

# HUBUNGAN DUKUNGAN KELUARGA DENGAN KEPATUHAN PENGENDALIAN HIPERTENSI PADA LANSIA DI PUSKESMAS PANDAK 1 BANTUL YOGYAKARTA

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## INTISARI

**Latar Belakang :** Hipertensi merupakan salah satu penyakit mematikan di dunia. Hipertensi merupakan penyakit kronis yang membutuhkan pengendalian terus menerus dan seumur hidup. Agar penderita hipertensi dapat patuh dalam pengendalian hipertensi maka dibutuhkan peran serta keluarga untuk membantu penderita.

**Tujuan Penelitian :** Diketahui hubungan antara dukungan keluarga dengan kepatuhan pengendalian hipertensi pada lansia di Puskesmas Pandak 1 Bantul Yogyakarta.

**Metode Penelitian :** Desain penelitian *deskriptif analitik corelational* dengan rancangan *cross sectional*. Sampel dipilih dengan menggunakan teknik *purposive sampling* dengan kriteria inklusi dan eksklusi dan didapatkan sampel sejumlah 70 responden. Variabel yang diukur pada penelitian ini adalah dukungan keluarga dan kepatuhan pengendalian hipertensi pada lansia. Uji statistik yang digunakan adalah *kendall tau*. Instrumen penelitian menggunakan kuesioner.

**Hasil Penelitian :** Karakteristik responden hipertensi di Puskesmas Pandak 1 Bantul Yogyakarta tertinggi adalah berjenis kelamin perempuan sebesar 51,4%, umur 60-74 tahun 92,9%, berpendidikan SD 51,4%. Dukungan keluarga tertinggi dalam kategori sedang sebesar 60,0%, kepatuhan pengendalian hipertensi tertinggi dalam kategori sedang sebesar 77,1%. Hasil uji hipotesis diperoleh nilai koefisien korelasi sebesar 0,358 yang menunjukkan keeratan hubungan dukungan keluarga dalam kategori rendah, dan *p-value* sebesar 0,004.

**Kesimpulan :** Ada hubungan antara dukungan keluarga dengan kepatuhan pengendalian hipertensi pada lansia.

**Kata Kunci :** *Dukungan Keluarga, Kepatuhan, Lansia, Hipertensi.*

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# THE CORRELATION OF FAMILY SUPPORT AND COMPLIANCE OF HYPERTENSION CONTROL AMONG ELDERLY IN PANDAK PUBLIC HEALTH CENTER 1 BANTUL, YOGYAKARTA

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## ABSTRACT

**Background:** Hypertension is one of the deadly diseases in the world. Hypertension is a chronic disease which requires continuous lifelong control. To make hypertension patients comply with hypertension control, family contribution is required.

**Research Purpose:** To determine the relation between family support and compliance of hypertension control among older people in Pandak Public Health Center 1 Bantul, Yogyakarta.

**Research Method:** The research design was descriptive analytic correlational with cross sectional design. Sample was selected using purposive sampling technique with inclusion and exclusion criteria, resulting in 70 respondents. The variables measured in this research were family support and compliance with hypertension control in elderly people. The statistical test used was *kendall tau*. The research instrument was questionnaire.

**Research Result:** The highest characteristics of hypertension respondents in Pandak Public Health Center 1 Bantul, Yogyakarta was female (51,4%), 60-74 years old (92,9%), elementary school education (51,4%). The highest family support was medium (60,0%). The highest compliance with hypertension control was medium (77,1%). The hypothesis test result showed that coefficient correlation value is 0,358, showing that the relation of family support was low and *p-value* is 0,004.

**Conclusion:** There is relation between family support and compliance of hypertension control in elderly people.

**Keywords:** *Family Support, Compliance, Elderly People, Hypertension.*

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