problems, health counseling, and referrals for further medical treatment when necessary. Previous studies have demonstrated that active participation in community

health services contributes significantly to improved health outcomes, increased health literacy, and better management of chronic illnesses among elderly individuals (Rahmawati & Handayani, 2022). Despite these benefits, participation rates in Posbindu programs remain inconsistent across different regions, indicating the presence of factors that may influence elderly attendance and engagement.

Motivation is considered a key determinant influencing health-seeking behavior and participation in health promotion activities among older adults. Motivation refers to the internal and external driving forces that encourage individuals to perform certain actions to achieve desired goals (Notoatmodjo, 2021). In the context of Posbindu participation, motivated elderly individuals are more likely to attend health activities regularly, comply with health recommendations, and maintain positive health behaviors. Conversely, low motivation may lead to poor attendance and reduced utilization of available healthcare services. Several studies have identified that motivation among older adults is influenced by multiple factors, including personal health beliefs, previous experiences, accessibility of healthcare services, social interactions, and family involvement (Putri et al., 2023; Sari et al., 2024). Therefore, understanding factors associated with elderly motivation is essential for improving participation in community health programs.

Among the various determinants of elderly motivation, family support has consistently emerged as one of the most influential factors. Family support encompasses emotional support, informational support, instrumental assistance, and appraisal support provided by family members (Friedman et al., 2019). Emotional support may include encouragement, empathy, and attention that strengthen psychological well-being. Informational support involves providing health-related information and guidance. Instrumental support refers to practical assistance such as transportation, financial assistance, and accompaniment during healthcare visits. Meanwhile, appraisal support includes positive reinforcement and appreciation that enhance self-confidence and self-efficacy. Previous studies have demonstrated that adequate family support significantly contributes to better health behavior, increased treatment adherence, enhanced healthcare utilization, and improved quality of life among older adults (Nurhayati & Hidayati, 2022; Suriani et al., 2023). Elderly individuals who receive strong support from family members tend to perceive healthcare activities more positively and are more likely to participate actively in community-based health programs.

Although previous studies have reported the importance of family support in influencing elderly health behavior, evidence regarding its relationship with motivation to attend Posbindu activities remains limited, particularly in Cirebon City. Preliminary observations conducted in the working area of Kesambi Community Health Center indicated variations in elderly attendance rates and differences in the level of support received from family members. Some elderly individuals reported receiving consistent encouragement and assistance from their families, whereas others experienced limited involvement from family members regarding healthcare participation. This situation suggests a potential relationship between family support and motivation to attend Posbindu activities. Therefore, this study aimed to analyze the relationship between family support and elderly motivation in attending Posbindu activities in Kesambi Village, the working area of Kesambi Community Health Center, Cirebon City. The findings are expected to provide evidence-based information that can assist healthcare professionals, community health centers, and policymakers in developing interventions to strengthen family involvement and improve elderly participation in community-based health services.

2. METHODS

This study employed a quantitative research approach using a descriptive correlational design with a cross-sectional method. The study aimed to determine the relationship between family support and elderly motivation in attending Pos Pembinaan Terpadu (Posbindu) activities. Data on both variables were collected simultaneously at a single point in time.

The study was conducted in Kesambi Village, located within the working area of Kesambi Community Health Center, Cirebon City, Indonesia. Data collection was carried out from June 4 to June 20, 2024.

The target population consisted of all elderly individuals registered in Posbindu activities in Kesambi Village. A total sampling technique was applied, resulting in 90 elderly respondents who met the inclusion criteria. Eligible participants were individuals aged 60 years and above, registered as Posbindu members, able to communicate effectively, and willing to participate in the study. Elderly individuals with severe cognitive impairment, communication difficulties, or serious health conditions preventing participation were excluded.

Data were collected using structured questionnaires consisting of three sections. The first section gathered demographic information, including age, gender, educational level, occupation, and marital status.

The second section assessed family support. The questionnaire measured four dimensions of family support based on the theoretical framework proposed by Friedman et al. (2019), namely emotional support, informational support, instrumental support, and appraisal support. Responses were scored using a Likert scale, with higher scores indicating better perceived family support.

The third section measured elderly motivation to attend Posbindu activities. Motivation was evaluated through indicators related to willingness, interest, enthusiasm, participation consistency, and perceived benefits of Posbindu services. Higher scores reflected greater motivation to participate in Posbindu activities.

Prior to data collection, the questionnaires were reviewed for content validity and clarity. The instruments used in this study demonstrated acceptable reliability for measuring family support and motivation among elderly respondents.

After obtaining permission from the Kesambi Community Health Center and relevant local authorities, eligible respondents were approached during Posbindu activities. The researcher explained the purpose, procedures, benefits, and voluntary nature of the study. Written informed consent was obtained from all participants before data collection.

Respondents were asked to complete the questionnaires independently. For participants who experienced difficulties in reading or writing, assistance was provided by the researcher without influencing their responses. Completed questionnaires were checked for completeness before being included in the analysis.

Data were processed and analyzed using the Statistical Package for the Social Sciences (SPSS). Descriptive statistics were used to summarize respondent characteristics and describe family support and motivation levels through frequencies, percentages, means, and standard deviations.

The relationship between family support and elderly motivation was analyzed using the Spearman Rank correlation test because both variables were measured on an ordinal scale. Statistical significance was determined at a 95% confidence level with a p-value of less than 0.05 ($p < 0.05$).

This study adhered to ethical principles of research involving human participants, including respect for autonomy, confidentiality, anonymity, beneficence, and justice. Participation was entirely voluntary, and respondents were informed of their right to withdraw from the study at any stage without consequences. All information obtained from participants was kept confidential and used solely for research purposes.

3. RESULTS AND DISCUSSION

Characteristics of Respondents

A total of 90 elderly respondents participated in this study. The respondents represented elderly individuals registered in Posbindu activities in Kesambi Village, Cirebon City. The majority of participants were in the early elderly age category (60–74 years), female, and had elementary or secondary educational backgrounds. Most respondents were no longer actively employed and lived with family member.

Family Support Among Elderly Participants

The distribution of family support levels among respondents is presented in Table 1.

Table 1. Distribution of Family Support Among Elderly Respondents (n = 90)

Family Support	Frequency (n)	Percentage (%)
Good	9	10.0
Moderate	5	5.6
Poor	76	84.4
Total	90	100.0

The findings indicate that most respondents perceived poor family support (84.4%). Only 10.0% reported good family support, while 5.6% experienced moderate support. These results suggest that family involvement in encouraging elderly participation in Posbindu activities remains limited.

Motivation of Elderly in Attending Posbindu

The distribution of elderly motivation levels is shown in Table 2.

Table 2. Distribution of Elderly Motivation in Attending Posbindu (n = 90)

Motivation Level	Frequency (n)	Percentage (%)
Good	11	12.2
Moderate	72	80
Poor	7	7.8
Total	90	100.0

Most respondents demonstrated moderate motivation (80.0%) to participate in Posbindu activities. A smaller proportion showed high motivation (12.2%), whereas only 7.8% reported low motivation.

Relationship Between Family Support and Elderly Motivation

The relationship between family support and elderly motivation was analyzed using the Spearman Rank correlation test. The results revealed a statistically significant relationship between family support and motivation to attend Posbindu activities ($p = 0.000$).

Table 3. Relationship Between Family Support and Elderly Motivation

Variable	p-value	Interpretation
Family Support and Elderly Motivation	0.000	Significant relationship

Since the p-value was less than 0.05, the null hypothesis was rejected. These findings indicate that family support is significantly associated with elderly motivation in attending Posbindu activities.

DISCUSSION

Family Support Among Elderly Respondents

The present study found that the majority of elderly respondents experienced poor family support. This finding suggests that many family members were not actively involved in encouraging, accompanying, or facilitating elderly participation in Posbindu activities. Family support is a critical component in maintaining health behaviors among older adults because aging is often accompanied by declining physical capacity, reduced mobility, and increasing dependence on family assistance.

According to Friedman et al. (2019), family support consists of emotional, informational, instrumental, and appraisal support. The absence of these forms of support may reduce confidence and willingness among elderly individuals to participate in health promotion activities. Similar findings were reported by Nurhayati and Hidayati (2022), who found that insufficient family involvement contributed to lower attendance rates in community-based health programs among older adults.

Motivation of Elderly in Attending Posbindu

Most respondents demonstrated moderate motivation to attend Posbindu activities. This result indicates that although many elderly individuals recognize the importance of health monitoring, their enthusiasm and consistency in attending Posbindu have not reached optimal levels.

Motivation among older adults is influenced by both intrinsic and extrinsic factors. Intrinsic factors include personal awareness, health beliefs, previous experiences, and perceived health benefits. Extrinsic factors include support from family members, healthcare professionals, peers, and community leaders (Notoatmodjo, 2021). The predominance of moderate motivation observed in this study may reflect the existence of internal willingness that is not fully supported by external environmental factors.

Relationship Between Family Support and Elderly Motivation

The study demonstrated a statistically significant relationship between family support and elderly motivation to attend Posbindu activities. This finding indicates that elderly individuals who receive greater family support tend to exhibit stronger motivation to participate in community health programs.

The results are consistent with Social Support Theory, which emphasizes the importance of social relationships in shaping individual behavior. Family members often serve as primary caregivers and sources of emotional encouragement for older adults. Emotional support can enhance confidence and reduce anxiety, while instrumental support such as transportation and accompaniment can eliminate practical barriers to healthcare access.

These findings also support previous studies conducted by Suriani et al. (2023) and Putri et al. (2023), which reported that family support significantly influences health service utilization and participation among older adults. Elderly individuals who receive consistent encouragement from family members are more likely to perceive Posbindu activities as beneficial and worthwhile.

From a nursing perspective, family-centered interventions should be strengthened to improve elderly participation in Posbindu. Community health nurses can involve family members in health education programs, provide counseling regarding the importance of preventive healthcare, and encourage active family participation in supporting elderly health behaviors. Such interventions may contribute to increased motivation, improved attendance rates, and ultimately better health outcomes among older adults.

Overall, the findings highlight the importance of family support as a determinant of elderly motivation. Strengthening family engagement may serve as an effective strategy to

improve participation in Posbindu activities and promote healthy aging within the community.

4. CONCLUSION

This study found that most elderly respondents in Kesambi Village experienced poor family support (84.4%) and demonstrated moderate motivation to participate in Posbindu activities (80.0%). Statistical analysis using the Spearman Rank test revealed a significant relationship between family support and elderly motivation to attend Posbindu activities ($p = 0.000$).

These findings indicate that family support plays an important role in influencing the motivation of older adults to participate in community-based health services. Elderly individuals who receive emotional, informational, and instrumental support from family members are more likely to maintain positive health behaviors and actively engage in Posbindu activities.

Therefore, strengthening family involvement should be considered a key strategy in improving elderly participation in Posbindu programs. Healthcare providers, particularly community nurses, should develop family-centered health promotion interventions that encourage family members to actively support older adults in maintaining their health. Future studies are recommended to explore other factors affecting elderly motivation, including health literacy, self-efficacy, accessibility of health services, and social support from the community.

The findings of this study provide evidence that family support is an important determinant of elderly motivation in utilizing Posbindu services. Community health nurses can use these findings to design interventions that involve family members in health education, counseling, and health promotion activities. Strengthening family engagement may contribute to increased participation in Posbindu programs, early detection of health problems, and improved quality of life among older adults.

CONFLICT OF INTEREST

The authors declare no conflict of interest regarding the publication of this study.

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