



Family Support of Health Promotion on Improving the Quality of Life of Preschool Children

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Abstract. Improving the quality of life for preschool children is one of the important steps in building high-quality human resources. The quality of life of preschool children is an important indicator in assessing the well-being of young children. Family support plays a crucial role in facilitating access to health information, optimal parenting, and the promotion of healthy lifestyles among toddlers. This research aims to determine the family's support in the implementation of health promotion towards the improvement of preschool children's quality of life. The research method uses a literature review, focusing on articles published in the last 10 years. In conclusion, health interventions that strengthen families and increase parental involvement are effective in improving the quality of life of preschool children. Health promotion programs aimed at strengthening the role of the family are a key component. Family support that includes emotional, educational and instrumental aspects is very important. Parental love and attention support children's emotional and social development, while knowledge about healthy lifestyles increases health awareness. Meeting children's basic needs also has a major impact. Health promotion strategies, such as health education, counseling, routine health screening, and community involvement, aim to increase awareness and the active role of families and communities.

Keywords: Keywords: Family Support, Health Promotion, Quality of Life for Children.

1 Introduction

The development carried out by a country will proceed optimally if supported by quality human resources. Quality is not only related to physical growth but also to the development, intelligence, and character possessed (1). The quality of life in preschool-aged children can be defined as the perception of parents or caregivers regarding the

child's living conditions within the cultural context and value system present in their environment. This includes important aspects such as physical health, psychological development, age-appropriate independence skills, social relationships, and the connection with environmental factors that affect the child. Health-related quality of life (HRQOL) can provide a broader aspect of health according to the World Health Organization (WHO) constitution, including aspects of psychosocial health perception, mental health, and well-being. Therefore, HRQOL can comprehensively measure children's health and better identify unknown conditions, social and emotional problems, and poor functioning. The quality of life of preschool-aged children reflects the extent to which their basic needs are met, such as the need for health, education, affection, and stimulation, as well as whether they have the opportunity to grow up happy and content, regardless of their physical health status or the socio-economic conditions of their families (2).

Preschool age, defined in the Ministry of Health Regulation No. 25/2014 on Child Health Efforts as a child between the ages of 60 to 72 months (3). Preschool age is included in the early childhood group, defined in the 2003 National Education System Law on the National Education System as children between the ages of 0 to 6 years (4). The Central Bureau of Statistics (BPS) stated that in 2023, the population of Indonesia was 278.696.200 people, with the number of preschool children amounting to 44.511.900 or 15.99% of the total population of Indonesia (5). This number is the fourth largest child population in the world. This age is a crucial period in a child's development. At this stage, children begin to develop the ability to express ideas and accept new things. Therefore, the quality of life of a child, which includes physical health, psychological state, and social function, becomes an important indicator of the overall development of the child (6).

Quality of life, or Health-Related Quality of Life (HRQOL), measures health comprehensively, including psychosocial health perceptions and WHO well-being (2). Instruments for measuring children's quality of life are divided into two groups: instruments intended for parents to assess their children's quality of life and instruments filled out directly by the children. This measurement is not limited to healthy children or those without diseases but can also be applied to children with certain conditions, such as illnesses, nutritional problems, or disabilities. There are two types of assessment instruments, namely "disease-specific" instruments for children with certain conditions and "general" instruments for children without diseases. The Pediatric Quality of Life Inventory (PedsQL) instrument by Varni (1998) is used to measure health-related quality of life in children and adolescents, both healthy and those with certain diseases (7).

2 Tools and Method

The method used is a literature review, focusing on articles published in the last 10 years. The approach used in this research is to analyze each article related to the theme of the role of family support in health promotion to improve the quality of life of children. The obtained data is then analyzed and combined with relevant references. The information is supported by scientific arguments. This research examines four articles

in depth according to the objectives desired by the researcher and is supported by relevant theoretical foundations. Here is the description of the article source.

Table 1. Diskripsi Artikel

No	Name & Article Title	Study design	Results
1	Bakker, Anne; Streefkerk, Nienke; Bakker, Anouk; van Gorp, Marloes; van Litsenburg, Raphaela; Grootenhuis, Martha; and Irestorm, Elin. A systematic review of health-related quality of life in children and adolescents during treatment for cancer (2023) https://www.ejcped.com/article/S2772-610X(23)00132-0/pdf (8)	Systematic review	Family support is essential for the HRQL of children with acute lymphoblastic leukemia (ALL). Good family functioning, open communication, and emotional support help to improve a child's well-being. Parental stress, low income and single-parent family structure negatively affect a child's HRQL during cancer treatment.
2	Sari, Widia; Azzah, Fhasa Lifiansah; Pamungkas, Rian Adi; Rosya, Ernalinda; Asmirajanti, Mira; Handayani, Eka; Antoni, Antoni. Family Supporting on Quality of Life among Children with Cancer in Women and Children Harapan Kita Hospital, Jakarta. (2023). DOI:10.35654/ijnhs.v6i3.717 (9)	Studi kohort	High family support significantly improved the child's quality of life, especially during the treatment phase. A positive relationship was found between family support and child quality of life, with social functioning scores being higher than school functioning scores. This finding confirms the important role of the family in supporting children's well-being.
3	Puji Wahyuningsih, Heni and Tyastuti, Siti. Model-Based Family Health Promotion To Improve The Quality Of Life Of Children Aged 2-4 Years. (2020). DOI:10.29238/puinova.v1i1.436	Quantitative with pure experimental design	The IMB-based health promotion model significantly improved the quality of life of children aged 2-4 years with a mean difference of 16.90 (p = 0.000). External factors such as parental income and parenting style were influential, with low economic status increasing the risk of poorer QoL.
4	Agustina, Ina; Sabinus, Kedang; and Banhae., Yulianti Kristiani. The Relationship Between Family Support And The Application Of Parenting Patterns (2022) https://jurnal.globalhealthsciencegroup.com/index.php/IJGHR/arti	Analytical observational study with cross-sectional design	Family support is important for children's quality of life. Although 42.8% of respondents rated support positively, authoritarian parenting styles and limited parental understanding of child development were barriers. Socioeconomic status also had a significant impact,

No	Name & Article Title	Study design	Results
	cle/view/1399		highlighting the need to increase parental awareness and skills.
5	Fajar, Nur Alam; Zulkarnain, Mohammad; Taqwa, Ridha; Sulaningsi, Kiki; Ananingsih, Esti Sri; Rachmayanti, Riris Diana; and Sin, Siau Ching. Family Roles and Support in Preventing Stunting: A Systematic Review. (2023) https://ejournal.undip.ac.id/index.php/jpki/article/view/58818 (10)	Systematic review	Families play an important role in preventing stunting by ensuring that children receive proper nutrition and care. Empowering families through education and support is critical, as cultural practices can both hinder and help nutrition efforts. The active involvement of all family members is essential for effective child development and health.

3 Discussion

The quality of life for children is very important in the growth and development process so that they can perform roles and functions like healthy children their age. The quality of life of an individual is defined as the ability to live a normal life based on expectations, standards, and personal concerns influenced by surrounding values and culture. The term "quality of life" refers to an individual's subjective assessment of an acceptable quality of life, which is used to measure the impact of disease and healthcare on quality of life. The quality of a person's life is influenced by their family's support. According to Anisawati in Karmitasari (2022), the variables that generally affect children's quality of life include socioeconomic status, healthcare services, parental education, and social bonds within the family (11).

Early childhood or preschool children are not yet able to meet their needs independently, they are still dependent on the role of parents or caregivers. Family support is needed during the child's growth and development process. (12). Even family support lasts a lifetime, where this support at every stage of the life cycle helps the family function with intelligence and various senses, thus achieving better health and adjustment in family life (13). The support is provided through various factors, including informational, evaluative, instrumental, emotional, and social support. Good family support can improve a child's quality of life. Conversely, if family support is lacking, the child's quality of life will be affected (12). According to Friedman in Aning (2022), there are four types of family support: emotional support, esteem support, instrumental support, and informational support (14).

The nuclear family plays a role in creating an emotionally and physically safe environment, identifying and reducing the impact of stress-inducing events, and supporting the growth and development of each of its members. The form of family support can be seen in the parenting process, where parents, especially mothers, always accompany their children. The closeness of a mother to her child provides an additional sense of

comfort for the child. According to Sari (2023), women have better psychological well-being than men, which in turn increases their ability to support their children (12).

The family is the foundation in the development of national character. The Government Regulation of the Republic of Indonesia number 87 of 2014 divides the functions of the family into 8 (eight) functions, namely religious, socio-cultural, affection, protection, reproduction, socialization and education, economy, and environmental development functions. The function of the family must serve as a foundation and guidance for every family in order to realize a prosperous and quality family. Therefore, the functions of the family must be well understood by all families and couples who are about to start a family so that they can prepare and carry them out properly (15). Children's quality of life is influenced by the psychological well-being of the family and the environment. Good family functioning improves children's psychological well-being. In addition, factors such as life satisfaction, positive emotions, and family support also play an important role in determining children's quality of life (16).

Family support plays an important role in improving the quality of life for children. Parents, as primary caregivers, are also expected to have good physical and psychological conditions to provide optimal support to their children. Several factors influence parents' ability to provide support, such as age, education level, gender, and employment status. Parents who are in middle adulthood and have good psychological well-being are more capable of providing support, such as self-acceptance and good interpersonal relationships. Housewives tend to have more time to care for children without role conflicts, allowing them to give full attention. Moreover, the higher the family support, the better the child's quality of life, with social function being the highest aspect, as interaction with peer groups provides encouragement. Other factors such as nutritional status, age of the child, and medical history also affect their quality of life (17). According to Agustina (2022), family support plays an important role in determining the quality of life of children in Kuanheun Village. Although 42.8% of respondents rated family support as positive, the implementation of parenting practices was rated as "fair" by 79.1% of respondents. The prevalence of authoritarian parenting styles and parents' limited understanding of children's developmental stages are influencing factors. The socio-economic status of families also has a significant impact on children's quality of life. Therefore, efforts must be made to increase parents' awareness and ability to care for their children (18).

This family support is reflected in the pattern of care in meeting physical needs such as meeting nutritional and daily needs, care and maintenance of health, education, and socio-emotional support provided by the family, both father and mother (9). A decrease in the quality of life of children in preschool is influenced by a lack of support from the family, this can affect the quality of adolescence and beyond (11). Family support includes the family's attitudes, actions, and acceptance of its members, where family members feel that individuals who provide support are always willing to help. Family interactions, parenting skills, and family functioning have a significant impact on the psychological well-being of parents and children (19). Good psychological well-being is created when pleasant situations occur both within the family and in the individual's

external environment. Family functioning has a very strong influence on the psychological well-being of children and parents, which plays an important role in achieving happiness throughout life (18)

The findings of Tyas & Agnes (2019) explain that individual behavior is influenced by parenting patterns. Permissive and authoritarian parenting styles negatively impact children's behavior, while authoritative parenting styles have a positive effect. Parental upbringing experiences influence a child's character or self-esteem, which in turn determines the extent to which they can control their attitudes, emotions, and feelings, as well as affecting their satisfaction and quality of life (20). Parenting patterns are a combination of attitudes, practices, and non-verbal expressions used in interacting with children. Parenting styles also serve as a way to influence children both individually and collectively. According to Baumrind's theory in Aning (2022), parenting is a complex activity, consisting of various specific behaviors that individually or collectively play a role in shaping children's developmental outcomes. Parenting involves a series of interactions between parents and children in meeting physical and psychological needs while teaching the norms and values that prevail in society, which significantly influence the behavior of children (14).

Research by Anne Bakker (2023) showed a negative relationship between parental distress and mental health problems and health-related quality of life (HRQL). The family environment has a significant impact on children's HRQL. Research shows that children with highly educated parents tend to report lower quality of life, while large household size is associated with lower emotional and social quality of life. This suggests that family structure and dynamics influence how children cope with illness and treatment (21). Poor family functioning in children diagnosed with acute lymphoblastic leukemia (ALL) was associated with lower HRQL in emotional and social domains. Low household income was associated with lower scores in physical, psychosocial, and social domains. While research on children with cancer conducted by Fhasa, et al (2023) for seven days of follow-up found that there was a significant relationship between family support and quality of life ($p < 0.005$) with a positive correlation. The higher the family support, the better the child's quality of life. This study also found that social functioning had higher and lower mean scores than school functioning (12).

As with child stunting, family engagement plays a key role in addressing stunting. Family-based interventions, such as organizing group meetings for parents, home visits by health workers, nutrition education, and community-based interventions with trained local mentors, are highly effective in improving children's nutritional status. Strong and sustained family support helps parents understand their children's nutritional needs and adopt better care practices. Thus, family-based interventions can significantly improve the nutritional status of stunted children. Aziz Targeting stunted children is a strategic effort to improve the quality of children's growth and development. In this way, the adverse effects of stunting, such as health problems, stunted brain development and effects on intelligence, and various other health problems, can be minimized. Adequate nutrition is the key to supporting children's growth and development. Therefore, the role of the family is very important in caring for stunted children and improving their nutrition. Social support from the community is also needed to improve the family's ability to care for stunted children (22).

Cultural practices that determine eating habits and parenting methods are often rooted in tribal traditions. For example, specific food traditions may affect the nutritional intake of pregnant women and children, affecting their growth and development. The involvement of fathers in decision-making and parenting is crucial. Their active participation can improve family health practices, increase breastfeeding success, and lead to better health outcomes for children. A strong support system for mothers, including emotional and practical support from family members, is also essential to reduce stress and improve their ability to care for children. Families are responsible for managing children's nutritional intake by ensuring a balanced diet and providing nutrition education. The family's ability to provide the right food is critical in the fight against stunting. Health education provided to family members can help them make informed decisions about nutrition and health practices, especially during pregnancy and breastfeeding, which are critical periods for preventing stunting (10).

The importance of family support in improving the quality of life for children necessitates family-based health promotion in enhancing the quality of life for children. One study mentioned that the family-based IMB health promotion model and parental upbringing variables significantly ($p\text{-value} < 0.05$) affect the quality of life of children aged 2-4 years. The health promotion model variable accounts for 2.32 times in 4 dimensions of children's quality of life, and the parental upbringing variable is a determinant of 1.318 times in 4 dimensions of children's quality of life (23). Families play a strategic role in promoting the health of their members through the influence of parents, especially mothers and fathers, who shape healthy and positive behaviors in children. However, research shows gaps in understanding the mechanisms of this family influence, such as lack of theoretical frameworks, diversity of study designs, narrow focus on parental influence, lack of understanding of individual mechanisms, and cultural diversity (24).

Family dynamics play a critical role in shaping the health behaviors of its members through emotional support, role modeling, and a supportive environment. However, there is still a gap in understanding the specific mechanisms of family influence, particularly in different cultural contexts such as Asia, Africa, and the Middle East. The importance of theoretical frameworks such as social cognitive theory and the theory of planned behavior is highlighted to guide more effective health promotion interventions (24). Moving forward, there is a need for family-sensitive health promotion approaches that take into account the unique roles of family members, including in multi-generational households. In addition, this review confirms the importance of a lifelong approach to health promotion that recognizes the interactions among family members at different stages of life. By better understanding family dynamics, public health policies and disease prevention programs can more effectively address the needs of diverse populations while harnessing the power of family systems to promote sustainable healthy behaviors.

4 Conclusion

The family functions as the initial and primary environment in shaping quality human resources and the character of children. As an educational institution, the family nurtures and introduces children to their surroundings and develops their abilities so that they can function well in society. Community empowerment through health promotion within families is very important to enhance parental roles in childrearing as an effort to improve the quality of children's lives.

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