

Article

THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND RESILIENCE IN TUBERCULOSIS PATIENTS



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ARTICLE INFO	ABSTRACT
<p>Received: Dec 26, 2025 Revised: Jan 8, 2026 Accepted: Jan 12, 2026 Published: Feb 28, 2026</p> <p>IJHE is licensed under a Creative Commons Attribution 4.0 International Public License (CC-BY 4.0)</p> <p>Website: https://journal.img.co.id/index.php/ijhe</p> <p>Keywords: <i>Family support, Resilience, Tuberculosis.</i></p>	<p>Background: Tuberculosis (TB) is a chronic infectious disease that remains a serious health problem in Indonesia, with the prevalence of cases increasing annually. TB patients face not only physical challenges due to long-term treatment and drug side effects, but also psychological stress, social stigma, and anxiety, which can reduce resilience. Family support is a crucial factor in helping patients cope with the treatment process and maintain motivation and enthusiasm for life.</p> <p>Objective: This study aims to determine the relationship between family support and resilience in TB patients.</p> <p>Methods: This study used a correlational analytic approach with a cross-sectional design. Respondents were 100 TB patients undergoing treatment at Al Islam Hospital, Bandung, selected using a convenience sampling technique. The research instruments included a family support questionnaire based on the Perceived Social Support-Family (PSS-Fa) and the Connor-Davidson Resilience Scale (CD-RISC) resilience questionnaire. Data were analyzed using the Chi-square test.</p> <p>Results: Most patients (65%) had good levels of family support, while 58.5% of patients had good levels of resilience. Statistical tests showed a significant relationship between family support and resilience in TB patients ($p=0.000$).</p> <p>Conclusion: The higher the family support, the better the preventive behavior shown by prediabetes patients.</p>

INTRODUCTION

Tuberculosis (TB) is a chronic infectious disease that remains a serious public health challenge in Indonesia. According to a 2023 report from the Indonesian Ministry of Health, Indonesia ranks second in the world after India in the number of TB cases, with an estimated 1,060,000 cases. This number has increased year after year, especially following the COVID-19 pandemic. In 2023, 330,910 new cases were recorded, up from 324,539 cases the previous year.

In West Java alone, the number of TB cases reached 48,379, with 10,003 cases originating in Bandung City (West Java Health Office, 2023). This high number is influenced by low public awareness of the dangers of TB and the importance of regular treatment. In fact, one TB patient with positive sputum smears has the potential to transmit the disease to 10-15 others, especially within the family. In addition to the physical challenges caused by lengthy treatment and drug side effects, TB patients also face psychological stress, social stigma, and anxiety. The societal perception of TB as a shameful disease can cause patients to feel inferior, isolated, and even experience severe depression. In this context, resilience is a crucial aspect for every TB patient to be able to undergo treatment with enthusiasm and perseverance.

One key factor that can strengthen resilience is family support. Family support is a form of assistance that encompasses emotional, informational, and even instrumental support. This support serves not only as motivation but also as encouragement, ensuring patients remain compliant with treatment and feel less alone in facing their illness (Misgiyanto & Susilawati, 2019; Heriyanti et al., 2020).

Several studies have demonstrated a relationship between family support and resilience in TB patients. For example, research by Erliana Fazriana et al. (2025) found that patients with good family support tend to have high levels of resilience. However, most previous studies have only examined two general aspects of family support, without exploring all four domains of support comprehensively.

This study offers novelty by examining the relationship between four domains of family support—emotional, instrumental, informational, and esteem—and resilience in TB patients, using the PSS-Fa and CD-RISC instruments. Furthermore, the study was conducted with a larger sample size and in the post-pandemic period, making the results more relevant and representative of current conditions.

Therefore, this study is crucial to further explore how the role of the family can enhance resilience in TB patients undergoing therapy. It is hoped that these findings can serve as a basis for developing family-based intervention strategies to reduce treatment dropout rates (lost to follow-up) and improve treatment success.

METHODS

This study used a cross-sectional design with a correlational quantitative approach. The sample amounted to 100 TB patients undergoing treatment at Al Islam Hospital Bandung. The sampling technique used was convenience sampling.

Inclusion criteria:

- 1) Age \geq 18 years
- 2) Undergoing TB treatment
- 3) Able to fill out the questionnaire
- 4) Willing to be a respondent

Exclusion criteria:

- 1) Having mental disorders/complications
- 2) Dropped out of treatment or withdrew during the study.

Instruments:
Family support was measured by PSS-Fa questionnaire (16 items, 4 aspects: emotional, informational, instrumental, and appreciation).

Resilience was measured by CD-RISC (25 items). Data analysis was performed with Chi-square test using SPSS.

RESULT

- Overview of the Research Location
This study was conducted at Al Islam Hospital Bandung, which is one of the private hospitals in Bandung City that is active in the tuberculosis control program through DOTS (Directly Observed Treatment Shortcourse) services. This location was chosen because it has a high number of TB cases and has a good recording and reporting system.
- Characteristics of Respondents
The number of respondents in this study was 100 tuberculosis patients. The characteristics of respondents were seen based on age, gender, latest education, marital status, length of treatment, and side effects of drugs.
- Distribution of Respondents by Age
Most respondents were in the age range of 29 years, entering into productive age, with the youngest age at 19 years old and the oldest age at 64 years old.
- Distribution of Respondents by Gender
Male respondents totaled 53 people (53%), while women were 47 people (47%). This means that the number of TB patients is almost balanced between men and women.
- Distribution of Respondents Based on Education
A total of 49% of respondents were high school graduates, followed by the last education of elementary school (3%), junior high school (20%), and college (21%). The majority of respondents have a middle to lower education level.
- Distribution of Respondents Based on Marital Status
Most of the respondents were married as many as 44 people (44%), while not married as many as 56 people (56%).
- Distribution of Respondents Based on Duration of Treatment
The majority of respondents who were on treatment in month 1 were 51 people (51%).
- Distribution of Respondents Based on Drug Side Effects
A total of 42% of respondents reported experiencing drug side effects such as nausea.
- Distribution of Family Support

Based on the results of measurements using the PSS-Fa (Perceived Social Support from Family) questionnaire, the following data were obtained:

DISCUSSION

The results of this study indicate that family support has a significant relationship with the level of resilience in tuberculosis (TB) patients. Most patients who received good family support also had a high level of resilience (79%). In contrast, the group of patients who received moderate or insufficient family support mostly had moderate resilience (21%). Chi-square test analysis showed a p value = 0.000, which means that the relationship is highly statistically significant.

- Family Support

Family support in this study included four aspects: emotional, instrumental, informational, and appreciation. The results showed that the majority of patients (70%) received sufficient family support. This illustrates that the families of patients in Al Islam Hospital Bandung generally have an active role in the treatment process, either through physical presence, providing information and encouragement, or involvement in daily care.

This finding is in line with previous research by Zulfiana Salsabila (2022) which states that good family support is significantly positively correlated with the resilience of TB patients. In the context of chronic disease patients such as TB, family involvement is very important because it can increase the sense of acceptance, reduce stress, and strengthen the desire to recover (Heriyanti et al., 2020).

- Resilience of TB Patients

As many as 79% of respondents in this study had a good level of resilience. Resilience is defined as an individual's ability to survive and rise from difficult conditions. Patients who have high resilience are able to be more adaptive to pressure, including psychological pressure due to social stigma, long-term treatment, and drug side effects. This study supports the findings of Asmaul (2019) which states that TB patients with high resilience are able to overcome feelings of isolation and continue treatment with high motivation. Resilience is also a protective factor in preventing therapy failure or drug withdrawal (lost to follow-up).

- Relationship between Family Support and Resilience

The relationship between family support and resilience is highly significant ($p = 0.000$). Patients with good family support have a greater chance of having high resilience. This is in accordance with Richardson's theory (in Hendriani, 2018) which states that protective factors such as social support play an important role in shaping resilience.

This research is also consistent with the study of Fazriana et al. (2025) which found that 70.8% of patients with good family support had a higher level of resilience. In chronic disease conditions, the presence of family not only provides practical assistance, but also strengthens the patient's hope and courage to recover.

Families who actively support patients psychologically and practically can reduce stress levels, increase self-confidence, and provide a sense of security which ultimately strengthens the patient's adaptability to their illness.

CONCLUSION

Based on the results of research conducted on 100 tuberculosis patients at Al Islam Hospital Bandung, it can be concluded that:

1. The majority of tuberculosis patients have a sufficient level of family support (70%), especially in the aspects of emotional, instrumental, informational, and appreciation support.
2. Most patients had a good level of resilience (79%), indicating their ability to adapt and survive in the face of long-term treatment challenges and psychosocial stress due to TB disease.
3. There was a significant relationship between family support and the level of resilience of TB patients ($p = 0.000$). Patients who received good family support tended to have higher resilience compared to patients who received adequate or insufficient family support.
4. This finding confirms that family support is an important factor in shaping patients' psychological resilience and improving the success of tuberculosis treatment.

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