

Analysis of Action Social Family Towards Healing of Pulmonary TB Cases in Madani Hospital Central Sulawesi

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ABSTRACT

Tuberculosis (TB) is an infectious disease that requires both medical treatment and strong social support to ensure patient recovery. This study examines the role of culture, social action, and social systems in supporting TB treatment adherence. A culture emphasizing togetherness, mutual cooperation, and social care provides emotional and instrumental support for patients. Additionally, community health education plays a key role in reducing TB-related stigma and improving treatment adherence. This qualitative study, using a phenomenological design, explores the relationship between social factors including emotional, instrumental, educational, motivational, and behavioral aspects and social action in TB recovery. Through in-depth interviews with TB patients, family members, and health workers, this research investigates the interaction between psychological support, material assistance, education level, and social norms in shaping patient behavior toward treatment. The findings indicate that emotional support from family significantly enhances patient motivation to complete the lengthy treatment process. Instrumental assistance, such as transportation and fulfillment of basic needs, further improves adherence to therapy. Moreover, effective health education reduces social stigma, encouraging patients to seek and continue treatment. The integration of these factors establishes a social system that fosters successful TB recovery. This study concludes that TB treatment success depends not only on medical interventions but also on strong social engagement. A multidimensional approach that combines medical care with social interventions is essential for improving TB control programs. These findings provide a foundation for developing comprehensive health policies that incorporate social aspects into TB control strategies.

Keywords: Pulmonary TB Healing, Culture, Social Action, Social System

1. INTRODUCTION

Health is a dynamic condition influenced by various physical, mental, spiritual, and social factors (Safitri et al., 2024). Based on Law Number 17 of 2023 concerning Health, individual well-being includes socio-economic aspects that enable optimal productivity. Raksanagara (2015) identified four main factors that influence health, namely community behavior, environment, health services, and genetic factors. Poor sanitation and ineffective waste management are the main triggers for various diseases, including Tuberculosis (TB). Therefore, collective awareness and shared responsibility in maintaining environmental cleanliness are crucial in developing public health (Putri et al., 2024). Pulmonary tuberculosis is a dangerous infectious disease that can attack anyone regardless of age and social background.

This disease is caused by *Mycobacterium tuberculosis*, which is spread through the air and is high risk for individuals with weak immune systems. Social and economic factors, such as poverty, malnutrition, and housing density, also increase the risk of spreading TB. WHO (2021) identified that sociodemographic aspects, environment, smoking habits, and comorbidities such as HIV and diabetes contribute to the high incidence of TB in various countries, including Indonesia. In addition, stigma and discrimination against TB sufferers are still obstacles in prevention and treatment efforts (Rahmadani et al., 2023).

Globally, TB is among the ten leading causes of death, with an estimated 10.6 million cases in 2021. Indonesia ranks second after India with 969 thousand cases per year and a death toll of 144 thousand. Global targets for reducing the incidence and

death toll from TB have been set in the Sustainable Development Goals (SDGs) and the End TB 2030 strategy. However, achieving these targets remains a major challenge, especially for countries with a high TB burden. In 2022, the Indonesian Ministry of Health noted that NTB had the highest rate of TB sufferers, while Aceh was the province with the lowest cases. Early detection and treatment efforts have increased, but there are still around 25% of TB cases that have not been reported or reached by health services (Djaharuddin et al., 2024).

In Central Sulawesi, Palu City has the highest incidence of TB, while Banggai Islands has the lowest cases. According Shinta & Manalu (2022), the COVID-19 pandemic has had a significant impact on TB control, with a decrease in detection rates in 2021 due to social restriction policies. However, in 2022, with the relaxation of policies and increased detection of active cases, the TB detection rate increased again. The government continues to strengthen the national strategy in eliminating TB through Presidential Regulation Number 67 of 2021, which includes increasing access to health services, public education, infection control, and the use of research and technology in TB treatment.

Analysis of social action on the healing of pulmonary TB at Madani Hospital, Central Sulawesi shows that patient understanding of TB prevention and treatment is still limited. Social, cultural factors, and changes in individual behavior also influence the effectiveness of treatment. Based on Parsons' theory, social stability in TB treatment can be achieved through adaptation, achievement of goals, integration, and preservation of health values. It is hoped that this study will contribute to innovation and a new paradigm in TB control, both from a theoretical perspective and public health practice. With the involvement of various parties, including the government, health workers, and the community, the TB elimination strategy can be more effective in achieving the target of controlling this disease.

2. METHOD

The research perspective is qualitative research, which designs the researcher's perspective in understanding, describing, and explaining the phenomenon being studied. This perspective is holistic, which means reviewing the phenomenon as a whole by considering the social, cultural, and value contexts inherent in the research subjects. (Moleong, 2012). In order for the analysis carried out to have strong validity, this research also needs to be based on accurate empirical data. WHO (2023) in the global tuberculosis report provides global data on pulmonary TB, which allows researchers to compare local conditions in Central Sulawesi with trends that occur at the global level. This data is very important for understanding the extent to which health policies in Indonesia have been in line with international standards, as well as for identifying specific challenges that may not arise in the context of other countries. In this study, the object of research is the social action of families towards the healing of pulmonary TB cases at the Madani Hospital, Central Sulawesi. This social action includes forms of emotional, instrumental, educational, and motivational support provided by families to pulmonary TB patients, as well as their impact on the success of treatment.

3. DATA ANALYSIS TECHNIQUES

Data analysis techniques are methods used to process data that has been collected in a study to produce valid and accountable findings. Data analysis functions to organize and compile data systematically, interpret, and draw conclusions from existing data (Moleong, 2014). In qualitative research, data analysis techniques do not only focus on statistics or numbers, but also on the meaning contained in the data. Data obtained through interviews, observations, or documents must be analyzed carefully to gain a deep understanding of the phenomena being studied. In general, data analysis techniques in qualitative research include several steps, namely data collection, data reduction, data presentation, and drawing conclusions. Data collection is carried out through in-depth interviews with patients and their families to understand family support in the treatment process. The results of the interviews are transcribed and analyzed using coding techniques to identify important themes, such as emotional support, treatment supervision, and barriers to providing support. The data that has been collected is then reduced by grouping and filtering relevant information for further analysis. After that, the data is presented in the form of narratives, tables, or graphs for easy understanding. The final step is drawing conclusions by interpreting the results of the analysis to provide an in-depth understanding of the family's experience in supporting pulmonary TB patients.

4. RESULTS

Relationship between Independent Variables and Healing of Pulmonary TB Cases

This study analyzes the relationship between independent variables, namely emotional, instrumental, educational, motivational, and behavioral, towards "social action of TB healing," which includes medical care, family supervision, and patient compliance with Tuberculosis (TB) treatment programs. The main focus of this study is to understand how the social dimension affects the success of TB treatment by assessing the role of various factors in increasing family and community involvement in the treatment program. Emotional factors, such as psychological support from family, interact with instrumental factors, such as material assistance and supervision in TB care. In addition, health education plays a role in increasing community knowledge about TB, while individual and family motivation can influence behavior in following treatment. Family and patient behavior, including compliance with treatment regimens and medical instructions, are analyzed to explore their contribution to the TB healing process.

This study also explores the influence of the social dimension on the success of TB treatment, including the relationship between medical care, family supervision, and external factors that influence patient attitudes and behavior. In this context, medical care does not only include the provision of drugs, but also efforts to reduce the social stigma attached to TB sufferers. This study used in-depth interviews with TB patients, their families, and health workers to obtain more comprehensive data on how social factors, such as emotional support and education level, influence patients' decisions in undergoing treatment. The results of this study are expected to provide insight into the importance of a socially-based approach in TB treatment, which can form the basis for developing more holistic health policies that consider social aspects and family support in the management of infectious diseases such as TB.

Emotional Dimensions of Social Action for TB Healing

The emotional dimension, which includes family emotional support, empathy, and anxiety about Tuberculosis (TB), plays an important role in influencing family supervision and patient adherence to treatment. In the context of TB care, emotional support provided by the family can motivate patients to be more committed to following medical treatment, while empathy can create a stronger bond between patients and family members, increasing their involvement in the healing process. On the other hand, anxiety about TB, both felt by patients and family members, can affect how they respond to the treatment and supervision provided. Based on the results of interviews with several mothers who have family members with TB, it was found that emotional support greatly influences patients' decisions to continue treatment. For example, a mother said,

"I feel calmer and more confident with the treatment my husband is undergoing because I always support him, remind him to take his medicine and encourage him every day." (KPB-1-1/2/3).

This statement illustrates how emotional support from family members, in this case the wife, provides positive encouragement for patients to comply with the treatment schedule. In addition, empathy shown by family members often creates a supportive atmosphere, allowing patients to feel valued and cared for, thus being more motivated to undergo regular treatment. In addition to emotional support, empathy also greatly influences the level of participation in medical treatment. One mother said,

"I feel that my child will recover faster if I am always near him, give him more attention and don't let him feel lonely in this treatment process." (KPB-1-1/2/3).

A deep sense of empathy for a sick family member leads to increased supervision and attention, both in terms of medical treatment and in monitoring the patient's daily condition. This is very important in ensuring that TB treatment is carried out properly, considering that TB treatment requires high compliance and strict supervision. Anxiety about TB, both from patients and families, also plays a role in influencing compliance with treatment. Several respondents stated that their anxiety about the possibility of spreading TB to other family members made them more careful and more involved in supervision. One respondent said,

"I am very worried that if I cannot supervise the treatment properly, I could transmit TB to my children. That is why I have to always remind my father to take his medicine on time." (KPB-1-1/2/3).

This anxiety makes family members more active in providing emotional support and ensuring that treatment is carried out properly, although this often carries a significant psychological burden. However, excessive anxiety can also have negative impacts, leading to stress and pressure that can interfere with the treatment process. An interview with a mother showed,

"I feel very anxious every time my husband feels tired or does not want to take his medicine. I am worried that if he does not recover, I will lose him." (KPB-1-1).

Excessive anxiety can create a sense of stress that affects family interactions, which in turn can affect the effectiveness of the emotional support provided. Therefore, it is important for families to manage their anxiety well so that it does not interfere with the treatment process, and instead, to improve the quality of supervision and support for patients. Overall, the emotional dimension plays a very large role in influencing family supervision and patient compliance with TB treatment. Consistent emotional support, genuine empathy, and healthy and well-managed anxiety can increase patient motivation to continue treatment. Conversely, excessive anxiety and lack of adequate emotional support can hinder the effectiveness of treatment and family supervision. Therefore, it is important to pay special attention to the emotional aspect in every interaction between patients, families, and medical personnel to support the success of TB treatment.

Instrumental Dimensions of Social Action for TB Cure

Instrumental support plays an important role in the healing of Tuberculosis (TB), especially in providing practical resources needed by patients to follow the treatment regimen, such as medication, treatment supervision, and access to health facilities. Based on the interview results, family involvement greatly influences patient compliance with treatment, as expressed,

"The family plays a very important role in ensuring that patients take their medication on schedule" (PS-1-1).

In addition, support in the form of transportation and arranging medical visits is also crucial, because limited access can hinder the success of treatment. In some cases, the family plays a dual role in providing financial support for transportation costs and nutritious food during treatment, as stated,

"The financial aspect can be a major obstacle, especially for families who have to bear the cost of transportation to health facilities and buying nutritious food during treatment" (PS-1-1/2/3/4).

Support in supervising medication intake is also very important, where an informant stated,

"The family ensures that patients follow the treatment regimen and provide emotional support" (PS-1-1/2)

which shows that this supervision is not only practical, but also provides psychological encouragement for patients. In addition, in ensuring that patients receive timely medical services, families often utilize support programs, as stated,

"Many families utilize this program, especially those who are financially disadvantaged" (PS-1-1).

Thus, instrumental support that includes financial aspects, drug provision, treatment supervision, and access to health facilities contributes greatly to the success of TB treatment, with family involvement being a major factor in ensuring patient compliance with medical therapy.

Educational Dimension of Social Action for TB Cure

Health education plays an important role in TB treatment, both for patients and families, especially in improving adherence to treatment. One of the most prominent interview results was the importance of family understanding of TB treatment, as conveyed by an informant,

"We ensure that patients follow the treatment regimen and provide educational support and motivation" (PS-1-1)

which shows that education helps families understand the importance of ongoing medical care to prevent drug resistance and the spread of the disease. In addition, education also influences how families provide emotional and practical support to patients, where better educated families are more proactive in monitoring treatment and providing motivation, as stated in the interview,

"We work together with doctors and health workers to ensure that patients comply with the treatment given" (PS-1-1/2)

Overall, education has proven to be an effective tool in improving adherence to TB treatment, where well-educated families better understand the consequences of non-adherence and are more committed to supporting patients, as stated by an informant,

"Treatment for Pulmonary TB has been going on for a long time, with methods that are continuously updated according to medical developments" (PS-1-1/2/3)

Which shows that families with sufficient knowledge can adapt to treatment developments and ensure that patients follow the correct treatment. Finally, the success of TB treatment is greatly influenced by the level of family understanding and involvement in health education, and without adequate education, families may have difficulty providing the necessary support for patients undergoing long and intensive treatment, so a broader and more in-depth education strategy is needed.

Motivational Dimensions for Social Action for TB Cure

Motivation plays an important role in patient compliance with TB treatment, which can come from internal motivation such as the desire to recover and live a normal life, as well as external motivation involving support from family, medical personnel, and the social environment. Interview results show that the family plays a major role in ensuring that patients follow the treatment schedule and provide emotional support, as conveyed by the informant,

"The family ensures that patients follow the treatment regimen and provide emotional support" (PS-1-1/2).

In addition, medical personnel also play a role in providing education and motivation for patients to continue undergoing treatment, as stated in the interview,

"We ensure that patients receive their medication regularly, monitor side effects, and provide educational and motivational support" (PS-1-1).

Social support from the community also influences patients' attitudes in undergoing treatment, especially in reducing stigma and shame, as expressed in the interview,

"Stigma still exists, but families who are well-educated tend to be more supportive and try to protect family members from discrimination" (PS-1-1/2/3/4).

Overall, motivation from these various sources interact with each other and create an environment that supports patient recovery, showing that adherence to TB treatment does not only depend on medication, but also on strong support from family, medical personnel, and the surrounding community.

Behavioral Dimensions Towards Social Action for TB Healing

Family and patient behavior play an important role in the success of TB treatment, especially in following the treatment

regimen with discipline. Families who actively remind patients to take their medication regularly contribute to patient compliance, as stated by the informant,

“The family plays a big role in ensuring that patients take their medication on schedule” (PS-1-1).

However, traditional beliefs can be an obstacle, as stated in the interview,

“There are some families who believe that TB is the result of evil spirits or curses, which can affect their compliance with medical treatment” (PS-1-1/2)

Emotional support from the family has also been shown to play an important role in patient motivation to undergo treatment with discipline, as stated by the informant,

“The family ensures that patients follow the treatment regimen and provide emotional support” (PS-1-1/2).

However, social stigma is still an obstacle, as stated,

“Stigma still exists, but well-educated families tend to be more supportive and try to protect family members from discrimination” (PS-1-1/2/3/4).

Therefore, disciplined family behavior, acceptance of medical treatment, and reduction of stigma are the main factors in the success of TB treatment, so that educational strategies and increasing family awareness are needed to support patient compliance with treatment.

5. DISCUSSION

The relationship between emotional, instrumental, educational, motivational, and behavioral in TB healing can be explained through Parsons' AGIL theory and Max Weber's social reality theory. Align with research from Rosyanti & Hadi (2021), emotional support from the family plays a role in increasing the patient's mental resilience, reducing stress, and increasing adherence to treatment. Patients who feel emotionally supported are more motivated to complete therapy and face the social stigma they often experience. However, the effectiveness of emotional support is influenced by the family's level of education, where families with better medical understanding tend to provide more effective support (Romalasari & Astuti, 2020). In addition, instrumental support in the form of practical assistance such as providing nutrition, transportation, and monitoring treatment is very important in ensuring patient adherence to therapy, although economic barriers and limited health facilities are often the main obstacles. Education plays a crucial role in increasing family and community understanding of TB, which contributes to increasing patient adherence and reducing stigma towards this disease (Syarif & Adiaksa, 2023).

Families who have sufficient information about TB are better able to provide optimal support, both in supervising treatment and in ensuring that patients remain disciplined. In addition, patient motivation in completing therapy can be strengthened through social encouragement from family and community, as well as an understanding of the medical consequences of stopping treatment. Community-based programs involving education and social support have been shown to be effective in increasing patient motivation to continue with therapy until completion (Parasian & Rohayati, 2024). Supportive family behaviors, such as ensuring patient adherence to treatment schedules and creating a positive environment, also play a major role in the success of TB therapy. Adoption of healthy behaviors in families can reduce the risk of drug resistance and increase the effectiveness of treatment (Nurhidayah, 2023). Therefore, a more integrated approach is needed involving patients, families, health workers, and communities to create more effective emotional, practical, and educational support (Johan, 2024). Health policies also need to focus on increasing access to medical services, reducing economic barriers, and utilizing technology to support patient adherence to TB treatment, so that the spread of the disease can be controlled and overall public health can be improved.

6. CONCLUSIONS AND RECOMMENDATIONS

Cultural values play an important role in supporting TB patient healing through various dimensions, namely emotional, instrumental, educational, motivational, behavioral. Social action plays an important role in TB healing through emotional, instrumental, educational, motivational, behavioral dimensions. Social systems supporting TB healing play a role in ensuring the sustainability and effectiveness of treatment through all five dimensions. Increasing family support in TB treatment emotional and instrumental support from the family has been shown to be very important in supporting patient adherence to TB treatment. Strengthening social motivation and increasing effective health education to the community can reduce the stigma of TB and increase public knowledge about this disease. It is hoped that further researchers will examine further how social factors such as culture, economy, and family relationships affect patient adherence to TB treatment and compare the effectiveness of TB treatment programs in various regions to find the best strategy that can be applied in other locations.

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