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THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND THE INCIDENCE OF HYPERTENSION IN THE ELDERLY IN THE PROLANIS GROUP OF THE KALIPARE COMMUNITY HEALTH CENTER, MALANG REGENCY

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ABSTRACT

The number of older people with hypertension has grown, and they are more likely to experience a repeat. One of the main causes of this is a lack of family support. This study sought to ascertain the association between the prevalence of geriatric hypertension in the prolanis group at UPT Puskesmas Kalipare, Malang Regency, and family support. Correlation analysis with a cross-sectional technique was employed in the research design. There were 75 respondents in the population of PRB and Prolanis patients, and 63 respondents made up the sample. Random sampling was used in the sampling procedure. Hypertension was the dependent variable, and family support was the independent variable. Questionnaires and observations were employed to obtain data. According to the study's findings, the majority of participants (71.4%) experienced inadequate familial support.Instead of hypertension (28.6%), respondents reported having hypertension as much as 71.4%. Family support and the incidence of hypertension in the elderly in the prolanis group of UPT Puskesmas Kalipare, Malang Regency, were found to be related, as evidenced by the Spearman rank correlation test results, which showed a probability value (0.000) significantly lower than the significant standard of 0.05 or (pa). As a result, Ho was rejected and H1 was accepted. There was a very substantial correlation ($p<0.001$). Family support is crucial, particularly in the areas of emotion, knowledge, and assistance. Clients who receive this assistance may be able to overcome obstacles, boost their self-esteem, and receive consistent treatment.In order to prevent hypertension, health professionals at the Kalipare Health Center UPT, Malang Regency, must encourage the community to support families in controlling their diet and maintaining good health.

Keywords: Family Support, Hypertension Incidence

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Introduction

An elderly person is someone who is approaching the end of their life cycle. An elderly person is someone aged 60 years or older. Hypertension is one of the problems experienced by the elderly when their cardiovascular system begins to decline. If left untreated, hypertension in the elderly can lead to various consequences such as kidney failure, heart attack, stroke, and coronary heart disease (Ministry of Health, 2007 in Azizah, 2018). If a person's blood pressure is above 90 mmHg diastolic and 140 mmHg systolic, they are generally considered to have hypertension (Triyanto, 2019). Age, gender, family history, obesity, physical activity, eating habits, and family support for treatment are some of the factors that play a role in the development of hypertension. In this case, family support plays a crucial role in helping the elderly resolve the problems they experience.

1.13 billion people worldwide suffer from hypertension, with the majority (2/3) living in low- and middle-income countries, according to WHO (2022). One in five women and one in four men had hypertension in 2017. Meanwhile, hypertension is the leading cause of premature death worldwide. Reducing the prevalence of non-communicable diseases by 25% by 2025 is one of the targets (Riskesdas, 2018). In East Java Province, 22.71% of the population, or 2,360,592 people, suffer from hypertension. Meanwhile, at the Kalipare Community Health Center (UPT Puskesmas), from May to October 2024, there were no elderly hypertension patients, with an average of 75 patients per month (Data from PRB Puskesmas Kalipare, 2024).

Support is essential for blood pressure management in older adults with high blood pressure and plays a crucial role in determining healthy behaviors. Family support is crucial for optimal hypertension care, especially in older adults (Prihatin et al., 2020). This support allows older adults to receive additional care and supervision to reduce the risk of complications (Sukartini et al., 2020). Research by Yugo Susanto (2019), conducted on 164 respondents, showed a relationship between hypertension prevalence and family support. Family support is essential for patients because it can help manage their condition and plays a crucial role in defining personal health concepts and values. In 2019, Nurdjanah et al. found that patients' blood pressure can significantly decrease with appropriate family support.

Based on the context above, the problem can be formulated as follows: Is the prevalence of geriatric hypertension in the Prolanis Group of the Kalipare Community Health Center UPT, Malang Regency correlated with family support with the general objective to determine the relationship between family and the prevalence of hypertension in the elderly population in the Prolanis Group of the Kalipare Health Center, Malang Regency. Specific objectives: to determine the assistance provided to elderly households in the Prolanis Group of the Kalipare Health Center, Malang Regency, to determine the prevalence of hypertension in the Prolanis Group of the

Kalipare Health Center, Malang Regency and to determine the interaction between elderly households in the group. Especially on the topic of conservation, the results of this study can be used as reading material or reference.

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Methods

The population in this study was all Prb and hypertension prolanis patients in the Prolanis Group of the Kalipare Community Health Center, Malang Regency, with an average of 75 people per month. The data collection process used a random sampling technique with a sample of some of the Prb and hypertension prolanis patients in the Prolanis Group of the Kalipare Community Health Center, Malang Regency, totaling 63 people. Data collection methods used observation and questionnaires. Data analysis used Spearman rank correlation.

Results

Based on research conducted at the Kalipare Community Health Center (Puskesmas) in Malang Regency, there is a relationship between the prevalence of hypertension in the elderly population with family support.

Table 4.1 above shows that 46 respondents, or 73.0% of the total, were aged 60-70 years. Sixty-three respondents (100%) had only completed elementary school. Furthermore, 41 respondents (65.1%) were female, making them the majority.

Table 4.2 above shows that 45 respondents (71.4%) had insufficient family support. Furthermore, 45 respondents (71.4%) had hypertension.

Table

Table 4. 1 Distribution of Respondents Based on General Data of the Kalipare Community Health Center UPT, Malang Regency, January 7-12, 2025

General Data	f	%
Age of respondent		
60 - 70 years old	46	73,0
71 – 80 years old	13	20,6
81 – 90 years old	4	6,3
Education		
Basic Education	63	100
Senior High School Education	-	-
College	-	-

Gender		
Male	22	34,9
Female	41	65,1
Total	63	100

Table 4. 2 Distribution of Respondents Based on Specific Data

Custom data	F	%
Family Support		
Lack of family support	45	71,4
Good family support	18	28,6
Hypertension Occurrence		
Hypertension	45	71,4
Not Hypertensive	18	28,6
Total	63	100

Table 4. 3 Cross Tabulation of the Relationship between Family Support and the Incidence of Hypertension

No	**Family Support**	**Hypertension**				**Total**	
		Hypertension		Not Hypertension		F	%
		F	%	F	%		
1	Good family support	1	5,5	17	94,4	18	100
2	Lack of family support	44	97,7	1	2,2	45	100
	Total	45	71,4	18	28,6	63	100

Discussion

Family Support in the Prolanis Group of the Kalipare Community Health Center UPT, Malang

Based on the research results, of the 63 respondents, 18 respondents (18.6%) were senior respondents who received family support, while 45 respondents (71.4%) were the majority of respondents who did not receive family support.

Family support includes informational support, emotional support, instrumental support, and appreciative support. Respondents in this study received assistance from their families, with appreciative support being more prevalent than emotional support.

Family support can be defined as all forms of behavior carried out by the family, including instrumental support (assistance in the form of time, money, and energy), emotional support (attention and affection), appreciation (rewards and positive feedback), and information (advice and information). (Dewi et al., 2019)

Researchers suggest that family support is crucial for improving treatment adherence; informational support is the most fundamental type of support. This assistance is crucial for helping patients understand the importance of taking their medication regularly, the consequences of missing doses, and other related topics. Effective communication strategies will improve the quality of informational support.

The questionnaire revealed a lack of family support for elderly people with hypertension. For example, families did not accompany elderly people during treatment because they were unaware of the disease and considered the problems they faced normal. Researchers found that a lack of family support for elderly people can influence their dietary choices. Consuming savory, high-salt foods with sodium-rich flavorings can increase blood pressure, and a lack of family support can lead to treatment. Furthermore, information collected about respondents' understanding of the importance of health, including blood pressure control, may also be influenced by their education level. Respondents with higher education may offer greater family support than those with lower education because their knowledge will support and accompany elderly people during their hypertension treatment procedures..

Researchers emphasize that family support is crucial for people with hypertension who experience declining physical and mental health. This suggests that families play a crucial role in providing hypertensive patients with information about their condition, including advice and guidance on how to manage the problem (Amalia, 2020). A patient's ability to manage their hypertension is aided by strong family support, which can come from parents, siblings, partners, children, or other close relatives.

The Incidence of Hypertension in the Elderly in the Prolanis Group of the Kalipare Community Health Center UPT, Malang

Researchers emphasize that family support is crucial for people with hypertension who experience declining physical and mental health. This suggests that families play a crucial role in providing hypertensive patients with information about their condition, including advice and guidance on how to manage the problem (Amalia, 2020). A patient's ability to manage their hypertension is aided by strong family support, which can come from parents, siblings, partners, children, or other close relatives.

Blood pressure tends to be low during adolescence and begins to rise in early adulthood; age and gender are additional contributing factors to hypertension. Blood pressure then rises more dramatically during the growth and physical cooling phase of late adulthood and into old age due to disturbances in the circulatory system. Because blood vessels are frequently blocked, their walls become thick and hard, and their elasticity decreases, resulting in high blood pressure. Compared with women, men are less aware of hypertension because women are more likely to develop high blood pressure after menopause.

We can conclude that elderly people with hypertension require hypertension management and preventive behaviors. Essentially, hypertension is a condition that can be caused by a number of factors. Therefore, examining hypertension risk factors can help prevent and manage the condition. Uncontrollable or unmodifiable risks are factors that contribute to the development of hypertension. Modifiable or controllable variables and hazards include gender, age, and heredity/family history. Modifiable risk factors, on the other hand, include reducing psychological stress for the patient and ensuring that family members provide adequate support during therapy.

The Relationship Between Family Support and the Incidence of Hypertension in the Elderly in the Prolanis Group of the Kalipare Community Health Center, Malang

The results of data processing indicate that Ho is rejected and H1 is accepted, indicating a relationship between family support and the incidence of hypertension in the elderly in the Prolanis group of the Kalipare Community Health Center, Malang Regency. This is because the Spearman rank correlation test produces a significant number or probability value of (0.000), which is significantly smaller than the significance level of 0.05 or (pa). Because the correlation coefficient is high, the degree of relationship is very strong.

Elderly people can only receive support, care, and comfort from their families, and family members are the most significant source of help and support when it comes to helping other family members make lifestyle changes. Researchers believe that to maintain and manage blood pressure, those living with the patient must also be aware of the need to do so. Families can help patients maintain good control of their health by encouraging them to monitor their blood pressure regularly. Lifestyle changes are closely related to each individual's level of understanding. In addition to the patient, the family's level of awareness regarding hypertension prevention and its effects is considered crucial for maintaining and lowering the patient's blood pressure. Therefore, it can be argued that family members of hypertensive patients who have received guidance from medical professionals can also improve their blood pressure levels.

Family support and the prevalence of hypertension are significantly correlated, according to research by Asita (2020). According to Joni Akib (2018), a family is a group of two or more people engaged in continuous coexistence, living under one roof, having an emotional connection, and having obligations to one another, regardless of whether they are blood relatives.

The research findings revealed that all 63 respondents (100%) had only a basic education and lacked understanding of hypertension and family support for managing it. Furthermore, family support and hypertension prevalence are significantly correlated, according to research by Asita (2020). According to Joni Akib (2018), a family is a group of two or more people engaged in continuous coexistence, living under one roof, having an emotional connection, and having obligations to one another, regardless of whether they are related by blood.

The research findings revealed that all 63 respondents (100%) had only a basic education and lacked understanding of hypertension and family support for managing it. Furthermore, the majority of respondents were women.

Regarding elements related to healthy eating patterns, Roza Yugo Susanto (2019) emphasized that respondents' education levels are closely related to elderly people's knowledge. Therefore, respondents' awareness of various facts about the importance of family support for people with hypertension will increase with their education level. Experts argue that education level has a significant impact on family health, especially for people with hypertension, who must be informed about the importance of family support in meeting their medical needs.

Conclusion

Based on the research results, it can be concluded that the majority of elderly respondents suffer from hypertension, almost all of whom have insufficient family support, and family support is correlated with the incidence of hypertension at a correlation level of 0.000, indicating a very strong correlation.

Suggestion

Based on the research findings, recommendations are given to hypertension sufferers to improve their quality of life by providing access to information and education, which should improve their health and quality of life and encourage them to pay more attention to their health by having regular blood pressure checks. It is hoped that the findings of this study will contribute to the advancement of death science by highlighting the importance of family support for hypertension sufferers, so that families who accompany or live with the client can receive information during

treatment. Furthermore, it is hoped that this work will serve as a reference for future academics who wish to research the same topic.

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