

HUBUNGAN DUKUNGAN KELUARGA DENGAN KEPATUHAN DIET RENDAH GARAM DAN KEPATUHAN MINUM OBAT PADA PENDERITA HIPERTENSI

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INTISARI

Latar belakang Hipertensi sebagai peningkatan darah yang berulang >140 mmHg (Sistolik) dan >90 mmHg (Diastolik). Akibat hipertensi disebabkan pola hidup buruk, lingkungan, pendidikan, pengalaman dan kurang pengetahuan masyarakat mengenai penanganan pada penderita hipertensi. Perlunya pembaharuan gaya hidup dan dukungan sekitar dalam upaya meningkatkan kepatuhan diet pada penderita hipertensi.

Tujuan: Untuk mengetahui adanya hubungan dukungan keluarga dengan kepatuhan diet rendah garam dan minum obat pada penderita hipertensi

Metode: penelitian ini adalah kuantitatif dengan metode *simple random sampling*. Sampel yang digunakan penelitian ini sebanyak 78 dipedukuhan wonosodilor, Wates, Kulonprogo, Yogyakarta.

Hasil: Hasil univariat sebanyak 42 responden (53,8%) memiliki dukungan keluarga yang cukup, 20 responden (25,6%) memiliki dukungan keluarga yang baik, dan 16 responden (20,5%) memiliki dukungan keluarga yang kurang. Berdasarkan univariat dukungan keluarga sebanyak 46 responden (59,0%) patuh dalam diet rendah garam dan sebanyak 32 responden (41,0%) tidak patuh dalam diet rendah garam. Hasil univariat kepatuhan minum obat sebanyak 51 responden (65,4%) tidak patuh dalam minum obat dan sebanyak 27 responden (34,6%) patuh dalam minum obat. Hasil analisis bivariat menunjukkan sebanyak 26 responden (33,3%) memiliki dukungan keluarga yang cukup dan patuh dalam diet rendah garam. Dan hasil bivariat menunjukkan sebanyak 28 responden (35,9%) memiliki dukungan keluarga yang cukup dan tidak patuh dalam minum obat.

Kesimpulan : Adanya hubungan dukungan keluarga dengan kepatuhan diet rendah garam dan kepatuhan minum obat pada penderita hipertensi.

Kata kunci: Hipertensi, Dukungan Keluarga, Kepatuhan Diet Rendah Garam, Kepatuhan Minum Obat.

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**THE RELATIONSHIP BETWEEN FAMILY SUPPORT WITH LOW SALT
DIET COMPLIANCE AND MEDICINAL COMPLIANCE IN
HYPERTENSION PATIENTS**

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ABSTRACT

Background: Hypertension is a repeated increase in blood >140 mmHg (Systolic) and >90 mmHg (Diastolic). The consequences of hypertension are caused by a bad lifestyle, environment, education, experience and lack of public knowledge about handling hypertension sufferers. The need for lifestyle renewal and surrounding support in an effort to improve dietary adherence in hypertension sufferers.

Purpose: To determine the relationship between family support and adherence to a low-salt diet and taking medication in hypertension sufferers.

Method: This research is quantitative with simple random sampling method. The sample used in this study was 78 in Wonosodilor, Wates, Kulonprogo, Yogyakarta.

Results: Univariate results as many as 42 respondents (53.8%) had adequate family support, 20 respondents (25.6%) had good family support, and 16 respondents (20.5%) had insufficient family support. Based on univariate family support, 46 respondents (59.0%) adhered to the low-salt diet and 32 respondents (41.0%) did not adhere to the low-salt diet. The unvariable results of medication adherence were 51 respondents (65.4%) were not compliant in taking medication and as many as 27 respondents (34.6%) were adherent in taking medication. The results of the bivariate analysis showed that 26 respondents (33.3%) had adequate family support and adhered to a low salt diet. And the bivariate results show that as many as 28 respondents (35.9%) have sufficient family support and are not compliant in taking medication. **Conclusion:** There is a relationship between family support and adherence to a low-salt diet and medication adherence in hypertension sufferers.

Keywords: Hypertension, Family Support, Low Salt Diet Compliance, Medication Compliance.

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