

The Relationship Between Family Support and Elderly Behavior in Hypertension Control in the Working Area of Tiga Balata Health Center

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ABSTRACT

Support from family and friends is needed in the management of people with hypertension. The family is *a support system* in the life of people with hypertension, so that their condition does not get worse and avoid complications due to hypertension. The purpose of this study was to determine the relationship between family support and the behavior of the elderly in controlling hypertension at Tiga Balata Health Center, Simalungun Regency. This study uses a quantitative method, this type of research is analytic with a cross sectional approach. The population of this study were 33 hypertensive patients at Tiga Balata Health Center. The sample of this research is 33 respondents. Most of the elderly have good family support as many as 17 respondents (52.8%). And most of the elderly have good behavior as many as 20 respondents (60.6%). *Chi-square* test results with a significance level of 0.05 indicate that the p value is 0.000 ± 0.05 , meaning H₀, it is accepted that there is a relationship between family support and elderly behavior in controlling hypertension at Tiga Balata Health Center, Simalungun Regency. The result of Chi Square 0.573 is positive, which means that the poorer the family support, the lower the behavior of the elderly. Good family support with good elderly behavior 14 respondents (87.5%) and good family support with bad elderly behavior 2 respondents (12.5%), poor family support with good elderly behavior 3 respondents (17.6%) and family support not good with the behavior of the elderly is not good 14 respondents (82.4%). The behavior of the elderly in controlling hypertension must at least be accompanied by a good family and also good motivation from the family.

Keywords:

Family Support, Elderly Behavior, Hypertension Control

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1. INTRODUCTION

Support from family and friends is needed in the management of people with hypertension. Support from family is the most important factor in helping individuals solve problems. Family support will increase self-confidence and motivation to face problems and increase life satisfaction. In this case the family must be involved in educational programs so that the family can meet the patient's needs, know when the family should seek help and support adherence to treatment. The family is *a support system* in the life of people with hypertension, so that their condition does not get worse and avoid complications due to hypertension. If uncontrolled hypertension is not handled optimally it will result in a return of hypertension symptoms which is usually called hypertension recurrence. If people with hypertension do not prevent and treat their hypertension optimally, people with hypertension will be at risk of experiencing complications [9].

According to WHO (*World Health Organization*) in 2015 cardiovascular disease has caused 17 million deaths each year due to complications of hypertension, which is around 9.4 million annually worldwide (*A Global Brief on Hypertension*, 2015) Based on the results of blood pressure measurements, the prevalence of hypertension in population aged 60 years and over in Indonesia is 31.7%. The highest prevalence of hypertension is in South Kalimantan 39.6% and the lowest is in West Papua 20.1%). The provinces of East Java, Bangka Belitung, Central Java, Central Sulawesi, DI Yogyakarta, Riau, West Sulawesi, Central Kalimantan and West Nusa Tenggara are

provinces with a higher prevalence of hypertension than the national rate. East Java Province has a prevalence of 37.4%; Bangka Belitung 37.2%; Central Java 37%, Central Sulawesi 36%, DI Yogyakarta 35.8%; Riau 34%; West Sulawesi 33.9%; Central Kalimantan 33.6%; and West Nusa Tenggara 32.4% (Report on Basic Health Research Results [7]).

Proper handling of hypertension can reduce the chances of recurrence and complications of hypertension. The most important thing for treating hypertension is how to treat it, such as regulating diet, physical activity, health control and stress management. Seeing the description above, the researcher wants to raise the title of research on the Relationship of Family Support with Elderly Behavior in Controlling Hypertension in the Working Area of Tiga Balata Health Center, Simalungun Regency.

Formulation of the problem

The formulation of the problem in this study is: is there a relationship between family support and elderly behavior in controlling hypertension in the working area of Tiga Balata Health Center, Simalungun Regency?

2. METHOD

Research design

This type of research is an analytic observational research, namely research that explains the relationship between variables through hypothesis testing. While the research design uses *cross-sectional*, namely research that emphasizes the time of measurement/observation of independent and dependent variable data only once at one time [4]. Measurement of research data (independent and dependent variables) was carried out once and simultaneously. This study analyzes the relationship between family support and elderly behavior in controlling hypertension in the working area of Tiga Balata Health Center, Simalungun Regency.

Research sites

This research was conducted at Tiga Balata Community Health Center, Simalungun Regency.

Research time

The research was carried out in July 2022.

Population

Population is the subject of research. If someone wants to examine all the elements in the research area, then the research is a population study [2]. The population in this study were hypertensive patients who were treated at the Tiga Balata Health Center from April to June 2019. The number of patients who came was 99 people in the last three months. If the average is taken, the total population is 33 people in *total sampling*.

Sample

The sampling technique is a sample selection process used in research from the existing population, so that the number of samples will represent the entire existing population [13].

3. RESULTS AND DISCUSSION

Family Support for the Elderly

The results of research on elderly behavior in controlling hypertension showed good elderly behavior as many as 20 respondents (60.6%), while for bad behavior 13 respondents (39.4%). From the results of the analysis of the questionnaire on the magnitude of the behavior of the elderly from 33 respondents, it was obtained that the answers from the respondents were the lowest in the resting pattern of 36.18%,

According to the researchers' assumption that the rest of the elderly is low so that the need for sleep is reduced, one of the effects of sleep deprivation is cardiovascular disease, one of which is high blood pressure or hypertension. The elderly must adjust their rest pattern by sleeping during the day so that the body becomes refreshed. Proper handling of hypertension can reduce the chances of recurrence and complications of hypertension. Hypertension control behavior provides benefits to reduce and prevent recurrence of hypertension, complications that occur due to hypertension can be reduced, hypertension is managed properly so that their health can be maintained properly. Elderly behavior is the attitude of the person concerned and the elderly population group. The behavior itself is grouped into: eating patterns, resting patterns, activity patterns, medication. However, from the results of the study it was found that the pattern of rest has the lowest value in the behavior of the elderly.

This is supported by the theory [19] that resting patterns are something that must be done for people with hypertension. The most frequent rest pattern is sleep pattern/sleep quality. The increasing number of elderly people is accompanied by health problems they face. The degenerative process in the elderly causes a decrease in physical, psychological and social conditions. One of the effects of physical changes that are often experienced by the elderly is sleep disturbances. Sleep disturbances become more common and very disturbing with age. After being over 40

years old, the body becomes more susceptible to disease, so parents often experience poor quality sleep. Sleep is a natural phenomenon, sleep is a necessity for human life. Sleep is a part of human life that has many portions, on average, almost a quarter to a third of the time is spent sleeping.

Elderly Behavior in Hypertension Control

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Family Support with Elderly Behavior in Hypertension Control

Good family with good elderly behavior 14 respondents (87.5%) and good family support with bad elderly behavior 2 respondents (12.5%) with good family support 16 respondents, poor family support with good elderly behavior 3 respondents (17.6%) and poor family support with bad elderly behavior 14 respondents (82.4%) with poor family support as many as 17 respondents and overall good elderly behavior 17 respondents (51.5%) and not good 16 respondents (48.5%).

The results showed that the relationship between family support and elderly behavior in controlling hypertension from the chi square calculation obtained $p = 0.000 < \alpha = 0.05$ and a closeness value of 0.573, which is positive and the strength is moderate. So the researcher assumes that there are respondents with good family support but their behavior towards hypertension control is still not good because the level of enthusiasm of the elderly for hypertension control is also still lacking in influencing the elderly to control hypertension. And there are also respondents with poor family support but good behavior towards controlling hypertension because the level of enthusiasm is high and respondents (elderly) care about their condition, especially in terms of controlling hypertension and it is possible that the desire to control the disease arises because the elderly have experienced pain due to hypertension which is not Good.

4. CONCLUSION

Research can be concluded the following conclusions, family support in controlling hypertension in the Tiga Balata Simalungun Health Center area, as many as 17 respondents (51.5%) received good support. The behavior of the elderly in controlling hypertension in the Working area of the Tiga Balata Simalungun Health Center as many as 20 respondents (60.6%) got good behavior. There is a relationship between family support and the behavior of the elderly at Tiga Balata Health Center in controlling hypertension.

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