

The Influence of Lifestyle and Family Support on Elderly Health in Tenggara District

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ABSTRACT

An unhealthy lifestyle and suboptimal family support are presumed to contribute to the less-than-optimal health conditions of older adults in Bondowoso District. This study aims to determine the influence of lifestyle and family support on the health status of older adults in Tenggara Subdistrict, Bondowoso Regency. The significant increase in the elderly population requires greater attention to factors affecting their health status. This research employed a quantitative method with a cross-sectional design. The population consisted of all older adults who attended community health posts (posyandu) in Tenggara Subdistrict, with a sample of 106 respondents selected using purposive sampling techniques. Data were collected through questionnaires and analyzed using univariate, bivariate (Chi-Square), and multivariate (binary logistic regression) analyses. The results showed that most older adults had poor lifestyle patterns, characterized by unbalanced dietary habits, insufficient physical activity, smoking behavior, and inadequate sleep quality. In addition, family support received by older adults, including informational, instrumental, appraisal, and emotional support, was not fully optimal. The Chi-Square test results indicated a significant association between lifestyle and the health status of older adults, as well as between family support and the health status of older adults ($p < 0.05$). Binary logistic regression analysis further demonstrated that lifestyle and family support simultaneously influence the health status of older adults. It can be concluded that a healthy lifestyle and optimal family support play important roles in improving and maintaining the health of older adults in Tenggara Subdistrict and serve as a basis for developing sustainable elderly health policies to enhance their overall quality of life within the community.

***Keywords:** lifestyle, family support, elderly health, binary logistic regression*