



Relationship Between Family Support and Attitude with Self Care Behavior of Hypertension Patients in The Working Area of Simpang Tiga Community Health Center, Pidie Regency in 2025.

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Abstract. Hypertension is reported to be one of the leading causes of cardiovascular disease worldwide and remains a major challenge in the health sector. Hypertension is a world problem both on a global and national scale. This study aims to determine the relationship between family support and attitudes towards self-care behavior in patients with hypertension in the Meureudu Health Center Working Area, Pidie Jaya Regency. This research method uses an analytic survey method with a cross sectional approach. This research was conducted on June 22nd to July 6th, 2023. The population in this study were all hypertensive patients in the Meureudu Health Center Working Area, totaling 1098 people. The sampling technique in this study was purposive sampling technique which amounted to 92 respondents. The results of this study indicate that there is a relationship between family support and self-care behavior in hypertensive patients ($0.00 < 0.05$), and there is a relationship between attitudes and self-care behavior in hypertensive patients ($0.00 < 0.05$). The conclusion of this study is that there is a relationship between family support and attitudes towards self-care behavior in hypertensive patients in the Meureudu Health Center Working Area, Pidie Jaya Regency. As a health service, health centers are expected to provide health promotion and efforts to improve patient compliance in carrying out treatment and self-care behavior and disease control. Such as including support from the family as a form of health promotion in hypertensive patients

Keywords: Self Care Behavior, Hypertension, Family Support, Attitude

INTRODUCTION

Hypertension or high blood pressure is an increase in systolic blood pressure of more than 140 mmHg and diastolic blood pressure of more than 90 mmHg on two measurements with an interval of five minutes in a state of rest / calm (Kemenkes RI, 2019). Hypertension is a disease with a very high mortality and morbidity rate in the world. Hypertensive disease has become a major public health problem in Indonesia and in several countries in the world. It is estimated that there will be an 80% increase in hypertension cases, especially in developing countries in 2025 from a total of 639 million cases in 2000, estimated to be 1.15 billion cases in 2025 [1]. Self-care behavior is an important thing that needs to be considered by clients with hypertension as measured by several components, namely the use of drugs, low salt diet, physical activity, smoking, weight management and alcohol consumption[2]. Blood pressure management is a lifelong commitment that requires time, patience, and diligent care by the patient himself and the family who acts as an encourager and provider of patient social support. Family social support provided is a factor that determines the degree of hypertension in family members who suffer from hypertension [3]. In addition, Flynn et al., (2013) stated that family social support determines the achievement of the success of hypertension self-care management and efforts to minimize the incidence of hypertension[4]. In hypertensive patients, it is important to monitor

blood pressure to keep it within normal limits and always stable. This can usually be achieved if the patient really implements a healthy lifestyle, starting from regular exercise, losing weight, regulating food, avoiding consuming alcohol and avoiding smoking. However, in most cases of hypertension, living a healthy lifestyle is not enough to keep blood pressure under control, so people with hypertension still need to take medication to control their blood pressure. In other words, in some cases a combination of lifestyle changes and medication can make hypertension management work more effectively [5]. In addition to the hypertensive patient himself, another factor that supports patients to succeed in managing hypertension is the family. The family has an important role in providing support in treatment and influencing the behavior of patients, the family is the closest person who is directly related to aspects of patient care[6]. Hypertension being a chronic disease requires a self-management program to prevent further complications that can result in death. The World Health Organization recorded in 2016 at least 972 million cases of hypertension, estimated to be 1.15 billion in 2025 or about 29% of the total world population and of the 972 million people with hypertension, 333 million are in developed countries and the remaining 639 million are in developing countries, including Indonesia. Lack of attention to self-care behavior in clients with hypertension is a major cause of failure to improve the quality of life of clients with hypertension. Self-care behaviors that are performed effectively are beneficial for increasing patient satisfaction in life, reducing treatment costs, increasing self-confidence, patient independence, and improving patient quality of life. These factors require management of hypertensive clients so that their belief in the effectiveness of care becomes an important element in the client's readiness to change (11). Nurses are expected to create new breakthroughs in improving good hypertension management by paying attention to client self-care behavior and the factors that influence it [2]. Efforts to overcome the continuous increase in blood pressure and prevent complications, good self-care management is needed so as to improve the quality of life of people with hypertension. People with hypertension are important to control and care for themselves. Starting to quit smoking, maintaining a healthy diet, maintaining ideal body weight, diligently doing physical activity, and managing stress. In addition, people with hypertension need to do regular health checks and blood pressure measurements to control their blood pressure to remain stable [7]. Based on data from the World Health Organization (WHO) in 2016, it was reported that 71.3% of the causes of death in the world were non-communicable diseases and also constituted 60.7% of the causes of death in developing countries. Whereas in 2015, it was reported that of the 17 million premature deaths (under the age of 70) due to non-communicable diseases, 82% were in low- and middle-income countries, and 37% of the 17 million deaths were caused by CVD [8]. The main cause of CVD (Cardiovascular Disease) that is still widely suffered by the world population is hypertension. According to the World Health Organization (WHO), that in 2012 at least 839 million cases of hypertension. WHO data (2015) also shows that around 1.13 billion people in the world have hypertension, meaning that 1 in 3 people in the world are diagnosed with hypertension and it is estimated that by 2025 it will be 1.15 billion or around 29% of the total world population and it is estimated that every year 9.4 million people die from hypertension and its complications [9]. In Indonesia, hypertension is still a major challenge in the health sector. This is evidenced by the frequent cases of hypertension found in a number of primary health services [10]. In accordance with the 2018 Riskesdas data, it is a health problem with a high percentage of cases, which amounted to 25.8% in 2013 and when compared to cases in 2018 showed an increase of 8.3%, reaching 34.1% [10]. In 2023 the number of hypertension patients increased to 3,763 patients, with 1,989 men and 1,774 women, while those who received health services according to standards amounted to 72.7%[11]. In 2023, there was a target of 1,678 hypertension patients and the achievement was 1,098 or 89.8%.[12]. Towards Healthy 2025 for the community aims to improve cardiovascular health, including aspects of hypertension management, through a range of key strategic objectives and initiatives including raising awareness about the importance of blood pressure monitoring, encouraging healthy lifestyles (including diet and exercise), and ensuring access to quality care for hypertension

management [13]. Mulyawati et al in previous research results said there was an effect of good social support on self-care behavior which was 2.87 times higher in patients compared to patients who lacked social support[14]. One of them is social support obtained from the family. Friedman in his book argues that the family provides a very important role for its family members in terms of influencing the lifestyle or changing the lifestyle of its members oriented towards health efforts. The family has a major role in maintaining health for all its members. Health problems in the family are interrelated, the family is an effective and efficient intermediary for seeking health [15]. Blood pressure management for hypertensive patients is a lifelong commitment that requires time, patience and diligent care by the patient himself and the family who acts as an encourager and provider of patient social support. Family social support provided is a factor that determines the degree of hypertension in family members who suffer from hypertension [3]. In addition, family support determines the success of hypertension self-care and efforts to minimize the incidence of hypertension[4]