HUBUNGAN ANTARA DUKUNGAN KELUARGA DAN PENGENDALIAN HIPERTENSI PADA PESERTA PROLANIS JAMINAN KESEHATAN NASIONAL DI KABUPATEN BANYUMAS

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ABSTRAK

Latar belakang: Hipertensi merupakan penyakit kronis yang dapat menimbulkan terjadinya komplikasi dan meningkatkan mortalitas di Indonesia. Salah satu upaya pengendalian hipertensi yang dilakukan oleh pemerintah melalui Program Pengelolaan Penyakit Kronis (Prolanis). Dukungan keluarga diperlukan dalam pengendalian hipertensi karena pengobatannya yang lama. Belum ada penelitian mengenai hubungan antara dukungan keluarga dan pengendalian hipertensi peserta Prolanis di Kabupaten Banyumas.

Tujuan: Mengetahui hubungan antara dukungan keluarga dan pengendalian hipertensi peserta Prolanis JKN hipertensi di Kabupaten Banyumas.

Metode: Penelitian observasional analitik kuantitatif *cross sectional* pada 172 peserta Prolanis hipertensi di 9 fasilitas kesehatan tingkat pertama (FKTP) di Kabupaten Banyumas yang terpilih berdasar *proportional cluster sampling* bertingkat. Pengendalian hipertensi diukur berdasarkan tingkat dukungan keluarga, usia, jenis kelamin, pendidikan, lokasi tinggal peserta, pekerjaan, rutinitas kunjungan, dan rutinitas minum obat. Signifikansi yang digunakan dalam penelitian ini 95%. Analisis bivariat menggunakan uji *Chi-Square* dan analisis multivariat menggunakan analisis regresi logistik berganda.

Hasil: Terdapat 175 peserta, (102) 58,3% memiliki hipertensi yang terkendali. Variabel dukungan keluarga (OR=1.44 (95% CI)) tidak berhubungan signifikan terhadap pengendalian hipertensi. Variabel usia (OR=0.93(95% CI)), jenis kelamin (OR=1.15 (95% CI)), pendidikan (OR=0.68 (95 CI)), lokasi tinggal peserta (OR=0.92(95% CI)), rutinitas kunjungan (OR=0.0.75(95% CI)), dan rutinitas minum obat (OR=0.96(95% CI)) tidak berhubungan signifikan terhadap pengendalian hipertensi. Variabel pekerjaan (OR=0.45(95% CI)) berhubungan signifikan terhadap pengendalian hipertensi.

Kesimpulan: Dukungan keluarga tidak memiliki hubungan dengan pengendalian hipertensi pada peserta Prolanis hipertensi di Kabupaten Banyumas.

Kata Kunci: Dukungan keluarga, Pengendalian hipertensi, Prolanis

ASSOCIATION BETWEEN FAMILY SUPPORT AND CONTROLLED HYPERTENSION IN PARTICIPANTS OF CHRONIC DISEASESE MANAGEMENT PROGRAM (PROLANIS) UNDER NATIONAL HEALTH INSURANCE IN BANYUMAS REGENCY

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ABSTRACT

Background: Hypertension is a chronic disease that can cause complications and increase mortality rates in Indonesia. One of the efforts to control hypertension carried out by the government is through the Chronic Disease Management Program (Prolanis). Family support is needed in controlling hypertension due to its prolonged treatment. There has been no research regarding the association between family support and controlled hypertension of Prolanis participants in Banyumas Regency.

Objective: Identified the association between family support and controlled hypertension on hypertensive Prolanis participants in Banyumas Regency.

Method: A quantitative cross-sectional analytical observational study was conducted on 175 participants of the Hypertension Chronic Disease Management Program (Prolanis) in 9 primary health care facilities (FKTP) in Banyumas Regency. The participants were selected based on a proportional cluster sampling approach. Controlled hypertension was measured based on the level of family support, age, gender, education, participant's location of residence, occupation, routine visits, and medication adherence. The significance level used in this study was 95%. Bivariate analysis utilized Chi-Square test and multivariate analysis utilized multiple logistic regression analysis.

Results: There is 175 participants, 102 (58,3%) of them have controlled hypertension. The family support variable (OR=1.44 (95% CI)) has no significant associoation on controlled hypertension. Variables age (OR=0.93(95% CI)), gender (OR=1.15 (95% CI)), education (OR=0.68 (95 CI)), participant's location of residence (OR=0.92(95% CI)) , routine visits (OR=0.0.75(95% CI)), and medication adherence (OR=0.96(95% CI)) have no significant association on controlled hypertension. The occupational variable (OR=0.45(95% CI)) has significant association on controlled hypertension.

Conclusion: Family support has no association with controlled hypertension in hypertensive Prolanis participants in Banyumas Regency.

Keyword: Controlled hypertension, Family support, Prolanis