

## CHAPTER V. CONCLUSIONS

### A. Conclusions

Based on the results of the study, it can be concluded:

1. The characteristics of respondents aged 60-75 years old (42.2%), female (77.8%), elementary school education (68.9%), not working (60%), do not have a history of other diseases that increase hypertension (82.2%), have mild blood pressure levels / grade I (55.6%), uncontrolled hypertension (81.1%), nuclear family type (63.3%) and have a history of hypertension in the family (62.2%)
2. The description of respondents' health perception has an average score of 111.04 (range 93-147), the respondents' family social system has an average score of 69 (range 40-87) and the respondents' self-care behavior score has an average of 57.24 (range 38-72).
3. There is no significant difference between the characteristics of respondents (age, gender, previous medical history, education level, employment status, previous disease history, hypertension grade, hypertension control, family type and family history of hypertension) with self-care behavior of hypertensive patients in Banteran Village, Sumbang District.
4. There is a significant relationship between health perception and self-care behavior of patients with hypertension in Banteran Village, Sumbang District.
5. There is a significant relationship between family social system and self-care behavior of hypertensive patients in Banteran Village, Sumbang Subdistrict.

### B. Research Sugestions

Based on the research conducted, the researcher has the following recommendations:

1. For the community

Hypertensive patients in Banteran Village should increase self-care behavior efforts as an effort to control blood pressure and pay attention to information, especially on sodium and fat content in foods and drinks consumed. In addition, health programs such as gymnastics at the posyandu should be considered in order to increase physical activity.

2. For Working Area of Puskesmas I Sumbang

Health service workers, namely Puskesmas I Sumbang, can improve Community Health Care (Perkesmas) by increasing education about self care that can be done at home for hypertensive patients, especially regarding food selection and how to deal with stress. The patient's health perception is directed to respond to positive activities in self-care behavior. Health education and promotion should be given not only to patients but also to the patient's family to optimize blood pressure control efforts by increasing effective communication.

3. For educational institutions

Educational institutions are expected to add the results of this study to the learning system related to the relationship between health perceptions and family social systems to self-care behavior.

4. Further research

Future researchers are expected to explore other factors that may affect the self-care behavior of hypertensive patients. In addition, future researchers can also examine more deeply related to health perception factors and the family social system.