

## Farm Family Support in Increasing Health Awareness

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### 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 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.

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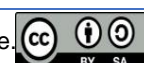
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family support; health awareness; farmer; nutrition

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## 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.

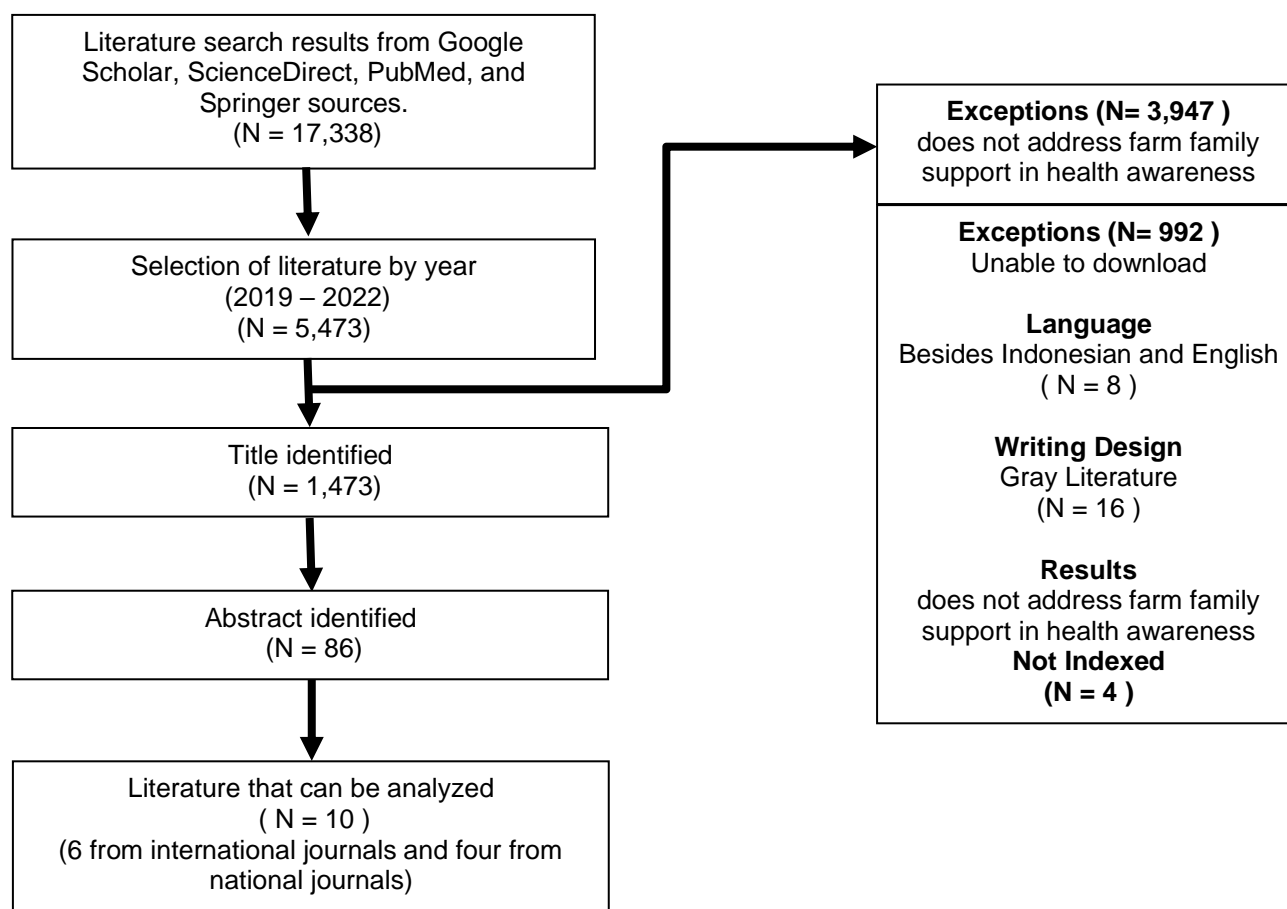


Table 1. PRISMA Flow

## RESULT

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.

Table 1. Journal Analysis

No	Author and Journal Identity	Journal Title	Objective	Population and Sample	Method	Summary of Results
1	<b>Author:</b> Farida Wahyu Ningtyias, Iken Nafikadini, Afif Hamdalah, and Wahyu Muldayani <b>Journal Identity:</b> Humanistic Network for	Social Support of Parents on Medication Adherence to Tuberculosis Patients in Children	The purpose of this study was to determine the description of parental social support in moderate pediatric TB patients	Population This study was conducted on children under 18 in Jember District. District, Jember Regency.	This research is qualitative research with a phenomenologic al approach. The key informants in this study were the District Head of Jember Regency	The results show that parents, especially mothers, have provided social support to pediatric TB patients at the health office or the Kaliwates Health Center. Social support is provided in the form of emotional support, instrumental support, informative support, and appreciation support. This

	Science and Technology		undergoing TB treatment.			social support is carried out to encourage children who often feel bored while taking drugs.
2	<p><b>Author:</b> Nita Yuniarti Ratnasaria, Putri Halimu Husnaa, Marni Marnia, Susana Nurtantia, and Tantut Susanto</p> <p><b>Journal Identity:</b> Frontiers of Nursing</p>	<p>Adherence to Medication Behavior among Tuberculosis Patients and their Affecting Actors: A Cross-sectional Study at Public Health Center of Wonogiri District, Indonesia</p>	<p>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</p>	<p>This research was conducted at the Wonogiri Health Center from November to December 2017. Participants were new and old patients who had completed their treatment in the last two months or more, recorded from January 2016 to December 2017.</p>	<p>This research method uses a descriptive cross-sectional research design. Questionnaires are used to collect primary data. Secondary data was obtained from the patient's treatment card (TB Form 01). Total sampling technique used in this study. Logistic regression analysis was used to analyze the effect of predisposing, enabling, and reinforcing factors on treatment adherence among tuberculosis patients.</p>	<p>The study's results showed that predisposing factors (education and knowledge) and enabling factors (availability of drugs and transportation ) affected adherence to medication among tuberculosis sufferers at the Wonogiri Health Center. This is a major factor in supporting patient compliance, let alone a child. Treatment compliance will determine the success rate of tuberculosis treatment. Therefore, there is a need for the role of the family in controlling and empowering children's adherence to taking medication through educational health care and access to family health centers to increase children's adherence to treatment. Then cross-program programs and cross-sector collaboration programs at Public health centers must improve to support government programs in tackling tuberculosis, so the spread of disease and bacterial resistance can be prevented.</p>
3	<p><b>Author:</b> Qulud Arum Pratiwi, Lantin Sulistyorini, and Dini Kurniawati</p> <p><b>Journal Identity:</b> Nursing and Health Sciences Journal</p>	<p>The Relationship of the Family Role as a Medication Supervisor with Medication Adherence in Children with Pulmonary Tuberculosis in Jember City Area</p>	<p>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.</p>	<p>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.</p>	<p>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</p>	<p>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 &lt;0.05, namely 0.12 &lt;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</p>

					solutions chosen).	with pulmonary tuberculosis in the Jember Regency.
4	<b>Author:</b> Depri Yunita Sari, Siti Aisyah Hamid, and Erma Puspita Sari <b>Journal Identity:</b> Science Midwifery Journal	The Relationship of Knowledge, Family Support, and Support of Health Officers With Exclusive Breastfeedin g On Babies Aged 7–12 Months at the Sukajadi Health Center, Banyuasin Regency, in 2021	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	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).	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.
5	<b>Author:</b> Nikitha Aprilia Ningsih, Jamaluddin Sakung, and Sriwahyudin Moonti <b>Journal Identity:</b> International Journal of Health, Economics, and Social Sciences	Relationship between Mother's Knowledge and Family Support by Giving Exclusive Breastfeedin g for Children 6-24 Months in the Ogomatanan g 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 g Village.	This study's population was all mothers with children aged 6-24 months in Ogomatanang 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 Ogomatanang Village, Lampasio District, Toli-Toli District, with p-value = 0.00 <0.05 This study suggests mothers and families in Ogomatanang Village, Lampasio District, Toli-Toli District to always provide Exclusive breastfeeding in children aged 6-24 months because breast milk is very

						important for the growth and development of children.
6	<p><b>Author:</b> Devi Nur Indah Sari<sup>1</sup>, Tantut Susanto, and Latifa Aini Susumaningrum</p> <p><b>Journal Identity:</b> Nursing Communications</p>	<p>The Relationship of Family Separation and Nutrition Status among Under-five Children: A Cross-sectional Study in Panti Public Health Center, Jember Regency of East Java, Indonesia</p>	<p>This study aims to analyze the relationship between separation families with the nutritional status of toddlers in Panti District, Jember Regency.</p>	<p>The research population was 55 families with children under five at the Panti Health Center in Jember Regency. The sample in this study was 53 families at the Panti Health Center in Jember Regency. Inclusion criteria in this study includes: (1) One or both parents are separated from their children as much as 75% of children aged four months to 60 months; (2) One or both parents are separated by 50 km or more.</p>	<p>This research was conducted using a cross-sectional study design, which was carried out with home visits at the Panti Health Center, Jember Regency. Researchers used the Family Background Questionnaire to identify family sociodemographic data and separation.</p>	<p>This study shows that there is no relationship between time and nutritional status in infants (P-value&gt; 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.</p>
7	<p><b>Author:</b> Rofiatul Nur Jannah, Tantut Susanto, and Latifa Aini Susumaningrum</p> <p><b>Journal Identity:</b> Journal of Community Empowerment for Health</p>	<p>Relationship Between Family Connectedness and Nutritional Status among Under-five Children in Jember Regency of Indonesia</p>	<p>This study aims to determine the relationship between family connectedness and the nutritional status of toddlers at the Panti Health</p>	<p>Population in research This is a family that has toddlers in Nursing Home Health Center, Jember Regency, Indonesia, has 4,607 families with toddlers. This</p>	<p>Cross-sectional approach with house-to-house visits at the Panti Health Center, Jember Regency. This study uses a respondent characteristic questionnaire, which contains data on parents'</p>	<p>This study shows a relationship between family connectedness and the nutritional status of toddlers, as evidenced by the Chi-square test (<math>X^2 = 8.679</math>; p-value = 0.013). The results of this study align with research conducted by Foster et al. (2017), where family connectedness, an interrelated relationship between family members, can</p>

Center,  
Jember  
Regency,  
Indonesia.

research  
sample is  
some families  
with children  
under five at  
the Panti  
Health Center  
in Jember  
Regency,  
Indonesia.

identities and  
toddler  
characteristics.

be used as an intervention in  
dealing with health problems  
in the family, such as  
nutritional problems in  
toddlers. Optimal family  
support can reduce the risk of  
malnutrition in toddlers.

8	<p><b>Author:</b> Alfin Nura Febrianti, Tantus Susanti, and Hanny Rasni</p> <p><b>Journal Identity:</b> International Journal of Caring Sciences</p>	<p>Family Function and Nutritional Status among under-Five Children: A Cross- Sectional Study among Extended Families in Panti Public Health Center, Jember Regency of Indonesia</p>	<p>This study aims to identify the relationship between family function and the nutritional status of toddlers in large families at the Panti Health Center, Jember Regency, Indonesia.</p>	<p>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.</p>	<p>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.</p>	<p>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.</p>
9	<p><b>Author:</b> Lola Despitassari and Difa Nofrianti</p> <p><b>Journal Identity:</b> Muhammadiyah Journal of Nursing</p>	<p>The Relationship between Family Support and Breast Self- Examination (BSE) with Delays in Breast Cancer Examination in Breast Cancer Patients at the Surgical Clinic of RSUP DR. M. Djamil Padang</p>	<p>This study aims to see the relationship between family support and BSE examination with delays in breast cancer screening in breast cancer patients.</p>	<p>The population is all women with cancer who come to the Surgery Clinic of RSUP Dr. M. Djamil Padang from October- December 2015, as many as 509 women, and the research sample was women with breast cancer who came to the polyclinic of RSUP Dr. M. Djamil Padang</p>	<p>The research design is an analytic survey to see the events studied with a retrospective approach. The data analysis used was univariate analysis to see an overview of the frequency distribution of family support, breast self- examination (BSE), and delays in treatment. This</p>	<p>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</p>

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.

10	<p><b>Author:</b> Aminah Atina Adhyatma, Siti Nurlela</p> <p><b>Journal Identity:</b> Indonesia Nursing and Scientific Journal</p>	<p>The Relationship of Family Support with The Practice of Breast Examination (Breast Examination) an Adolescent Women at High School 17 Batam, Batam City, Riau Island Province, 2021</p>	<p>This study aims to analyze the relationship between family support and Breast Self-Examination (BSE) practice in young women at SMA Negeri 17 Batam.</p>	<p>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.</p>	<p>This research is quantitative with an analytic research design and a cross-sectional approach..</p>	<p>It was found that out of 77 respondents, most received family support; as many as 48 respondents (62.3%) and 29 respondents (37.7%) did not. Respondents who performed BSE were 26 respondents (33.8%), and 51 respondents (66.2%) did not perform BSE. Based on the analysis, there is a relationship between family support and BSE practices. Most of the respondents had good family support but did not practice BSE.</p>
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## 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 (Despitasi, 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 (Damayanti and Tety 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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