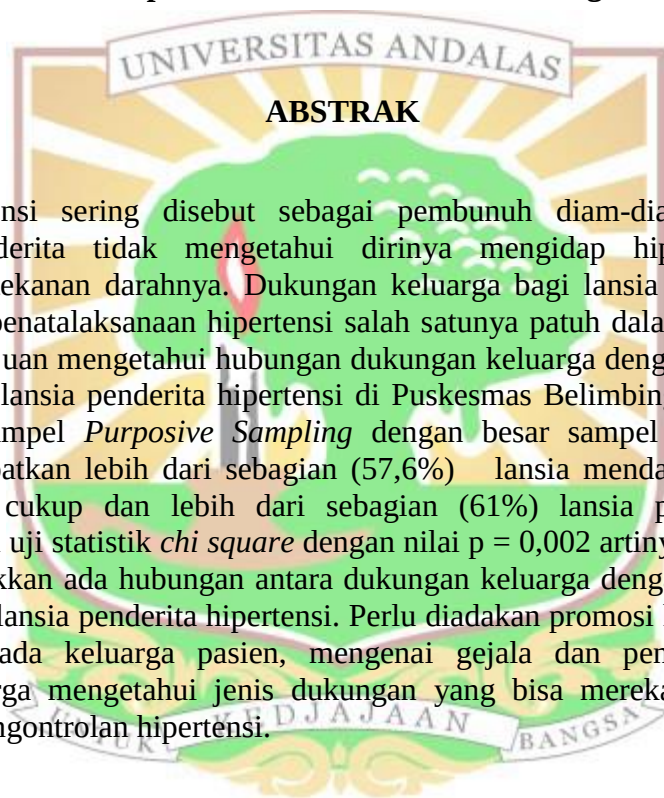


**FAKULTAS KEPERAWATAN
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**Hubungan Dukungan Keluarga Dengan Kepatuhan Diet Hipertensi Pada Lansia
Penderita Hipertensi Di Puskesmas Belimbing Padang**



Hipertensi sering disebut sebagai pembunuh diam-diam, karena pada umumnya penderita tidak mengetahui dirinya mengidap hipertensi sebelum memeriksakan tekanan darahnya. Dukungan keluarga bagi lansia hipertensi sangat penting dalam penatalaksanaan hipertensi salah satunya patuh dalam diet hipertensi. Penelitian bertujuan mengetahui hubungan dukungan keluarga dengan kepatuhan diet hipertensi pada lansia penderita hipertensi di Puskesmas Belimbing Padang. Teknik pengambilan sampel *Purposive Sampling* dengan besar sampel 59 orang. Hasil penelitian didapatkan lebih dari sebagian (57,6%) lansia mendapatkan dukungan keluarga yang cukup dan lebih dari sebagian (61%) lansia patuh dalam diet hipertensi. Hasil uji statistik *chi square* dengan nilai $p = 0,002$ artinya $p\text{ value} < \alpha (0,05)$ menunjukkan ada hubungan antara dukungan keluarga dengan kepatuhan diet hipertensi pada lansia penderita hipertensi. Perlu diadakan promosi kesehatan melalui puskesmas kepada keluarga pasien, mengenai gejala dan penyebab hipertensi sehingga keluarga mengetahui jenis dukungan yang bisa mereka berikan kepada lansia dalam pengontrolan hipertensi.

Kata kunci : Dukungan Keluarga, Kepatuhan Diet, Hipertensi, Lansia

Daftar pustaka : 59 (2003 – 2016)

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***The Correlation of Family Support with Compliance Dietary Hypertension on
Elderly with Hypertension In Health Centre Belimbing Padang***

ABSTRACT

Hypertension is often referred to as the silent disease or silent killer, because in general people do not know he suffered from hypertension before checking his blood pressure. Family support for the elderly hypertension is very important in medication hypertension which one compliance diet hypertension. The study aims to determine the relationship with the family support for elderly diet adherence in hypertension patient at health center Belimbing Padang. Sampling technique is Purposive Sampling with a large sample of 59 people. The results showed most of the enough family support as many as (57,6%) and good compliance in diet hypertension for elderly as much as (61%). The result of chi-square test with $p = 0,002$ means $p.value < \alpha (0,05)$ showed relationship family support with dietary compliance hypertension in elderly at the health center Belimbing Padang 2016. It's needed to health promotion through Health Centre to family about its symptoms and causes so that family knows the kind of support they can give to the elderly in controlling hypertension.

**Keyword : Family Support, Dietary Compliance, Hypertension, Elderly
Bibliography :59 (2003 - 2016)**