

## The Relationship Between Family Social Support and Dietary Compliance in Hypertensive Patients

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### ABSTRAK

Hipertensi adalah keadaan tekanan darah sistolik  $\geq 140$  mmHg dan tekanan darah diastolik  $\geq 90$  mmHg. Hipertensi dapat dicegah dan dihindari dengan cara diet yang sehat. Pengaturan pola makan pada pasien hipertensi sangat membutuhkan dukungan keluarga sehingga pasien mampu menjalani proses pengobatan dengan baik sesuai anjuran dokter. Tujuan dari penelitian ini adalah menganalisis hubungan dukungan keluarga dengan kepatuhan diit pada penderita hipertensi di poli spesialis jantung RS Muhammadiyah Gresik. Desain penelitian ini adalah korelasi dengan jumlah populasi 93 pasien hipertensi dan sampel yang ditetapkan adalah semua pasien sebanyak 93 orang. Teknik sampling menggunakan total sampling . Penelitian menggunakan kuesioner untuk kepatuhan diit. Penelitian ini menggunakan Uji Chi Square. Sebagian besar pasien hipertensi yang berobat di poli spesialis jantung RS Muhammadiyah Gresik memiliki dukungan sosial keluarga yang baik sebanyak 71 pasien (76,3%), dukungan sosial keluarga yang cukup sebanyak 18 pasien (19,3 %) dukungan sosial keluarga yang kurang sebanyak 4 pasien (4,4%), Hasil analisis uji Chi Square penelitian didapatkan nilai  $p=0.00 < 0,05$ , artinya terdapat hubungan dukungan sosial dengan kepatuhan diit pada pasien hipertensi. Simpulan diketahui ada hubungan dukungan sosial keluarga dengan kepatuhan diit pada pasien hipertensi di poli spesialis jantung Rumah Sakit Muhammadiyah Gresik.

**Kata Kunci:** Dukungan Sosial Keluarga, Kepatuhan Diit, Hipertensi

### ABSTRACT

Hypertension is a condition of systolic blood pressure  $\geq 140$  mmHg and diastolic blood pressure  $\geq 90$  mmHg. Hypertension can be prevented and avoided with a healthy diet. Dietary arrangements in hypertensive patients really need family support so that patients are able to undergo the treatment process properly according to the doctor's recommendations. The purpose of this study is to analyze the relationship between family support and compliance with diabetes in hypertensive patients at the heart specialist polyclinic of Muhammadiyah Gresik Hospital. design of this study is a correlation with a population of 93 hypertension patients and the sample set is all 93 patients. The sampling technique uses total sampling. The study used questionnaires for diit compliance. This study uses the Chi Square Test. Most of the hypertension patients who were treated at the cardiac specialist polyclinic of Muhammadiyah Gresik Hospital had good family social support as many as 71 patients (76.3%), sufficient family social support as many as 18 patients (19.3%) and insufficient family social support as many as 4 patients (4.4%), The results of the Chi Square test analysis of the research obtained a value of  $p=0.00 < 0.05$ , meaning that there was a relationship between social support and diit compliance in hypertension patients. Conclusion shows There is a relationship between family social support and compliance with diabetes in hypertensive patients at the heart specialist polyclinic of Muhammadiyah Gresik Hospital.

**Keywords :** Family Social Support, Diit Compliance, Hypertension

## **INTRODUCTION**

Hypertension and high blood pressure are conditions of systolic blood pressure  $\geq 140$  mmHg and diastolic blood pressure  $\geq 90$  mmHg (3, 2019). Hypertension can be prevented and avoided by controlling risky behaviors such as smoking, unhealthy diets such as insufficient consumption of vegetables and fruits as well as excessive consumption of sugar, salt and fat, obesity, lack of physical activity, excessive alcohol consumption and stress. One of the Hypertension diets that can be applied is by doing good diet including reducing or limiting salt consumption by  $< 5$  grams (1 teaspoon) per day, limiting ready-to-eat processed foods, limiting the consumption of fatty meat and the use of cooking oil in cooking and increasing the consumption of fresh fruits (3, 2019).

Most of the population in Indonesia is very low in consuming fruits and vegetables, the trend of increasing the number of people consuming fruits and vegetables can be due to the increasing prevalence of packaged and fast food products that tend to be preferred by the public, so that the number of hypertension sufferers is increasing.

According to the WHO in 2015, the prevalence of blood pressure in America was 18%. Countries with developing economies have data on hypertension patients as much as 40%, and for developed countries only 35%. The African continent occupies the first position in the number of people with high blood pressure or hypertension by 46%. The disease kills 1.5 million people each year in Asia. And in the Southeast Asian region, 36% of hypertension sufferers are adults.

Based on results (2018, 2018), Nationally shows that the population with high blood pressure or hypertension is 34.11%. In East Java Province, hypertension sufferers are 36.3%. The prevalence is increasing with age. When compared to basic health research in 2013 (26.4%), the prevalence of high blood pressure has increased significantly. out of 36.3% of all East Java, 13% are residents of

Gresik. Based on a preliminary study with interviews between researchers and patients on June 3-4, 2022 on 10 (ten) hypertensive patients, 7 (seven) patients were escorted by their families for routine control and families always pay attention to patients regarding the food they consume, can and should not eat. 2 (two) patients said that they were only escorted and were never told about their food arrangements or diet by their families. Patients only know that they should not eat foods that are too salty. 1 (one) other patient was not escorted by his family for control, and the patient felt that his family was not paying attention to his diet program.

Hypertension is one of the threats to public health because of its potential to cause complications such as coronary heart disease, stroke, and kidney failure. The behavior of not consuming fruits and vegetables is one of the causes of hypertension in a person, the cause of hypertension is very difficult to overcome and prevent because most people consume foods high in sodium. Hypertension that is left untreated and not treated quickly has an impact on the emergence of degenerative diseases harming others. In general, in Indonesia, a person lives together with his family

According to the data (2018, 2018) The family is the 3rd smallest unit of society, which includes the head of the family, the husband and wife, and several people or individuals who gather and live in the same house in a state of interdependence. Many functions performed by the family include providing affection, security and attention. Family social and behavioral support for the self-care of hypertensive patients is very important because the active participation of patients and families is urgently needed to improve the patient's condition. It is very important to support families with hypertension patients in terms of adherence to a low-salt diet or reducing salt consumption can affect patients in meeting their health needs which also affects the adherence to the low-salt diet that is followed to be a measure

of success in controlling blood pressure in hypertensive patients.

According to (Pustikasari, 2019) stated that family support is an important element in maintaining and maintaining the health of each individual family member and that one's obedience can be affected by the presence of family support. Thus mentioning the relationship between family social support and adherence to hypertension patients. Carrying out regular diets can normalize hypertension, by reducing the amount of foods high in salt, fatty foods, consuming foods that contain a lot of fiber and doing sports activities

**METHOD**

The approach taken by Cros sectional population in this study is all patients with a diagnosis of hypertension who came to the Heart Poly of Muhammadiyah Gresik Hospital in February – April 2022 with an average of 93 patients per month. And the samples used in this study were all hypertensive patients who were controlled at the heart polyclinic of Muhammadiyah Gresik Hospital, a total of 93 patients. The sampling technique of this study uses the total sampling technique

**RESULTS AND DISCUSSION**

Table 2. Frequency Distribution Based on Gender in Hypertensive Patients at the Heart Specialist Poly of Muhammadiyah Gresik Hospital in December 2022.

No.	Gender	Frequency	Percentage (%)
1	Woman	39	41,9%
2	Men	54	58,1%
Total		93	100,00%

Table 2. Frequency Distribution Based on Gender in Hypertensive Patients Most of the Hypertension patients at the Cardiologist Polyclinic of Muhammadiyah Gresik Hospital are male as many as 54 people (58.1%).

Table 3. Distribution of Frequency Based on Age in Hypertensive Patients at the Heart Specialist Polyclinic of Muhammadiyah Gresik Hospital in December 2022.

No.	Age Group	Frequency	Percentage (%)
1	< 45 years	21	22,6%
2	46 – 55 years old	25	26,9%
3	> 56 years	47	50,5%
Total		93	100,0%

Based on Table 3. Frequency Distribution Based on Age in Hypertension Patients shows that most of the Hypertension patients in the Cardiologist Polyclinic of Muhammadiyah Gresik Hospital in the age group of > 56 years are 47 people (50.5%).

Table 4. Frequency Distribution Based on Marriage Status in Hypertensive Patients at the Heart Specialist Polyclinic of Muhammadiyah Gresik Hospital in December 2022.

No	Gender	Frequency	Percentage (%)
1.	Marry	92	98,9%
2.	Unmarried	1	1,1%
Total		93	100,0%

Table 4. The frequency distribution based on marital status in hypertensive patients showed that almost all hypertension patients at the Heart Specialist Poly of Muhammadiyah Gresik Hospital had a married status of 92 people (98.9%).

Table 5. Frequency Distribution Based on Education Level in Hypertension Patients at the Heart Specialist Polyclinic of Muhammadiyah Gresik Hospital in December 2022.

No.	Education Level	Frequency	Percentage (%)
1	SD	11	11,8%
2	SLTP	9	9,7%
3	High School	51	54,8%

4	D3/S1	22	23,7%
Total		93	100,0%

Table 5. Frequency Distribution Based on Education Level in Hypertension Patients showed that most of the hypertension patients at the cardiac specialist polyclinic of Muhammadiyah Gresik Hospital had a high school education as many as 51 people (54.8%).

Table 6. Frequency Distribution Based on Employment Status in Hypertensive Patients at the Heart Specialist Polyclinic of Muhammadiyah Gresik Hospital in December 2022.

No.	Employment Status	Frequency	Percentage (%)
1.	Work	48	51,6%
2.	Not working	45	48,4%
Total		93	100,0%

Table 6. The distribution of frequencies based on occupational status in hypertensive patients shows that most of the hypertension patients in the Heart Polyclinic of Muhammadiyah Gresik Hospital have a working status of 48 people (51.6%).

Table 7. Frequency Distribution Based on Length of Suffering from Hypertension in Hypertensive Patients at the Heart Specialist Polyclinic of Muhammadiyah Gresik Hospital in December 2022.

No.	Long Suffering from Hypertension	Frequency	Percentage (%)
1	1 – 3 years	22	23,7%
2	4 – 6 years	20	21,5%
3	>6 years	51	54,8%
Total		93	100,0%

Table 7. Frequency Distribution Based on Length of Suffering from Hypertension in Hypertension Patients showed that most of the patients in the Cardiologist Poly of Muhammadiyah Gresik Hospital who suffered from Hypertension for more than 6 years were 51 people (54.8%).

Table 8. Frequency Distribution Based on Family Social Support in Hypertensive Patients at the Heart Specialist Polyclinic of Muhammadiyah Gresik Hospital in December 2022.

No.	Family Social Support	Frequency	Percentage(%)
1.	Good	71	76,3%
2.	Enough	18	19,4%
3.	Less	4	4,3%
Total		93	100,0%

Table 8. Frequency Distribution Based on Family Social Support in Hypertension Patients shows that most of the patients get social support from their families as many as 71 people (76.3%).

Table 9. Frequency Distribution Based on Diit Compliance in Hypertensive Patients at the Heart Specialist Polyclinic of Muhammadiyah Gresik Hospital in December 2022.

No.	Diit Hypertensive Compliance	Frequency	Percentage (%)
1	Obedient	89	95,7%
2	Non-Compliance	4	4,3%
Total		93	100,0%

Table 9. The frequency distribution based on Diit compliance in hypertensive patients showed that almost all hypertension patients at the Heart Polyclinic of Muhammadiyah Gresik Hospital were compliant in carrying out diit as many as 89 people (95.7%).

Family Social Support with Diit Compliance in Hypertension Patients at the Heart Specialist Polyclinic of Muhammadiyah Gresik Hospital in December 2022. The results of the analysis showed that Hypertension patients who had good family social support would have a diit compliance level of 71 patients (100%), Hypertension patients who had sufficient family social support would mostly obey diit as many as 18 patients (100%), while patients who received insufficient family social support would not comply with Hypertension diit as many as 4 patients (100%).

The results of the SPSS Test Version 20.0 with N = 93 with an error rate of  $\alpha = 0.05$  obtained a value of  $P = 0.00 < 0.05$ , meaning that there is a relationship between family social support and compliance with diabetes in hypertension patients at the heart specialist polyclinic of Muhammadiyah Gresik Hospital.

#### **Family Social Support for Hypertension Patients at Muhammadiyah Gresik Hospital**

The results showed that most of the hypertension patients at the Heart Specialist Polyclinic of Muhammadiyah Gresik Hospital received good family social support as many as 71 patients (76.3%), while those who received sufficient family social support were 18 patients (19.3%) and a small part received insufficient family social support as many as 4 patients (4.4 %). According to (Husni et al., 2015) There is a strong relationship between the family and the health status of its members where the role of the family is very important for every aspect of the health care of family members, from strategies to the rehabilitation phase. Family social support is always expected so that the patient's condition is getting better because with family social support, patients tend to comply with the rules recommended by health workers. Patients will feel an improved quality of health and quality of life when they obey diit. If eating and drinking are maintained, various kinds of disease complications will be avoided that will

only aggravate the patient's condition and minimize other health problems that may occur (Farida, 2018) .

Other research states that social support can be provided by close people such as family members, i.e. husband or wife, and children of hypertension patients. In this case, the providers of social support for hypertension patients come from husbands or wives, children, sons-in-law, grandchildren, relatives and other kinship relationships (Kalupek et al., 2022). The effectiveness of social support according to research conducted by (Ayu & Lestari, 2018) Compliance with undergoing diit due to interpersonal contact that occurs can improve behavior and healthy lifestyles due to the accumulation of positive effects of good interpersonal experiences.

Based on the researcher's assumption that often hypertensive patients get family support because family is the closest person to the patient, so when there is a sick family member, the family will support and take care of the sick family member and it is to the family that usually the hypertensive person complains about his health condition.

#### **Diit's Compliance in Hypertension Patients at Muhammadiyah Gresik Hospital**

The results of the study in Table 9 show that almost all hypertension patients at the Heart Polyclinic of Muhammadiyah Gresik Hospital are compliant in carrying out hypertension diit as many as 89 patients (95.7%) This can be influenced by social support from good and sufficient families, and a small number of hypertension patients do not comply with the hypertension diet as many as 4 patients (4.3%). Diit compliance is a code of conduct suggested by nurses, doctors or other health workers that must be followed by patients. The recommended behavior is in the form of diet and eating accuracy of hypertension patients. Diit hypertension patients must pay attention to the amount of food, the type of food eaten in order to get a balanced nutritional value. According to (Anisa & Bahri, 2017) states that

factors related to compliance behavior include factors that reinforce or drive (reinforcing factor) is the attitude or behavior of health workers who support patients to comply with treatment and comply with diet programs.

The implementation of hypertension is greatly influenced by the support of the family. If family support is not available, hypertensive patients will not comply with the implementation of the diet, so that hypertension is not controlled and complications occur, namely heart disease, kidney, stroke and others.

Based on the researcher's assumption that compliance with the Hypertension diet is very helpful to ensure nutrition in the recovery rate of hypertension patients because compliance with the diet in hypertension patients has an effect on the patient's recovery rate.

#### **The Relationship between Family Social Support and Diet Compliance in Hypertension Patients at the Heart Specialist Polyclinic of Muhammadiyah Gresik Hospital**

Based on Table 10, the results of the analysis show that hypertensive patients who have good family social support will have a good level of compliance with diet, which is as many as 71 patients (76.3%), hypertensive patients who have sufficient family social support will have a good level of compliance, which is as many as 18 patients (19.4%), hypertensive patients who have less family social support will have a level of compliance with diet that is not compliant, which is as many as 4 patients (4, 3%).

The results showed that there was evidence that good family social support would improve diet adherence in hypertensive patients. This is also due to the existence of good family social support, encouraging patients to be obedient in undergoing diet therapy so that patients are motivated to undergo a balanced diet. Likewise, patients who receive less family social support will

cause patients to be disobedient in carrying out hypertension diet. The management of hypertension is meal planning (diet), physical exercise, and treatment. In undergoing diet therapy, family social support is very necessary so that hypertensive patients feel comfortable and peaceful to undergo diet. In addition, hypertension patients are obedient in carrying out orders, obeying the rules and discipline in carrying out the diet program that has been determined, so that complications can not occur. According to (Wambar et al., 2015) Family social support is also important to improve compliance. Lack of social support can increase the impact of daily life and allow for a lack of self-care, including compliance. Lack of family social support will affect the patient's recovery process Compliance with hypertension patients requires active participation from the patient so that the determined program runs as recommended. This research is in accordance with the theory (Arindari & Rina, 2022) states that obedience is obedience to orders and obedience while obedience is behavior according to rules. A person's compliance is influenced by the elderly's beliefs about the benefits of a hypertensive diet such as avoiding fat, foods containing too much salt.

The results of the analysis showed that there was a relationship between family social support and compliance with hypertension patients. Therefore, the researcher hopes that the family will always provide social support, both in the form of emotional support, appreciation, information, and instrumental to hypertensive patients who are undergoing treatment, especially compliance with hypertension diet.

#### **CONCLUSION**

The social support of families of hypertension patients at Muhammadiyah Gresik Hospital is mostly in the good category as many as 71 people (76.3%). The compliance of patients who visited Muhammadiyah Gresik Hospital was almost entirely in the category of

compliance with hypertension as many as 89 people (95.7%). There is a relationship between family social support and compliance with hypertension patients at the Heart Specialist Polyclinic of Muhammadiyah Gresik Hospital.

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