

## Description of Family Support In The Care Of The Elderly With Hypertension In Penen Village, Sibiru-Biru District In 2022

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### ABSTRACT

The elderly are often at risk of developing hypertension. This is because in the elderly they experience a decrease in the elasticity of the aortic wall, thickening of the heart valves, and a decreased ability to pump the heart. Thus, family support is needed by the elderly during the treatment period. The research purpose to determine the family support in the care of the elderly with hypertension in Penen Village, Sibiru-Biru District in 2022. The study used a descriptive method with a total sampling of 49 elderly respondents who had pre-hypertension and above (pre-hypertension, stage I, stage II). The results obtained description of family support based on good pre-hypertension are 14 respondents (93.3%) and 1 respondent in sufficient category (6.7%), family support based on stage I hypertension is good category 21 respondents (91.3%) and sufficient category 2 respondents (8.7%), family support based on hypertension stage II in good category 2 respondents (18.2%), sufficient 8 respondents (72.2%) and less 1 respondent (9.1%). The conclusions from the research are mostly good family support. It is hoped that the family can provide more optimal support for the elderly to minimize and prevent complications of hypertension that occur in the elderly.

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## 1. Introduction

Hypertension is one of the leading causes of premature death worldwide. It is estimated that by 2020, approximately 1.56 billion adults will have hypertension. Every year nearly 8 billion people in the world and 1.5 million in the East-South Asia region die from hypertension. In the South East Asia region, almost a third of adults suffer from hypertension (Fadila & Solihah, 2022).

According to Anggi (2021), hypertension in the elderly is often found because people who are middle-aged or elderly are at high risk of developing hypertension. This hypertension is caused by the fact that in the elderly they experience a decrease in the elasticity of the aortic wall, thickening of the heart valves, decreased heart pumping ability and increased peripheral vascular resistance (Setiorini et al, 2022).

Firmansyah (2017), said that the role of the family in emotional support for people with hypertension is to help family members in emotional control by being listeners and advisors for people with hypertension, with good family support for people with hypertension can help the healing process, this is supported by family members who care for and make decisions in care (Sandi, 2019).

According to Sandi (2019), the results of research from 81 respondents who suffered from hypertension in Kasreman Village found that hypertension sufferers received good support or lack of support from their families, namely hypertension sufferers with good family support, 40 respondents (49.4%), family support enough for 35 respondents (43.2%), and lack of family support for 6 respondents (7.4%).

According to Puspita, Oktaviarini and Santik (2017), greater family support can reduce the risk of hypertension in the elderly, because the elderly get love, assistance and high trust from other

family members which makes the elderly feel comfortable, not stressed. and feel healthy (Soesanto, 2021).

For this reason, serious attention is needed for each individual and family with high blood pressure so that the progression of hypertension can be lowered. There are several interrelated factors whose efficiency can be increased so that hypertension can be controlled, such as social support, environmental factors, and family support. Family support has a positive effect in controlling all diseases (Jakub, 2017).

## 2. Research methods

### 2.1 Sample

This study involved 49 respondents in Penen Village, Sibiru-Biru District. The sampling technique is total sampling

### 2.2 Design

The research design is descriptive research

### 2.3 Procedure

At this stage the researcher asked for a research permit from STIKes Santa Elisabeth Medan, then the researcher asked for permission from the Head of Penen Village. After the researcher got permission from the Head of Penen Village, the researcher went to each respondent's house to introduce themselves to the respondent explaining the aims and objectives of the study and asked the willingness of prospective respondents to have their blood pressure checked, for prospective respondents who had blood pressure > 120/80 mmHg were asked his willingness to be a respondent then gave informed consent and gave a mask. In filling out the questionnaire respondents were assisted by researchers

### 2.4 Instrument

The research instrument used by the researcher is a questionnaire with 12 questions.

### 2.5 Analysis techniques

Respondents' answers collected were processed by descriptive statistics and presented in the form of a frequency distribution table.

## 3. Results And Discussion

The results of the study from 49 respondents, based on the description of the respondents related to family support in the care of the elderly with hypertension in Penen Village, Sibiru-Biru District in 2022. In this study there are demographic data described in the table below.

TABLE 1  
Frequency Distribution of Demographic Data of Respondents with Hypertension in Penen Village, Sibiru-Biru District in 2022

demographics	(f)	(%)
<b>Gender</b>		
Male	14	28,6
Female	35	71,4
<b>Age</b>		
60-74	44	89,8
75-90	5	10,2
<b>Education</b>		
Tidak tamat SD	11	22,4
SD	31	63,3
SMP	4	8,2
SMA	2	4,1
D1	1	2,0
<b>Profession</b>		
Farmer	39	79,6
Enterpreneur	7	14,3
Retairedmen	2	4,1
Midwifery	1	2,0

Based on the table above, it was found that the characteristics of the female respondents were 35

respondents (71.4%) while the male sex was 14 respondents (28.6%). Most respondents aged 60-74 years were 44 respondents (89.8%) and respondents aged 75-90 years were 5 people (10.2%). Most of the respondents had primary education as many as 31 respondents (63.3 %). Most of the respondents work as farmers as many as 39 respondents (79, 6 %).

TABLE 2  
Frequency Distribution of Respondents based on pre hypertension About Family Support in Caring for the Elderly with Hypertension in Penen Village, Sibiru-Biru District in 2022

Tingkat Dukungan	(f)	(%)
Good	14	93,3
Enough	1	6,7
<b>Total</b>	<b>15</b>	<b>100</b>

Based on the table above, it is found that the results of research conducted on 15 respondents with pre-hypertension in Penen Village, Sibiru-Biru District with a good picture of family support totaled 14 respondents (93.3 %), with a description of adequate family support as many as 1 respondent (6.7). %).

TABLE 3  
Frequency Distribution of Respondents Based on Stage I Hypertension About Family Support in Caring for the Elderly with Hypertension in Penen Village, Sibiru-Biru District in

Support Level	(f)	(%)
Good	21	91,3
Enough	2	8,7
<b>Total</b>	<b>23</b>	<b>100</b>

Based on the table above, it is found that the results of research conducted on 23 respondents with stage I hypertension in Penen Village, Sibiru-Biru District with a description of family support in good categories totaling 21 respondents (91.3 %), with a description of adequate category family support as many as 2 respondents (8,7%).

TABLE 4  
Frequency Distribution of Respondents Based on Stage II Hypertension About Family Support in Caring for the Elderly With Hypertension in Penen Village, Sibiru-Biru District, 2022

Support Level	(f)	(%)
Good	2	18,2
Enough	8	72,7
Less	1	9,1
<b>Total</b>	<b>11</b>	<b>100</b>

Based on the table above, it is found that the results of research conducted on 11 respondents in Penen Village, Sibiru-Biru with Stage II Hypertension, obtained a good picture of family support, amounting to 2 respondents (18.2%), a description of family support with sufficient category as many as 8 respondents (72.7 %), while the description of family support in the less category is 1 respondent (9.1%).

### 3.1 Discussion

#### a. Distribution of Family Support Based on Pre Hypertension

Based family support for respondents with pre-hypertension in Penen Village, Sibiru-Biru District in 2022 with sufficient category as many as 1 respondent (6.7 %), with good category as many as 14 respondents (93.3 %).

According to the researcher's assumptions, the description of family support is in good category because the family understands health problems and the importance of care for respondents who have hypertension, and the family always provides support and attention, especially during the treatment period. Because basically what respondents need is attention and concern for the surrounding environment to support their enthusiasm for treatment. Thus, respondents feel cared for and appreciated by their families.

This assumption is in line with the results of research conducted by Soesanto (2021), which states that good family support has an important role in health care efforts. The attention of family

members ranging from reminding to check regularly, reminding to take medication, reminding to reduce salt and suggesting to always pray, delivering checkups, helping check costs and reminding to stop smoking has proven to be better at undergoing treatment efforts compared to hypertensive patients who receive less attention. from his family.

Based on research conducted by Amelia (2020), it is stated that families who are able to understand the health of their family members will take better care of and pay attention to the respondent's condition. So that respondents feel confident and obedient in carrying out the rules during the treatment period, starting from complying with diet, exercise, and living a healthy lifestyle. Respondents feel that their entire family cares and participates in caring for them to achieve healing

#### **b. Distribution of Family Support Based on Stage I Hypertension**

Based family support for respondents with stage I hypertension in Penen Village, Sibiru-Biru District in 2022 with sufficient category as many as 2 respondents (8.7%), with good category as many as 21 respondents (91.3%). According to the researcher's assumptions, the description of family support is in good category because the elderly have good families in the sense that a good family will have a positive influence on respondents in dealing with their illness. The respondent's family has understood the hypertension disease that occurs in the respondent, as well as the role of the family in the care of the respondent, namely maintaining or caring for it is optimal and always provides support in the form of emotional, assessment, instrumental and informational.

This is in line with the results of research conducted by Fuady (2018), which states that subjects who have family support will feel more comfortable because they do not feel they are facing their illness alone so they are able to adapt to their illness. Family members who are satisfied with the support from their families will perceive that supportive people will always be ready to provide assistance and assistance.

According to the results of research conducted by Bisnu (2017), it is stated that family support is needed by hypertensive patients so that their condition does not get worse and avoid complications due to hypertension. The support provided by family members shows the care and concern of the family so that hypertensive patients are motivated to undergo treatment properly and correctly

#### **c. Distribution of Family Support Based on Stage II Hypertension**

Based on family support for respondents with stage II hypertension in Penen Village, Sibiru-Biru District in 2022 with a less category of 1 respondent (9.1%), with a sufficient category of 8 respondents (72.7%), with good category as many as 2 respondents (18.2%). According to the researchers, the results of family support were in the sufficient category because the respondent's family was busy working so they did not pay attention to the health and needs needed by the elderly, especially in providing support to respondents in dealing with their illness, even though support and attention were needed for respondents because of their limitations.

This is in line with the research conducted by Susanto (2017), that is, out of 164 elderly people who have family support in the sufficient category, there are 105 people (64%). And stated that the family is the most important source of social support, so it can be concluded that family support is at a moderate level due to the lack of family support for the elderly so that the elderly are not appreciated and cared for.

In line with research conducted by Wachyu (2014), family support is quite influenced by work factors because they have family members who work as employees / laborers, so they have not been able to provide maximum support to the elderly. The work of family members who can spend more time with the elderly makes family support more optimal compared to those who work outside.

## **4. Conclusion**

The description of family support in caring for the elderly with hypertension in Penen Village, Sibiru-Biru District in 2022, it can be concluded: based on pre-hypertension with good category 14 respondents (93.3 %), based on stage I hypertension with good category 21 respondents (91.3 %), based on hypertension stage II with sufficient category 8 respondents (72.7%).

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