

Description of Family Support for the Elderly Hypertension

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ABSTRACT

One of the most common diseases in the elderly is hypertension. Hypertension, also known as high blood pressure, is a long-term medical condition in which the blood pressure in the arteries is constantly elevated. Lack of adherence and support for hypertension testing is one of the reasons for uncontrolled blood pressure, while family support is the most important factor, especially in terms of health. The purpose of this study was to determine family support for the elderly with hypertension in the elderly Posyandu, Nglaban Hamlet, Nglaban Village, Loceret District. The design of this research a descriptive design, which was conducted on 26th September 2023 at the Posyandu for the elderly in Nglaban Hamlet, Nglaban Village, Loceret District, Nganjuk Regency. The population in this study was 30 hypertensive elderly who attended the Posyandu for the Elderly in Nglaban Hamlet, Nglaban Village, Loceret District, Nganjuk Regency, a sample of 22 respondents taken using the Purposive sampling technique. The inclusion criteria in this research are hypertensive elderly who live at home with their family. The variable in this study is family support for hypertensive elderly. The instrument used was a questionnaire The results showed that of the 22 respondents, the majority, namely 12 respondents (54.5%), received adequate family support and nearly half, namely 10 respondents (45.5%), received less family support. Family support is needed because it can reduce feelings of anxiety in the elderly, increase enthusiasm for life, involve the elderly in carrying out hypertension treatment so as to obtain the goals of hypertension treatment. So that the family should always provide motivation and support for the elderly with hypertension to make health care efforts and help carry out routine controls in existing health services.

Keywords: , Elderly, Family Support, Hypertension.

BACKGROUND

The prevalence of hypertension cases in Indonesia is 63,309,620 people, while the death rate due to hypertension is 427,218 deaths. Hypertension occurs in the age group 31-44 years (31.6%), age 45-54 years (45.3%), age 55-64 years (55.2%) (Indonesia, 2018). Meanwhile, according to data from the Nganjuk District Health Service in 2022, there are 46,752 people suffering from hypertension. Based on data from the Nganjuk District Health Service regarding early detection and referral of hypertension cases, there were 2,920 people in the Loceret Health Center working area. There are 40 hypertensive elderly people in the Posyandu for the elderly in Nglaban Hamlet, Nglaban Village, Loceret District, Nganjuk Regency.

Biologically, an elderly person is someone who experiences a continuous aging process, which is characterized by a decrease in body resistance or an increased susceptibility to disease attacks that can cause death. This is due to changes in the structure and function of cells, tissues and organ systems (Puteri, 2015). One of the diseases that elderly people most often suffer from

is hypertension. Hypertensive patients experience difficulties in adherence to antihypertensive treatment which can worsen their health status. Lack of compliance and support for hypertension examination is one of the reasons why blood pressure is not controlled and is a risk factor for complications, such as coronary heart disease, stroke and chronic kidney failure. This health problem cannot be cured but can be controlled or controlled so that it does not increase, causing disease complications such as stroke, cardiovascular disease and others (Sumah, 2019).

Controlling hypertension can be done with a healthy lifestyle such as a low-salt diet, limiting alcohol consumption and a healthy diet. In managing the care of hypertension sufferers, a good family role is needed, in the sense that family members support hypertension care. If hypertension management is carried out well, it is hoped that hypertensive patients will be able to maintain it in the normal range (Rachmawati, Sudaryanto, & Kartinah, 2013). Friedman, Bowden, & Jones (2010) said that family support is an important element in the success of maintaining and maintaining the health of each individual family member. A person's compliance can be influenced by family support (Friedman, 2010). In interviews on 10 August 2022 with 10 hypertensive elderly people, information was obtained that 3 of them said that family members always took blood pressure control to the posyandu, 2 other people were always provided with low-salt food at home, 2 people came to the posyandu alone without family members and as many as 3 people said that their family members did not pay attention to the diet of the elderly.

States that the factors that influence family support are socio-economic including income or employment level and education level. At the level of education, the higher the level of education, the higher the support provided to sick families. Seeing the large number of hypertension problems that occur, it is estimated that people with hypertension are less able to control their blood pressure so that health education can be provided by health workers to prevent the spread of sufferers and to control blood pressure for those who already have a history of high blood pressure and their family as a support system. Specifically, having adequate family support has been proven to be associated with reduced mortality (Friedman, 2010).

Support from family is the most important factor in helping individuals solve problems. The support provided by the family to the elderly in caring for and improving their health status is providing services with an attitude of accepting their condition. In this case, the family must be involved in the family education program so that it can help meet the patient's needs, know when the family should seek help and support compliance with treatment. Family becomes support system in the lives of hypertension sufferers, so that the conditions they experience do not get worse and avoid complications resulting from hypertension (Suwandi, 2012) .

The purpose of this research was to knowing family support for elderly people with hypertension at Posyandu for elderly people in Nglaban Hamlet, Nglaban Village, Loceret District. The benefits of this research are increasing knowledge or information to the public about the importance of providing support to elderly people with hypertension so that hypertensive sufferers can control their blood pressure.

METHOD

The design of this research a descriptive design, which was conducted on 26th September 2023 at the Posyandu for the elderly in Nglaban Hamlet, Nglaban Village, Loceret District, Nganjuk Regency. The population in this study was 30 hypertensive elderly who attended the Posyandu for the Elderly in Nglaban Hamlet, Nglaban Village, Loceret District, Nganjuk Regency, a sample of 22 respondents taken using the Purposive sampling technique. The inclusion criteria in this research are hypertensive elderly who live at home with their

family. The variable in this study is family support for hypertensive elderly. The instrument used was a questionnaire.

RESULTS

1. Characteristics Respondent

Table 1. Distribution of Characteristics Respondent

Variable	n	%
Age		
<i>60-74 Years</i>	18	81,9
<i>75-90 Years</i>	4	18,1
<i>>90 Years</i>	0	0
Gender		
Man	1	4,6
Woman	21	95,4
Education		
No school	4	18,1
Elementary School	17	77,3
Middle School	1	4,6
High School	0	0
Profesion		
Doesn't work	10	45,5
Farmer	7	31,8
Self-employed	5	22,7
Civil servants	0	0
Life With		
Main family	8	36,4
Big family	14	63,6
Long Suffering		
1-2 Years	6	27,3
3-4 Years	3	13,6
≥ 5 Years	13	59,1

Based on Table 1. It is known that almost all of them, namely 18 respondents (81.9%) aged 60-74 years, female, namely 21 respondents (95.4%), namely elementary school education, namely 17 respondents (77.3%). Most of the respondents live with extended families, namely 14 respondents (63.6%), suffering for > 5 years, namely 13 respondents (59.1%) and almost half of them do not work, namely 10 respondents (45.5%).

2. The Family support for elderly with hypertention

Table 2. Distribution of Family support for elderly with hypertention

No	Family Support	Frekuensi (f)	Persentase (%)
1.	Good	0	0
2.	Sufficient	12	54,5
3.	Not Enough	10	45,5
Amount		22	100,0

Based on table 2, it shows that of the 22 respondents, most respondents have sufficient family support, namely 12 respondents (54,5%).

DISCUSSION

The results of this research show that of the 22 respondents, the majority received sufficient family support, namely 12 respondents (54.5%). Of the 12 respondents who had sufficient family support, almost all 11 respondents (91.7%) were female, almost all 11 respondents (91.7%) were aged 60-74 years, the majority were 7 respondents (58.4%) had at least elementary school education, half of whom, namely 6 respondents (50%), stated that they did not work and the majority, namely 8 respondents (66.7%) lived with their extended families. The majority, namely 9 respondents (75%), had suffered from hypertension for ≥ 5 years.

In this study, hypertension was more common in women than men because in this case women had entered menopause. Where the risk of developing hypertension becomes greater with increasing age. Structural changes in large blood vessels cause high levels of hypertension, so that the lumen becomes narrower and the blood vessel walls become stiffer (Tamamilang, Grace, & Jeini, 2018).

Hypertension is often found in the elderly or adults, this is caused by arterial pressure which increases with age, aortic regurgitation, and degenerative processes which are more common in old age. Loss of blood vessel elasticity and atherosclerosis, so that the lumen becomes narrower and the blood vessel walls become stiffer, as a result of which systolic blood pressure increases (Miyusliyani & Yunita, 2015).

According to researchers, adequate family support is influenced by the condition of the elderly, most of whom live with extended families, because it is possible that there are many other family members who help meet the elderly's needs in terms of health. But it cannot be avoided if there is a lack of food control for the elderly at home. Families who understand the health of their members will always provide support, especially to their members who are undergoing treatment. In this way, patients who have to undergo treatment feel cared for emotionally.

Family support is very necessary because it can reduce feelings of anxiety in the elderly, increase the enthusiasm for life, attach the elderly to carrying out hypertension treatment so as to achieve the goals of hypertension treatment. So families should always provide motivation and support to elderly people with hypertension to make health care efforts and help carry out routine control in existing health services.

CONCLUSION

The majority respondent, namely 12 respondents (54.5%), hypertensive elderly received family support in the sufficient category at the Posyandu for the Elderly, Nglaban Hamlet, Nglaban Village, Nganjuk Regency District. It is hoped that families and communities will be able to provide support to hypertensive elderly both informationally, assessmentally, instrumentally and emotionally.

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