

ABSTRACT

THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND SELF-MANAGEMENT IN HYPERTENSION PATIENTS AT THE JATILAWANG PUBLIC HEALTH CENTER

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Background: Hypertension is a non-communicable disease that requires long-term management through effective self-management to prevent complications. Family support is a key external factor that can enhance self-management abilities among patients with hypertension, particularly in rural settings. However, previous studies have reported inconsistent findings regarding the relationship between family support and self-management. This study aimed to examine the association between family support and self-management among patients with hypertension at Jatilawang Public Health Center.

Methodology: Quantitative design with a cross-sectional approach. A total of 295 patients with hypertension were recruited using purposive sampling from the working area of Jatilawang Public Health Center. Family support was assessed using the Family Support Scale (FSS), while self-management was measured using the Hypertension Self-Management Behavior Questionnaire (HSMBQ). Data analysis was performed using Somers' D correlation test.

Results: The median age of the respondents was 57 years. Most respondents were female, had a Public school or equivalent educational background, and were not employed. The majority reported a moderate level of family support (44.1%) and a fair level of self-management (59.0%). Statistical analysis showed a significant positive correlation between family support and self-management in hypertensive patients with a weak relationship strength ($p = 0.001$; $r = 0.257$).

Conclusion: Family support is significantly associated with self-management among patients with hypertension at Jatilawang Public Health Center. Enhanced family support should be considered an important component in interventions aimed at optimizing long-term hypertension management.

Keywords: Family Support; Hypertension; Self-Management