

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA FAKULTAS
KESEHATAN PROGRAM STUDI ILMU KEPERAWATAN**

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**HUBUNGAN DUKUNGAN KELUARGA DENGAN KEPATUHAN DIET
HIPERTENSI PADA LANSIA DI PUSKESMAS KRANGKENG
KABUPATEN INDRAMAYU**

ABSTRAK

Dukungan keluarga adalah sikap, tindakan penerimaan keluarga terhadap anggota keluarganya, berupa dukungan informasional, dukungan penilaian, dukungan instrumental dan dukungan emosional. Maka dapat disimpulkan bahwa dukungan keluarga adalah suatu dukungan yang berpusat pada dukungan-dukkungan sosial dan dipandang oleh anggota keluarga sebagai sesuatu yang dapat diakses dan membantu serta mampu memberikan pertolongan dan bantuan. Tujuan penelitian ini adalah untuk mengetahui hubungan dukungan keluarga dengan kepatuhan diet hipertensi pada lansia di Puskesmas Kerangkeng Kabupaten Indramayu.

Jenis penelitian ini adalah penelitian kuantitatif menggunakan metode deskriptif korelasi dengan menggunakan pendekatan *cross sectional*. Sampel penelitian ini adalah lansia penderita hipertensi di puskesmas kerangkeng yang berjumlah 31 responden dengan menggunakan teknik *purposive sampling*. Variabel *independent* dukungan keluarga dan *dependent* kepatuhan diet hipertensi. Instrument penelitian menggunakan lembar kuesioner dengan pengolahan data *editing, coding, scoring, tabulating*, dan uji statistik menggunakan uji *rank spearman*.

Hasil analisa univariat sebagian besar (83,9%) mendapatkan dukungan keluarga yang baik sejumlah 26 orang, dan 15 orang (48,4%) patuh terhadap diet hipertensi. Berdasarkan uji rank spearman didapatkan *p-value* <0,001 dimana $p < 0,05$ $r = 0,827$. Hal tersebut menunjukkan H_0 ditolak, artinya terdapat hubungan antara dukungan keluarga dengan kepatuhan diet hipertensi pada lansia.

Kata kunci : Dukungan keluarga, kepatuhan, diet hipertensi, lansia

**MAHARDIKA INSTITUTE OF TECHNOLOGY AND HEALTH FACULTY
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***THE RELATIONSHIP OF FAMILY SUPPORT WITH DIET COMPLIANCE
WITH HYPERTENSION IN THE ELDERLY AT KERANGKENG HEALTH
CENTER, KERANGKENG DISTRICT, INDRAMAYU DISTRICT***

ABSTRACT

Family support is an attitude, an act of family acceptance towards family members, in the form of informational support, assessment support, instrumental support and emotional support. So it can be concluded that family support is a support that is centered on social supports and is seen by family members as something that can be accessed and helpful and is able to provide help and assistance. The aim of this study was to determine the relationship between family support and hypertension diet compliance in the elderly at the Kerangkeng Community Health Center, Indramayu Regency.

This type of research is quantitative research using descriptive correlation methods using a cross-sectional approach. The sample for this research was elderly people suffering from hypertension at the Skelkeng Community Health Center, totaling 31 respondents using purposive sampling techniques. The independent variable is family support and the dependent variable is hypertension diet compliance. The research instrument uses a questionnaire sheet with data processing editing, coding, scoring, tabulating, and statistical tests using the Spearman rank test.

The results of the univariate analysis showed that the majority (83.9%) had good family support, 26 people, and 15 people (48.4%) adhered to the hypertension diet. Based on the Spearman rank test, the p -value was <0.001 , where $p < 0.05$ $r = 0.827$. This shows that H_0 is rejected, meaning that there is a relationship between family support and hypertension diet compliance in the elderly.

Keywords: Family Support, Compliance, Hypertension Diet, Elderly