Farm Family Support in Increasing Health Awareness

Enggal Hadi Kurniyawan¹, Malikal Balqis¹, Muhammad Irfan Aditya Pratama¹, Harum Putri Permata Hati¹, Onny Ega Isfadillah¹, Alfid Tri Afandi¹, Kholid Rosyidi Muhammad Nur¹

¹Faculty of Nursing, Universitas Jember, East Java, Indonesia

Correspondence should be addressed to:
Enggal Hadi Kurniyawan
enggalhadi.psik@unej.ac.id

Abstract:
Health problems such as under-five nutrition, exclusive breastfeeding, breast examination, and adherence to taking TB medication in children have become a global concern in efforts to increase awareness of the health of farming family members. Low health among farming families is often caused by low family support. This can lead to an increased risk of severe health conditions and diseases and affect the overall quality of life and well-being of farming family members. Therefore, family support is needed to improve family health status. This study aims to analyze support farming families for health awareness. The method used in this study was a literature review article from article search engines such as PubMed, Google Scholar, and Science Direct, which was analyzed using the PRISMA technique by including articles published in the last five years. The study results show that the support of the farming family is very influential on health awareness. Family support is very influential on health awareness. Family support can increase family awareness to improve nutrition, comply with treatment, realize the importance of exclusive breastfeeding for babies, and be able to do regular health checks. Action and education are needed to improve social functions and family communication, increase family support, and encourage better family health awareness.

Keywords:
family support; health awareness; farmer; nutrition

INTRODUCTION

Health problems such as under-five nutrition, exclusive breastfeeding, breast examination, and adherence to taking TB medication in children have become a global concern in efforts to increase awareness of the health of farming family members. Farming families, as an integral part of rural communities, often face challenges in achieving adequate health awareness. Limited resources and limited accessibility of health services are often the main obstacles for farming families in maintaining health and meeting the health needs of their family members (World Health Organization, 2020). Farmers are often tired due to intense work and long hours, which affects their sleep quality and physical and mental health (Kurniyawan et al., 2023).

These issues reflect the challenges faced by many farming families around the world. According to the WHO report, malnutrition in toddlers is still a significant global problem. About 150 million children under the age of five are stunted due to chronic malnutrition, which hinders physical growth and brain development (World Health Organization, 2021). The nutritional status of children under 5 is influenced not only by direct factors such as malnutrition and infectious diseases but also by indirect factors such as education level, income, and access to information such as childcare and access to quality health care (Afandi et al., 2023). In addition, optimal rates
of exclusive breastfeeding are still low in many countries, with only around 40% of infants under six months of age receiving exclusive breastfeeding (World Health Organization, 2019). Routine breast examination is also not a habit for many women, so early detection of breast cancer is often too late (World Health Organization, 2008). The problem of adherence to taking TB medication in children is also a serious concern, considering the spread of this disease, which is still a global threat (World Health Organization, 2023).

Family function is the way a family treats its family members. The affective function of the family aims to protect and provide psychosocial support for family members (Kurniyawan et al., 2022). Low health among farming families is often caused by low family support. This condition can be caused by limited access to adequate health services, lack of knowledge about good health practices, and financial constraints that make it difficult for farming families to obtain the necessary medical care. In addition, the lack of emotional and psychological support from family members can negatively impact a farmer's physical and mental health. This can lead to an increased risk of severe health conditions and diseases and affect the overall quality of life and well-being of farming family members. (Yazd et al., 2019).

Efforts to overcome these problems are essential to increase family support for health awareness of family members. Family support programs can be an effective solution within the scope of farming families. This approach involves educating and training farming families about the importance of toddler nutrition, exclusive breastfeeding practices, breast examinations, and adherence to TB medication in children. Farming families can gain the proper knowledge and in-depth understanding of the necessary health practices through this approach. Social support from other family members can also provide strong motivation and encouragement to implement good health behaviors in daily life (Ho et al., 2022). These efforts can be properly integrated through collaboration between health service providers and farming communities, strengthening awareness and optimal health practices.

METHOD

The method used is a literature review. The literature review was chosen because it produced evidence from several studies conducted by previous researchers on family support for the level of health awareness of farm family members. Search articles using Science Direct, Google Scholar, and PubMed databases. The article search uses the Boolean operator method (AND and OR) with the keywords farmer, family, and health awareness. Articles found in the last five years were analyzed using the PRISMA technique; articles provided full text, and the languages used were English and Indonesian.
After doing an article search using an article search engine with keywords, this journal discusses the relationship between family knowledge and the health quality of farming families. The study results show that the support of the farming family is very influential on health awareness.
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<th>Author:</th>
<th>Nita Yuniarti Ratnasaria, Putri Halimu Husnaa, Marni Marnia, Susana Nurtantia, and Tantut Susanto</th>
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<td>Adherence to Medication Behavior among Tuberculosis Patients and their Affecting Actors: A Cross-sectional Study at Public Health Center of Wonogiri District, Indonesia</td>
<td>Factors (sociodemographic data, knowledge, and side effects of drugs), enabling factors (availability of transportation and medicines), reinforcing factors (the role of the family and the role of health care providers), and among tuberculosis patients at the Puskesmas. Central Selogiri, Wonogiri Region in Indonesia</td>
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| The Relationship of the Family Role as a Medication Supervisor with Medication Adherence in Children with Pulmonary Tuberculosis in Jember City Area | This study aimed to determine the relationship between the family's role and adherence to medication in children with pulmonary tuberculosis in the Jember Regency. | This research was conducted on 32 families who acted as treatment supervisors for children with pulmonary tuberculosis at the Kaliwates, Mangli, Jember Kidul, and Patrang Health Centers. This research method is descriptive through internal evaluation indicators for the 2020 KMPK program (JPP Health Office and Rekomtek) and external evaluation indicators (by the Health Office for the activities that have been carried out and the obstacles faced and alternative. The results showed that 25 children had a good family role, and 19 had low medication adherence. The Spearman test's statistical results showed a relationship between the role of the family as treatment supervisors and adherence to medication in children with pulmonary tuberculosis with a p-value <0.05, namely 0.12 <0.05. A moderately strong relationship with an r-value of 0.438 indicates a unidirectional relationship. This study concludes that there is a relationship between the role of the family as a treatment supervisor and adherence to taking medication in children.
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<th>Author: Sriwijaya, and Erma Aisyah Hamid, Sari, Siti Depri Yunita, and Nikitha Aprilia</th>
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<th>Identity: Journal Puspita Sari</th>
<th>Author: Kurniyawan et al.</th>
<th>Journal Identity: Journal Moonti Sriwahyudin and Jamaluddin Ningsih, Toli Regency District, Toli Lampasio g Village, Ogomatanan in the Banyuasin Regency, in 2021</th>
<th>The Relationship of Knowledge, Family Support, and Support of Health Officers With Exclusive Breastfeeding On Babies Aged 7–12 Months at the Sukajadi Health Center, Banyuasin Regency, in 2021</th>
<th>This study aims to determine the relationship between knowledge, family support, and support from health workers with exclusive breastfeeding for infants aged 7-12 months at the Sukajadi Community Health Center, Banyuasin Regency, in 2021.</th>
<th>The population of this study was 45 respondents, and the sample was 45 respondents, namely all infants aged 7-12 months in the working area of the Sukajadi Health Center. The method in this study was cross-sectional by using a purposive sampling technique. Data analysis used the Chi-square statistical test with a p-value (0.05).</th>
<th>The results of this study were 15 respondents with good knowledge who received exclusive breastfeeding (73.3%) with a p-value = 0.02 meaning that there was a relationship between knowledge and exclusive breastfeeding, of 23 respondents with family support who received exclusive breastfeeding (76.2%) obtained p-value = 0.001, meaning that there is a relationship between family support and exclusive breastfeeding with exclusive breastfeeding for infants aged 7-12 months and 23 respondents with the help of health workers who received exclusive breastfeeding (65.2%) obtained p-value = 0.02. This means that there is a relationship between health workers and exclusive breastfeeding. From this study, it can be concluded that there is a simultaneous relationship between knowledge, family support, and health workers' support for exclusive breastfeeding for infants aged 7-12 months at the Sukajadi Health Center, Banyuasin Regency in 2021.</th>
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| Author: Nikitha Aprilia Ningsih, Jamaluddin Sakung, and Sriwahyudin Moonti | Journal Identity: International Journal of Health, Economics, and Social Sciences | Identity: Journal Moonti Sriwahyudin and Jamaluddin Ningsih, Toli Regency District, Toli Lampasio g Village, Ogomatanan in the Banyuasin Regency, in 2021 | Relationship between Mother's Knowledge and Family Support by Giving Exclusive Breastfeeding for Children 6-24 Months in the Ogomatanan Village, Lampasio District, Toli-Toli Regency | This study aims to determine the relationship between mother's knowledge and family support by giving exclusive breastfeeding to children aged 6-24 months in Ogomatanan Village. | This study's population was all mothers with children aged 6-24 months in Ogomatanan Village. The sample in this study was 45 breastfeeding mothers. The research design is an analytic research with a cross-sectional study approach. This study used an accidental sampling technique, with a total sample of 45 respondent. The test used in this study is the Chi-Square test. | The results showed that there was no significant relationship between knowledge and exclusive breastfeeding with p-value = 2.31 > 0.05. There is a significant relationship between family support and exclusive breastfeeding in Ogomatanan Village, Lampasio District, Toli-Toli District, with p-value = 0.00 <0.05 This study suggests mothers and families in Ogomatanan Village, Lampasio District, Toli-Toli District to always provide Exclusive breastfeeding in children aged 6-24 months because breast milk is very...
This study shows that there is no relationship between time and nutritional status in infants (P-value > 0.05). In the length of separation, families with children who experience malnutrition have the highest average value of 21 months. These results are different from research that states that the consequences of family separation can affect children's health status, which includes physical and mental health due to the pressure of separation from parents. In line with research on factors that can affect the nutritional status of children, one of which is the autonomy of the mother in the family, this study explains that the role of the mother as the primary caregiver in the family causes the mother to have great autonomy so that the mother can participate in making significant decisions and has control over most of the household resources due to the great autonomy of the mother can reduce the possibility of malnutrition in childhood. Building relationships with other people or parents can reduce the negative impact of family separation due to parental migration. Also, a high level of communication between children and parents is related to level high life satisfaction.
The research sample is some families with children under five at the Panti Health Center in Jember Regency, Indonesia. The population of this study was families with under five children based on data obtained from the Panti Health Center, as many as 4,607, and the research sample was large families with under five children, as many as 195 large families with under five children.

The research used a cross-sectional approach at the Panti Health Center in Jember Regency, Indonesia. This study used a questionnaire on the characteristics of the respondents, which contained data on the identity of the parents, as well as the features of the toddlers. The results showed varied family functions, namely moderate to high, with most families having a high family function score (59%). This affects the nutritional status indicators for toddlers in the Panti Health Center Work Area. Based on the anthropometric Z-score, it was found that the nutritional status indicators for toddlers were in the categories of good dietary status (61.5%), malnutrition (23.6%), and severe nutrition (10.8%). Most toddlers with good nutritional status category have high family functioning. So, there is a relationship between family function and the nutritional status of toddlers with large family types in the Working Area of the Panti Panti Health Center, Jember Regency, Indonesia.

Researchers conducted a study covering several points, namely the distribution of the frequency of delays in examining breast cancer patients, family support for breast cancer patients, and Breast self-examination (BSE). The results show that the proportion of women with breast cancer who are late for breast cancer check-ups with low-income family support is higher (78%) compared to women with breast cancer with good family support (52.4%). The results also showed that the proportion of women with breast cancer who did not perform BSE was higher (90.9%) compared to...
as many as 83. analysis uses the Chi-Square statistical test with a 95% confidence level. women with breast cancer who did BSE regularly (4.5%). Women's awareness of performing BSE is influenced by education, knowledge, and exposure to information received. Most Indonesian people come to the doctor at an advanced stage of breast cancer because it is too late to detect the cancer they are suffering from. Thus, early detection behavior, awareness, and understanding of women are needed to prevent breast cancer.

This study aims to analyze the relationship between family support and Breast Self-Examination (BSE) practice in young women at SMA Negeri 17 Batam. This research was conducted at SMA Negeri 17 Batam in January 2021 and involved 77 students. Sampling using total sampling so that the population and sample are the same, as many as 77 students.

DISCUSSION

The journal article discusses family support in raising family health awareness. It was found that providing good parental support, especially for mothers, can increase health awareness in their children. This is following research (Ningtyias et al., 2021) that the provision of support by mothers emotionally, instrumentally, informatively, and expectantly affects children with TB in treatment adherence. This research is also in line with research (Nur et al., 2022) that the role of mothers as the primary caregivers in the family causes mothers to have great autonomy so that major decisions are the responsibility of a mother, including the diet and nutritional fulfillment of her children.

Then, it was found that there was a relationship between education factors and family knowledge with the level of health awareness of family members. Research (discusses the adherence to treatment of children with TB; it was found that predisposing factors (education and knowledge) and possible factors (availability of drugs and transportation) affect adherence to taking medication among TB sufferers. This research also aligns with research (Sari et al., 2022) on exclusive breastfeeding awareness, which discusses that good knowledge from mothers and other family members significantly affects exclusive breastfeeding awareness. However, this study
does not align with research (Kurniawati et al., 2020) that discusses awareness of exclusive breastfeeding, stating that there is no meaningful relationship between knowledge and awareness of exclusive breastfeeding.

Subsequent results regarding good family roles and functions can increase the health awareness of family members. This follows research (Qulud Arum Pratiwi et al., 2021) regarding adherence to medication in children with TB. It was found that the role of families with good categories in treatment supervisors significantly affects the compliance of children with TB in treatment. This is also following research (Febrianti et al., 2022) regarding the nutritional status of toddlers, which shows that high family function greatly affects the indicators of the nutritional status of toddlers. This is also further discussed by research (Jannah et al., 2022) regarding family connectedness on the nutritional status of toddlers; it was found that there is a relationship between family connectedness or bonds between family members and the nutritional status of toddlers where family connectedness and optimal family support can reduce the risk of undernutrition in toddlers.

The results further found that good family support is essential in increasing the health awareness of family members. Research (Despitasari, 2017) regarding family support for women with breast cancer who are late in doing examinations found that women with breast cancer with low-income family support experience delays in breast cancer examination because they did not do breast examination (BSE) before. This study is in line with research (Damaratni and Tetty Mulyati Arofi, 2022) regarding the relationship between family support and breast examination awareness (BSE) in adolescents, it was found that good family support can increase awareness of self-awareness in adolescents, even though most respondents with good family support do not practice self-awareness.

Based on several results that have been obtained, family support and role have an enormous influence on increasing family members' health awareness. Family support can be done through educating each other, open communication, involvement, activeness in the home, helping each other, reminding each other of the schedule of taking medicine, cooking, and eating their food, teaching independent health checks, and others. Some of these supports are expected to be adequate to improve family health quality.

Based on the statement (Friedman, 2013), family support consists of informational, judgment/reward, instrumental, and emotional support. Family support has a critical role because the family can provide physical and mental encouragement. Family support has a strong influence on the quality of family life, which has a good impact on individuals in the family, such as improving health, facilitating administrative procedures, supporting, and caring for other family members, and the availability of caregivers to provide support in the family (Araújo et al., 2016). Family support provides far-reaching benefits in raising family health awareness. Family support provides help in improving the family's ability to maintain the health of family members (Setiawati and Dermawan, 2008).

**CONCLUSION**

Family support is essential and influential in increasing the health awareness of family members. Based on the analysis of journal articles, the first conclusion is that good family support, especially by mothers, can increase health awareness among family members, especially children. Second, the education and knowledge of parents become a predisposing factor to family support to raise the health awareness of family members. Third, the family's role, support, and function in maintaining and maintaining family health and good bonding relationships between family
members can increase family member awareness. Lastly, excellent and high family support in daily life can increase family health awareness, especially in the awareness of doing health checks.

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REFERENCES


Kurniawati et al.