

HUBUNGAN DUKUNGAN INFORMASIONAL KELUARGA DENGAN KEPATUHAN DIET PENYANDANG HIPERTENSI DI WILAYAH KERJA PUSKESMAS TURI, KABUPATEN SLEMAN, YOGYAKARTA

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ABSTRAK

Latar Belakang: Hipertensi menyebabkan komplikasi stroke, gangguan jantung, otak, dan gagal ginjal. Risiko komplikasi hipertensi dapat dihindari dengan kepatuhan diet hipertensi. Salah satu faktor yang memengaruhi kepatuhan diet penyandang hipertensi adalah dukungan informasional keluarga. Keluarga berperan memberikan informasi kepada penyandang hipertensi dan membantu tenaga kesehatan *monitoring* kesehatan di rumah.

Tujuan: Diketuinya hubungan dukungan informasional keluarga dengan kepatuhan diet penyandang hipertensi di wilayah kerja Puskesmas Turi, Kabupaten Sleman, Yogyakarta.

Metode: Jenis penelitian *deskriptif-korelatif* dengan desain *cross sectional*. Penelitian dilaksanakan di wilayah kerja Puskesmas Turi dengan teknik *accidental sampling* sebanyak 60 orang penyandang hipertensi dan keluarga yang merawat. Instrumen kuesioner kepatuhan diet hipertensi milik Dian (2017) dan dukungan informasional keluarga. Uji statistik dengan *Spearman Rank*.

Hasil: Dukungan informasional yang diberikan dalam kategori kurang (41,7%), cukup (58,3%), dan baik (20%). Penyandang hipertensi yang tidak patuh diet (45%), cukup patuh (38,3%), dan patuh (16,7%). Hasil uji *spearman rank p-value* 0,000 ($p\text{-value} < 0,05$). Nilai korelasi (r) 0,696 menunjukkan korelasi yang kuat.

Kesimpulan: Ada hubungan positif antara dukungan informasional keluarga dengan kepatuhan diet penyandang hipertensi di wilayah kerja Puskesmas Turi, Kabupaten Sleman, Yogyakarta.

Kata kunci: diet hipertensi, dukungan informasional keluarga, penyandang hipertensi

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THE RELATIONSHIP OF FAMILY INFORMATIONAL SUPPORT WITH DIET COMPLIANCE WITH HYPERTENSION IN THE WORK AREA OF TURI HEALTH PUBLIC CENTER, SLEMAN REGENCY, YOGYAKARTA

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ABSTRACT

Background: Hypertension causes complications, such as stroke, heart, brain, and kidney failure. The risk of hypertension complications can be avoided by adherence to a hypertensive diet. One of the factors that influence the level of dietary compliance in people with hypertension is informational support from the family. Family plays a role in providing information to people with hypertension and helping health workers monitor health at home.

Objective: Knowing the relationship of family informational support with dietary compliance with hypertension in the working area of the Turi Public Health Center, Sleman Regency, Yogyakarta.

Methods: This type of research is descriptive-correlative with a cross sectional design. The research was carried out in the working area of the Turi Public Health Center. The sampling technique was accidental sampling with the number of respondents as many as 60 people with hypertension and their caring families. Instruments with Dian's hypertensive diet adherence questionnaire (2017) and family informational support. Statistical test with Spearman Rank.

Results: Families provide informational support in the categories of less (41.7%), sufficient (58.3%), and good (20%). People with hypertension who are not compliant with diet (45%), moderately compliant (38.3%), and compliant (16.7%). The results of the spearman rank test show a p-value of 0.000 (p-value <0.05). The correlation value (r) of 0.696 indicates a strong correlation strength.

Conclusion: There is a positive relationship between family informational support and dietary compliance with hypertension in the working area of the Turi Health Public Center, Sleman Regency, Yogyakarta.

Keywords: Hypertension diet, Family informational support, People with hypertension

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