



Original Research

Role Model and Family Support Related to Self Efficacy Sleep in The Sand in Coastal Elderly

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Abstract

The elderly naturally experience a decrease in physical and psychological function so that it affects individuals in their daily activities. Self-efficacy is the ability to carry out a series of actions to provide life satisfaction for the elderly who sleep in the sand. Role models can provide role models for the elderly in doing activities to sleep in the sand where family support can influence the behavior of the elderly sleeping in the sand in the coastal elderly. The research method is descriptive-analytic with a cross-sectional approach. The population of this study were all the elderly who lived in the village, Village, Pasir Lenggung Batang Batang -District, Sumenep Regency as many as 124 elderly. The sampling technique used is purposive sampling. The analysis used is the test Spearman rank. The results of this study stated that most of the respondents had role models in the high category as many as 57.5% coastal elderly, respondents had family support in the medium category as many as 72.5% coastal elderly, and respondents had self-efficacy sleeping in the sand in the capable category as many as 72, 5% of coastal elderly. There is a relationship between the role model and the self-efficacy of sleeping in the sand in the coastal elderly and there is a relationship between family support and the self-efficacy of sleeping in the sand in the coastal elderly. Role models can be role models and motivations for the coastal elderly to sleep in the sand. When the role model is good, self-efficacy will increase, with that the ability of the elderly to carry out activities in the sand is better as well as the higher family support, the higher self-efficacy the elderly.

INTRODUCTION

Elderly naturally decreased physical and psychological functioning that can affect the ability of activities daily of the elderly on the coast, the old process of becoming part of the process of life that occurred continuously which is generally experienced by all humans.¹ The aging process is influenced by several factors such as genetics and the environment, where

these factors affect cell metabolism which results in oxidative stress and causes damage to cells so that the aging process occurs.^{2,3}

Feelings of being able or independent, not depending on others, being able to clean their own home are indicators of self-efficacy achieved by living alone. Self efficacy as an expectation of belief (hope) about how far individuals can carry out

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activities in certain situations.⁴ Self efficacy also determines individuals in carrying out certain behaviors, such as how strong individuals face difficulties and how these difficulties can affect individuals in the future.⁵

According to Pramudita & Wiwien (2015) stated that self efficacy is a person's ability to move a series of activities needed so that they will get the goals to be achieved and finally can provide comfort to the elderly who sleep on the sand.

The need for sleep rest in the elderly is part of the life needs of each individual who has differences in sleep quality, health conditions and daily activities. Sleep needs for sick people are different from healthy people even though they are of the same age, which is caused by a sense of discomfort in the individual.⁷

The elderly population has increased from year to year, in Indonesia and even in the world the elderly population above 60 years is growing rapidly compared to other residents. As stated by the head of the Bengkulu province BKKBN representative, Widiati. Based on projections, in 2020, the number of elderly people is estimated to increase by 4.8 million people and will always increase to 9.8 million people in 2035. Based on the results of calculations and projections in 2020, the number of elderly people in Bengkulu will reach 260,000 souls.⁸

Sumenep Regency is part of East Java Province which is located on the eastern tip of the island of Madura. The district has land areas and islands and has a variety of cultures. Its culture is related to food, art, and behavior. One of the villages named Legung Village, Batang-Batang District, Sumenep Regency has a community with a unique behavior tradition and is different from the surrounding villages. People who live in Legung are people who live on the coast who have specific and unique behavior. The elderly and their families in

Legung Village are synonymous with sand, which means that since ancient times until now, the Legung people have considered sand to be a necessity of life.⁹

Several factors affect self-efficacy among them the experience of a success (mastery experiences), the experience of others (vicarious experiences / social model of social persuasion, and physiological and emotional states. Factors affecting including role models, where role models can actually increase the interest of the elderly to choose the behavior of sleeping in the sand. Role models can be said to be parents, so the environment may be able to influence sleep behavior itself.^{10,11}

Family support plays an important role in influencing the behavior of the elderly sleeping on the sand. The need for family support and attention occurs throughout life, so that if an elderly person does not get support they will feel inferior, restless, irritable and so on. By getting family support, the elderly will always feel cared for by their families. Family support can be shown by providing empathetic affection, giving advice, in sleeping behavior in the sand.¹² Based on the background above, this research is interested in examining the relationship between role models and family support with self-efficacy sleeping in the sand in the coastal elderly.

METHODS

The type of this research is *descriptive analytic* with approach *cross sectional*. The population in this study were all the elderly living in the village Pasir Lenggung Batang Batang -District, Sumenep Regency, as many as 124 elderly, the sample in this study were some of the elderly livings in the Village, Village Pasir Lenggung. sub-district, Sumenep Regency as many as 40 elderly and the sampling technique used is *purposive sampling* with inclusion criteria, namely the Batang-Batang elderly who live in the village of Legung Timur for more than 6 months, Ages 60 to 70 years, Elderly who

has a sand bed at home, Elderly with experience of sleeping in the sand and respondents who are willing and willing, while the exclusion criteria are the elderly with bed rest or bed rest, the elderly with infectious diseases, the elderly who are not at the research location when data collection is at risk. This research was conducted in June 2021 in the Pasir Village, Lunggung Village, Batang-Batang Subdistrict, Sumenep Regency, Madura. The analysis used in this study is spearman rank to determine the relationship between variables with a significance level of $p < 0.05$. namely the relationship between the *role model* and the *self-efficacy of sleeping in the sand* in the coastal elderly and the relationship between family support and the *self-efficacy of sleeping in the sand* in the coastal elderly.

RESULTS

Based on table 1. states that most of the elderly are female as many as 32 (80%) and male sex as many as 8 (20%) elderly. Stating most respondents aged 64-69 years as many as 23 (42.5%) and a small proportion of elderly aged 60-64 years as many as 17 (42.5%). Most of the respondents with education level did not go to school as many as 23 (42.5%) and a small proportion of elderly with the last education of junior high school or equivalent were 3 (7.5%) elderly and states most of the respondents work status as housewives (IRT) as many as 32 (42.5%) and a small number of elderly with work status as fishermen as many as 3 (7.5%) elderly.

Based on table 2. states most respondents have a role models there are 23 (57.5%) in the high category and a small proportion of the elderly have a role model in the category low as many as 4 (10.0%) elderly, stated most respondents have support families in the moderate category as many as 29 (72.5%) and a small proportion of the elderly with family support in the category low as many as 4 (10.0%) elderly and It states that most respondents have Self

efficacy sleeping in the sand in the capable category as many as 29 (72.5%) and a small proportion of the elderly have Self efficacy sleeping in the sand in the category unable as many as 4 (10.0%) elderly.

Based on table 3 states that most of the respondents with role models in the high category and having self-efficacy sleeping in the sand in the very capable category are 15 elderly (37.5%) and a small proportion of respondents with role models in low category and have Self efficacy sleeping in the sand in the poor and unable category by 2 (5.0%) elderly. Based on the results of statistical tests with Spearman's $\rho = p$. value 0.009 (< 0.05) significantly stated that there was a relationship between the role model and the self-efficacy of sleeping on the sand in the coastal elderly and states that most respondents with family support are in the moderate category and have self-efficacy sleeping in the sand in the very capable category of 15 elderly (37.5%) and a small proportion of respondents with family support at low category and have Self efficacy sleeping in the sand in the poor and unable category by 2 (5.0%) elderly. Based on the results of statistical tests with Spearman's $\rho = p$. value 0.001 (< 0.05) significantly stated that there was a relationship between family support and self-efficacy sleeping on the sand in the coastal elderly.

Table 1
Distribution of respondents by sex, age, education level Education and Occupation

Indicators	f	%
Gender		
Male	8	20.0
Female	32	80.0
Age		
60 -64 years	17	42.5
64-69 years	23	57.5
Education level		
Not in school	23	57.5
Elementary school	14	35.0
Junior high school	3	7.5
Occupation		
Housewife	32	80.0
Farmer	5	12.5
Fisherman	3	7.5

Table 2
Role model Respondent's, Family Support and Self efficacy sleeping in the sand

Indicators	f	%
Role model		
High	23	57.5
Enough	13	32.5
Low	4	10.0
Family Support		
High	7	17.5
Medium	29	72.5
Low	4	10.0
Self efficacy sleeping in the sand		
Very capable	7	17.5
Able	29	72.5
Unable	4	10.0

Table 3
Cross tabulation of role models with self efficacy in the elderly sleeping on the sand coast and Cross tabulation of family support with self-efficacy in the elderly sleeping on the sand coast

Variable	<i>Self-efficacy</i> sleeping on the sand						p
	Very capable		Able		Unable		
	f	%	f	%	f	%	
Role model							
High	15	37.5	8	20.0	0	0.0	0.009
Medium	6	15.0	7	17.5	0	0.0	
Low	0	0.0	2	5.0	2	5.0	
Family support							
High	6	15.0	1	2.5	0	0.0	0.001
Medium	15	37.5	14	35.0	0	0.0	
Low	0	0.0	2	5.0	2	5.0	

DISCUSSION

The results of the study stated that most of the respondents had role models in the high category as many as 23 (57.5%) respondents had role models as role models in carrying out actions or sleeping activities on a sand bed, so that the activity of sleeping on the sand was carried out The elderly is a behavior that has been passed down from generation to generation by the people of the sand village who are trusted by the elderly.

According to Alexandrova (2018) states that watching other people perform a behavior and observing the consequences of their actions is assumed to increase people's confidence in their own ability to master similar tasks, with comparable results.

Incidents about other people's success or difficulties can be used as learning material or someone's role model to serve as an example in carrying out daily activities.¹⁴ Where this will affect individuals in carrying out activities similar to other people's experiences¹⁵, the effects of other people's experiences depend on factors such as the observer's perception of the similarity between himself and the model, the number of model variations, the perceived strength of the model, and the similarities between the problems faced by the observer and the model. The experience of others generally has a weaker effect on expectations self-efficacy than direct personal experience.¹⁶

Role models are part of the self-concept of the elderly, it is also influenced by the level of maturity of the individual. Self-concept is formed in accordance with other people's assessment of him.¹⁷ Self-concept can occur due to the occurrence of activities that are passed with other people, learning from oneself through other people's mirrors can be used as part of a way of seeing oneself which is a self-interpretation of the views of others in sleeping activities. People who play a role in the daily life of the elderly can affect the culture and daily activities, namely by sleeping on the sand in the coastal elderly.

A small proportion of the elderly have a role model in the category low as 10.0% of the elderly, where education from the family is hereditary making the role model stronger and inspiring and motivating respondents to do activities sleeping in the sand and vice versa if education in the family in cultivating sleeping in the sand is not carried out it will reduce the role model more and more. low on family members. The behavior of imitating predecessors and culture plays an important role in the formation of role models because the thick culture adopted by the role models also makes the elderly follow or imitate these activities of sleeping in the sand.

Someone's experience that has been done can serve as an example or role model for others, so that in carrying out an action or activity such as sleeping on the sand, people will believe that from their observations of the role model, it will also apply to the activities they do.

The results of the study stated that most of the respondents had family support in the moderate category as much as 72.5%, where family support included providing instrumental support about sand bed facilities in the family having many benefits in a family, by supporting the elderly to sleeping on the sand can foster a sense of comfort in the family. Syaifurrahman Hidayat (2020) revealed the factors that influence the quality of life of the elderly, namely instrumental support, where this instrumental support is a factor that has a significant effect on the welfare of the elderly.

According to Santoso (2019) instrumental support is support in the form of real and material assistance. Material support from the closest people such as family, elderly friends in the vicinity, instrumental support can be in the form of housing, sand bed facilities, sand cleaning tools and so on which have become the daily lives of coastal elderly.

The results showed that a small proportion of the elderly with family support in the category is as low as 10.0% of the elderly, where the lack of emotional support from the family will affect the elderly self-defense mechanism is not adequate. The self-defense mechanism of the elderly who are not strong in dealing with problems will cause prolonged stress and eventually symptoms of depression will arise.²⁰ According to Stuart & Laraia (2005) explains that emotional support can be given in the form of motivating the confidence of the elderly in dealing with the problems they face.

Sangian (2017) stated that family emotional support was in the 55% presentation. Among them the family can take the time to complete the needs of the elderly and provide a sense of empathy when needed by the elderly, so that with this the elderly can accept any changes that are experienced and live their lives well.²²

Most of the respondents with the education level did not go to school as much as 42.5%, which shows that there is a lack of exposure to information in the elderly. Elderly people with a lack of information from their families are due to the fact that the elderly are often at home and rarely gather with people around them. In addition, the answer is that the family does not remember about the benefits of sleeping on the sand in everyday life which is entrenched in the coastal elderly. (Hidayat, Mumpuningtias, et al., 2020) According to Clarkson (2020) assessment support is needed by the elderly such as special attention, positive appreciation so that the elderly feel recognized for their existence so that it is useful as a prevention of post power syndrome in the elderly.

The results of the study stated that most respondents had Self efficacy sleeping in the sand in the category capable of as much as 72.5%, this indicates that the elderly are able to have self efficacy in sleeping on the sand such as. Basically, self-efficacy is based on a strong belief in the role model carried out by their previous predecessors.

Self efficacy is an individual's belief in actions or activities in achieving goals that are part of daily activities, Self Efficacy can have an impact on thinking patterns and can motivate oneself in behavior.²⁴

Albert Bandura (1986) in Christianity describes the importance of self-efficacy as a belief that serves as "an important set of proximal determinants of human motivation, influence, and action". This belief is a form of activity or action that provides cognitive and affective

encouragement, as well as cognitive processes related to setting personal goals, the higher the level of perceived self-efficacy, the better the level of one's goals, leading to a higher level of commitment to goals.²⁶

Anisa (2018) states the formation of self-efficacy which is believed by local people to maintain this unique habit by passing down the sand mattress tradition informally. Parents socialize this sand bed culture through habits that are carried out continuously at home, so that children can see, and be involved in the habits of their parents. In addition, village officials who also play an important role in determining the policies taken in the areas they lead relate to sand beds, village officials are basically aware of the interest of people outside the village to the uniqueness of this sand bed village. So when observing from children to the elderly how the role models carry out activities on the sand bed, the increase in self-efficacy also occurs when the respondents believe in the hereditary traditions of their families.

The results of the study show that a small proportion of the elderly with self-efficacy sleep in the sand in the category unable as much as 10.0% of the elderly, where self-efficacy in someone other than obtained from life experience is also determined by errors in self-assessment, if in daily activities by sleeping on the sand becomes part of a positive activity, then self-efficacy in individuals it will be good too, and vice versa if in daily activities sleeping in the sand is part of an activity that has a bad impact on a person then self-efficacy will deteriorate in the individual. Events from past experiences will be part of learning in determining self-efficacy through cognitive representations including memory of the frequency of distress and difficulty.^{28,29}

When self-efficacy increases, the ability to solve problems or the ability to do tasks in the elderly will also increase. The results of observations on success can motivate an

increase in self-efficacy in respondents so that it can also increase success in carrying out various activities to sleep in the sand.

The results of the study stated that most of the respondents with role models in the high category and having Self efficacy sleeping in the sand in the very capable category of 37.5% and based on the results of statistical tests with the test Spearman's rho = 0.009 (<0.05) significantly states that there is a relationship between role models and self-efficacy sleeping in the sand in the coastal elderly, where according to Zulkosky (2009) self-efficacy will increase when people see other people doing tasks and feel confident that they can complete the same task successfully with favorable results. This is especially true if the observer assumes the model has the same capabilities. From the results of this study, it can be said that the role model has a relationship in self-efficacy in respondents.

This research is in line with research Sadewi (2012) where increasing self-efficacy when observing role models, not only observations but also the success of the role model which also increases the self-efficacy of respondents who have thoughts when the role model is successful, I will also managed to do so.³⁰

Role models are a powerful source of beliefs self-efficacy because they provide observers with the strategies and techniques needed to achieve desired goals. Several correlational studies have measured representative experiences and investigated their relationship to health behaviors.¹³

Role models, when included as part of an intervention, have been shown to effectively increase health behavior-specific self-efficacy. In a study examining the effects of vicarious experience, mastery experience, and verbal persuasion on self-efficacy, vicarious experience was found behind mastery experience to be the second

strongest predictor of self-efficacy. qualitative study.¹³

Basically, the elderly follow the activities that have been carried out by their ancestors and some beliefs that increase self-efficacy also play an important role in imitating role models, for example role model beliefs in healing several diseases that can be cured by sleeping in the sand.

Self-efficacy beliefs are representative experiences, or models. Watching others perform a behavior and observing the consequences of their actions is assumed to increase people's confidence in their own ability to master similar tasks, with comparable results. Vicarious experiences are a powerful source of beliefs self-efficacy because they provide observers with the strategies and techniques needed to achieve desired goals.(Wanner et al., 2011)

When self-efficacy increases, the respondent's ability to perform a task or an activity will be done better than respondents with low self-efficacy. Role models can be role models and motivations for respondents in doing activities sleeping in the sand. The success of the role model will be a motivation for the respondents. Starting from observing the success of this role model, respondents will experience an increase in self-efficacy.

The results of the study stated that the majority of respondents with family support in the moderate category and having Self-efficacy sleeping on the sand in the very capable category of 37.5% and based on the results of statistical tests using the test Spearman's rho = 0.001 (<0.05) significantly states that there is a relationship between family support and self-efficacy of sleeping in the sand in the coastal elderly, where the higher the family support, the higher the self-efficacy of the elderly. Meanwhile, the lower the family support, the lower the self-efficacy of the teenager.³²

Family support in this case is a motivation in the form of social persuasion by the family that affects the self-efficacy of the elderly. According to Bandura (1986) individuals who are directed by guidance can improve their abilities so that they can support someone to achieve their desires. Social persuasion will be effective if the persuasion is carried out by the closest person who is trusted by the person.

Sitanggang (2021)stated that health problems experienced by the elderly require advocacy where the elderly need support for several issues both from their families,caregivers, other professionals, and orphanages. This support can encourage the elderly to give hope, feelings, and rejection.

According to Ayuni (2020) stated that family support plays an important role in providing sec motivation Physical and psychological means where the family has various functions such as informational support consisting of advice, suggestions, advice, instructions and information providers. Assessment support which involves providing information, advice or feedback from the family to the elderly who face certain situations and conditions. Instrumental support can be provided by helping the elderly directly, in terms of food, drink, and rest needs to avoid fatigue and emotional support which is manifested in the form of affection, trust and attention.¹²

High family support because the supportive environment, especially the family, plays a very important role in the process of sleeping in the sand on a daily basis, this is because the elderly rarely have the will that comes from themselves, most of them come from other people or family, so there are many forms of support. Family needs that need to be given to the elderly include emotional support, rewards, material and information about the benefits of sleeping in the sand.³⁵

The orientation of self-control is part of the factors that affect self-efficacy, where if

someone is in the orientation of internal control, it will lead to the achievement of the desired goals. Self-efficacy shows feelings in the elderly that he believes in the benefits of sleeping on the sand can provide benefits for health and comfort for the elderly, self-control orientation is internal so that it can have a positive self-efficacy impact by illustrating that the elderly will try to solve their own problems in carrying out activities everyday by sleeping on the sand.³⁶

CONCLUSION

Most respondents have role models in the high category as many as 57.5% coastal elderly, Most respondents have family support in the moderate category as many as 72.5% coastal elderly, most of the respondents have Self efficacy sleeping in the sand in the capable category as much as 72.5% coastal elderly and There is a relationship between role models and self-efficacy sleeping in the sand in the coastal elderly and there is a relationship between family support and self-efficacy sleeping in the sand in the coastal elderly

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CONFLICTS OF INTEREST

Neither of the authors has any conflicts of interest that would bias the findings presented here.

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