

**HUBUNGAN DUKUNGAN KELUARGA DENGAN KEPATUHAN DIET
PASIEN HIPERTENSI DI POLI RAWAT JALAN
RSUD PANEMBAHAN SENOPATI
BANTUL YOGYAKARTA**

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INTISARI

Latar Belakang : Berdasarkan data Riskesdas (2013), prevalensi hipertensi di Indonesia adalah sebesar 26,5% dan cakupan diagnosis hipertensi oleh tenaga kesehatan mencapai 36,8%. Diet merupakan salah satu cara untuk menurunkan hipertensi. Kepatuhan diet sangat berpengaruh terhadap tekanan darah pada penderita hipertensi, dan dukungan keluarga sangat berperan penting dalam penatalaksanaan diet pada penderita hipertensi.

Tujuan Penelitian : Mengetahui hubungan antara dukungan keluarga dengan kepatuhan diet pasien hipertensi di Poli Rawat Jalan RSUD Panembahan Senopati Bantul Yogyakarta.

Metode Penelitian : Desain penelitian *deskriptif analitik corelational* dengan rancangan *cross sectional*. Sampel diambil dengan teknik *Accidental sampling* yaitu 31 pasien hipertensi. Instrumen penelitian adalah kuesioner dukungan keluarga dengan 18 pernyataan dan kuesioner kepatuhan diet dengan 13 pernyataan. Hasil penelitian dianalisis dengan *Lambda*.

Hasil penelitian : Karakteristik pasien hipertensi di Poli Rawat Jalan RSUD Panembahan Senopati Bantul mayoritas adalah berumur 41-65 tahun (64,5%), berjenis kelamin perempuan (51,6%), berpendidikan SLTA (25,8%) dan tidak memiliki pekerjaan (51,6%). Dukungan keluarga pada pasien hipertensi kategori tinggi (61,3%). Kepatuhan diet hipertensi pasien hipertensi kategori patuh (64,5%). Hasil uji hipotesis diperoleh nilai koefisien *lambda* sebesar 0,545 dan *p* sebesar 0,022.

Kesimpulan : Ada hubungan positif yaitu semakin tinggi dukungan keluarga maka semakin patuh terhadap diet hipertensi dengan keeratan hubungan sedang antara dukungan keluarga dengan kepatuhan diet pasien hipertensi di Poli Rawat Jalan RSUD Panembahan Senopati Bantul Yogyakarta.

Kata kunci : dukungan keluarga, kepatuhan diet, Hipertensi

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THE CORRELATION OF FAMILY IS SUPPORT AND DIETARY ADHERENCE OF HYPERTENSIVE PATIENTS AT OUTPATIENT INSTALATION OF GENERAL HEALTH PANEMBAHAN SENOPATI BANTUL YOGYAKARTA

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ABSTRACT

Background: Based on Riskesdas (2013), hypertension prevalence in Indonesia is 26.5% and only 36,8% of its number was covered by health workers. Dietary is one of the method to decrease hypertensive. Adherence on diet of hypertensive patient will affect their blood pressure. Family's support is one of the important role in dietary management of hypertensive patient.

Research objective: To identified the correlation between family's support and dietary adherence of hypertensive patient at outpatient Instalation General Health Panempahan Senopati Bantul Yogyakarta.

Research method: The research was a descriptive analytical correlational with cross sectional design. The sample was collected using accidental sampling method involving 31 patients. The research instrument was family support questionnaire with 18 questions and dietary adherence questionnaire with 13 questions. Lambda was used to analyze the data.

Research result: The characteristics of hypertensive patients at outpatient Instalation in General Health Panembahan Senopati Bantul were mostly 41-65 years old (64.5%), female (51.6%), high schoold graduates (25.8%), and unemployment (51,6%). Family support of the hypertensive patients was high (61,3%). The dietary adherence of the hypertensive patients was high (64.5%). Based on the hypothesis test the lambda score was 0.545 and $p=0.022$.

Conclusion: There was a positive correlation between family support and dietary adherence the higher family support, the more adhere the hypertensive patients to the dietary. Family support and the dietary adherence of the hypertensive patients in outpatient Instalation of General Health Panembahan Senopati Bantul Yogyakarta were relatively related.

Keywords: *family's support, dietary adherence, hypertensive, hypertensive patient*

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