

**ROLE OF THE FAMILY RELATIONSHIPS WITH COMPLIANCE
TAKING THE DRUG IN PATIENTS OF HYPERTENSION
IN THE VILLAGE OF THE SUBDISTRICT DUREN
SOURCEKRUCIL PROBOLINGGO REGENCY**

QORI MARYANTO

Magister of Nursing

Faculty of Nursing and Midwifery

University of Nahdlatul Ulama Surabaya

Email: qorimaryanto@gmail.com

Abstract

Sufferers of hypertension require special handling such as keeping a diet or lifestyle and got drug therapy. In fact, sufferers often encountered had a bad drug and drank the compliance. This is due to various factors, one of which is to support the family. The purpose of this research is to know the role of the family relationships are with medication compliance in patients of hypertension in the village of the subdistrict Duren Source Probolinggo Regency Krucil. This research use analytic design correlation. The population in this study are hypertensive patients in the village a number of 36 respondents Duren Source. The sampling technique used in this study uses the technique of "purposive sampling". Research done on 09 – 21 June 2017. The instruments used in this study is a questionnaire on the role of the family and the compliance of medication of hypertension. After the data collected include data collection done coding, editing and tabulating, and then the data is analyzed using the Spearman Rank test statistics. The results showed most of the role of the family either as much as 18 respondents (54.5%), most patients obediently take medication of hypertension by as much as 25 respondents (75.8%). Based on statistical tests speraman rank is obtained that the value of ρ value 0.000 results with significant level α 0.05. Thus, the ρ value smaller than α (0.05) so that it can be concluded that there is a meaning accepted H1 relationship role of families with medication compliance in patients of hypertension in the village of the subdistrict Duren Source Probolinggo Regency Krucil. Based on this study it can be concluded that the family played an important role in the process of recovery and adjustment back every sufferer of hypertension, one of which is compliance with medication of hypertension. Therefore, the role of the family in the process of maintenance and the prevention of the occurrence of hypertension is very necessary.

Keywords: Family Roles, Adherence to Medication, Hypertension.

INTRODUCTION

Hypertension is blood pressure of persistent systolic pressure in which the above 140 mmHg and diastolic pressure is above 90 mm Hg. But in a population of elderly hypertension is defined as a systolic pressure of 160 mm Hg and diastolicnya 90 mmHg. Hypertension based on its cause can be divided into two groups namely the primary (essential) hypertension i.e. hypertension of unknown cause, found on more than 90% of sufferers of hypertension, and secondary hypertension i.e. hypertension caused by many factors influence (Brunner & Suddarth, 2008).

Sufferers of hypertension of course require special handling such as keeping a diet or lifestyle and got drug therapy. In fact, sufferers often encountered with compliance behavior of bad drugs and drank. It can be due to various factors, one of which is to support the family. The family became a very important component in compliance behaviour and drank the medicine. The thing that often inhibit adherence of hypertension in patients taking the drug, i.e. not feeling symptoms or complaints, the dosage is not practical (a few times taking the medication in a day), drug side effect (such as a cough that is very disturbing), the price of the medicine is too expensive, and difficult to obtain drugs (not available in all pharmacies). Family's role here is very important, when individuals feel got strong support, then it will try mightily to dutifully take drugs. Family can be a very influential factor in determining the confidence and can also determine about the treatment programs they can receive on patient of hypertension. According to the WHO, 50% of sufferers of hypertension is known to only 25% of the treatment, and regained

only 12.5% treated with either (adequately treated cases). When hypertension is a leading cause of heart disease, nerve, liver and kidney damage so cost is not a little. In developed countries such as America, treated sufferers as much as 59% and a controlled 34%. In Indonesia, based on research Sya'bani (2008), hypertension sufferers who check into the Clinics reported regularly as much 22.8%, while as many as irregular 77.2%. Hypertension in adults in the United 1999-2000 year revealed, 70% are aware that they are suffering from hypertension. Awareness brings 59% of them to do the therapy. But only 34% of those who do the therapy have blood pressure controlled.

Based on the preliminary results of a study which has been carried out in the village of the subdistrict Duren Source Krucil Regency Probolinggo on 11 January 2014. In 10 respondents, retrieved 2 persons (20%) the role of the family towards a good medication compliance, 3 persons (30%) the role of the family towards compliance with medication is quite good and 5 people (50%) of family role towards compliance with medication is less good, Whereas in terms of medication compliance in patients of hypertension, 3 persons (30%) dutifully taking medication and 7 people (70%) wayward taking medication.

In people with hypertension, compliance with medication is a major key in order to avoid the risk of turning off. However, many who felt no need to take medication when it was feeling "normal", even though it is wrong. A high level of compliance against the treatment of hypertension will improve effectiveness of treatment as well as prevent the episodes that is worse than the disease. Medication compliance in the long run it will even lower the morbidity and mortality of patients. Compliance with medication is

a crucial factor in antihypertensive to prevent damage to vital organs of the body, such as kidney, brain, and heart. Protection of these vital organs can lower the risk of kidney failure, stroke, and myocardial infarction, which ultimately can prevent the onset of death. Compliance with medication in the treatment of hypertension is very important because with the antihypertensive taking the medication on a regular basis can control blood pressure hypertension sufferers (Gunawan, 2001).

The large number of figures hypertension into one note about high salt consumption by people around the community. But after doing the examination to the public health, not least the patients who did not return. The possibilities that the level of compliance of the patients taking the drug to lower hypertension. It became a benchmark and inspiration or also the reason this issue is raised. Needs to be done to further counseling to patients and families in order to achieve compliance with the patients to take medication. Family support is important in the implementation of drug therapy to patients. So the more counselling addressed to families so that the goal can be realized according to the wishes

RESEARCH METHODS

The design used in this research is the "Analytic korelasional" where the kind of research that emphasizes time measurement survey data on the dependent and independent variables only once at a time. This research was conducted in the village of the subdistrict Duren Source Krucil Regency Probolinggo on 9 – 21 June 2014.

The population in this study are all patients of hypertension in the village of the subdistrict Duren Source Krucil Regency Probolinggo 36 numbers

of respondents. Samples taken at the village of hypertension patients is the source of the Subdistrict Duren Krucil Regency Probolinggo as much as 33 respondents. Sampling is a patient of hypertension in the village as many as 33 respondents Duren source, the sample in this study using the dwarf "Purposive Sampling".

The independent variable in this study is the role of family. While the dependent variables in the study medication adherence in hypertensive patients.

Data collection instruments in the research using the survey sheet and sheet questionnaire that was given to the respondent. Respondents to the survey conducted by the researchers, were then given questionnaires to find out the role of the family. After the data collected are then tabulated, conducted data analysis is then performed using Spearman Rank test SPSS Window 17.

In this chapter the researchers will present the results and data analysis on "the role of the family Relationship With Medication Compliance in patients of hypertension in the village of the subdistrict Duren Source Krucil Regency Probolinggo". This will result in the group into 2 parts, namely general data and specific data. General data showing about the frequency characteristics of the respondents on the basis of gender, age, education and work are on show in the form of a table. Special data showing answers to the questionnaire on the role of the family and the patient's hypertension medication compliance in the form of a table.

Data retrieval is done by using questionnaires sheet in patients of hypertension in the village of the subdistrict Duren Source Probolinggo Regency Krucil. The sampling

technique used was purposive sampling by the number of respondents by as much as 33.

Table 1 Frequency distribution characteristics of respondents based on Age in the village of the subdistrict Duren Source Krucil, Probolinggo June 2017.

Age	Frequency (f)	Prosentage (%)
36 – 45 years old	15	45,5
46 – 55 years old	13	39,4
55 – 65 years old	5	15,1
Total	33	100

primary Data, June 2017.

Based on the table above most respondents in the village of the subdistrict Duren Source Krucil Regency Probolinggo aged 36 – 45 years totalling 15 respondents (45.5%).

Table 2 Frequency distribution characteristics of respondents based on Age in the village of the subdistrict Duren Source Krucil, Probolinggo June 2017.

Last Education	Frequency (f)	Presentage (%)
SD	5	15,2
SLTP	11	33,3
SMA	12	36,3
PT	5	15,2
Total	33	100

primary Data, June 2017.

Based on the table above most respondents in the village of the subdistrict Duren Source Probolinggo Regency HIGH SCHOOL educated Krucil which totaled 12 respondents (36.3%).

Table 3 Frequency distribution characteristics of respondents based on Age in the village of the subdistrict Duren Source Krucil, Probolinggo June 2017.

Gender	Frequency (f)	Presentage (%)
Men	13	39,4
Women	20	60,6
Total	33	100

primary Data, June 2017.

Based on the table above most respondents in the village of the subdistrict Duren Source Krucil Regency Probolinggo-sex women of 20 respondents (60.6%).

Table 4 Frequency distribution characteristics of respondents based on Age in the village of the subdistrict Duren Source Krucil, Probolinggo June 2017.

Jobs	Frequency (f)	Presentage (%)
PNS	5	15,2
Swasta	8	24,2
Petani	3	9,1
Buruh Tani	6	18,2
IRT	11	33,3
Total	33	100

primary Data, June 2017.

Based on the table above most respondents in the village of the subdistrict Duren Source Krucil Regency Probolinggo type his work was as the IRT (Housewife) totalling 11 respondents (33.3%).

Table 5 Frequency distribution characteristics of respondents based on Age in the village of the subdistrict Duren Source Krucil, Probolinggo June 2017.

The Role Of Family	Frequency (f)	Presentage (%)
--------------------	---------------	----------------

Good	18	54,5
Is being less	10	30,3
	5	15,2
Total	33	100

primary Data, June 2017.

Based on the table above most of the role of the family in the village of the subdistrict Duren Source Krucil Regency Probolinggo is a fine totalling 18 respondents (54.5%).

Table 6 Frequency distribution characteristics of respondents based on Age in the village of the subdistrict Duren Source Krucil, Probolinggo June 2017.

Medication Compliens	Frequency (f)	Presentage (%)
Obedient	25	75,8
wayward	8	24,2
Total	33	100

primary Data, June 2017.

Based on the table above most of the level of compliance to medication of hypertension in the village of the subdistrict Duren Source Krucil Regency probolinggo is dutifully totalling 25 respondents (75.8%).

Table 7 Frequency distribution characteristics of respondents based on Age in the village of the subdistrict Duren Source Krucil, Probolinggo June 2017.

Compliance	Wayward		Obedient		Total	
	F	%	f	%	f	%
The role less	5	15,2	0	0	5	15,2
Is being	3	9,1	7	21,2	10	30,3
good	0	0	18	54,5	18	54,5
Total	8	24,	25	75,	33	100

	3	7	0
--	---	---	---

ρ value 0,000 with $\alpha = 0,05$

Based on the results of the statistical tests Spearman Rank analysis of the role of the family relationship with medication compliance in patients of hypertension in the village of the subdistrict Duren Source Krucil Regency Probolinggo is obtained that the value of ρ value 0.000 results with significant level α 0.05. Thus, the ρ value smaller than α (0.05) such that H_0 is rejected and the H_1 is accepted. This means there is a connection the role of families with medication compliance in patients of hypertension in the village of the subdistrict Duren Source Krucil Regency P robolinggo

Discussion

After doing the analysis of data and see the results in gain will be discussed about a few things, namely: 1) role of the family in the village of the subdistrict Duren Source Probolinggo Regency Krucil. 2) level of compliance to medication of hypertension in the village of the subdistrict Duren Source Krucil Regency Probolinggo and 3) role of the family Relationship with the level of compliance to medication of hypertension in the village of the subdistrict Duren Source Probolinggo Regency Krucil .

INTERPRETATION AND DISCUSSION OF THE RESULTS

1. the role of the family in the village of the subdistrict Duren Source Krucil Regency Probolinggo
The results of research on the role of the family get against taking medication compliance in patients of hypertension is 18 reponden (54.5%) good, 10 reponden (30.3%) medium, and 5 respondents

(15.2%) less. Based on that data could be said most of the role of the family against taking medication compliance in patients of hypertension is good.

According to setiadi (2008), the role of the family is the specific behaviour to be expected by someone in the context of the family. So the role of the family describe a set of interpersonal behavior, the nature, activities related to the individual in the position and the particular situation. The role of the individual within the family are based on expectations and behavior patterns of families, groups and communities.

Based on the research results obtained by the dominant role of the family in helping family

members experiencing hypertension is the role of the family as a nurse and supporters, where families sealalu care for patients properly, help all the activity and needs of the patient, keeping the diet and family always support in healing.

The role of the family is one of the important factor in healing such as social support, social support is the source stemming from the family environment. Social support has four different types of tailored to the situation. Social support is a social resource that can assist the individual in the face of an event the tapping. In

addition it also has a social support the positive relationships that can affect the health of individuals and kesejahteraannya or can enhance the creativity of individuals in the ability of Adaptive adjustments to stress and pain experienced by one of the members of his family.

2. The level of Medication Compliance in patients of hypertension in the village of the subdistrict Duren Source Krucil Regency P robolinggo

Results of the study in compliance levels get medication in hypertensive patients

was 25 reponden (75.8%) dutifully, 8 reponden (24.2%) did not comply. Based on that data could be said most of the compliance level of the medication in patients of hypertension is wayward.

According to the Smet (2004), compliance or adherence (compliance/adherence) is the level of patient treatment and behavioral ways of implementing the suggested by the doctor or by others. The compliance of patients as to what extent the behavior of the patient in accordance with the provisions provided by the health professional.

Compliance is the degree in which the patient is following the advice of clinical doctors who treat it. Of compliance this is can be seen to what extent the behavior of the patient in accordance with the provisions provided by health professionals to improve the degree of the patient's health. If the patient is obedient and does the suggestion of health workers with good health then the patient can be controlled well. Although many factors mempengaruhi the level of compliance of patient in running what has been recommended by health care personnel, such as the patient's level of education, level of knowledge, awareness and the role of the family in particular.

3. The role of the family Relationship With Medication Compliance in patients of hypertension in the village of the subdistrict Duren Source Probolinggo Regency Krucil.

Based on the results of data analysis using Spearman Rank test statistics are obtained that the value of the results of the p value 0.000 with significant level α 0.05. Thus, the p value smaller than α (0.05) such that H_0 is rejected and the H_1 is accepted.

According to Irdawati (2009) the importance of the role of the family in the treatment of hypertension sufferers can be viewed from many different facets: the family is the place where individuals

start relationships with its environment. If the family is viewed as a system, then the disturbances that occurred at one of the members can affect the entire system, instead of family dysfunction can also be one of the causes of the occurrence of the disorder on the members. A wide range of health services is not a place a lifelong sufferer but only facilities that help the patient and family to develop ability in preventing the occurrence of the problem, tackling various problems and maintain the State of adaptive. One factor causes the occurrence of hypertension is the family did not know how to deal with the behavior of sufferers at home.

According to Awie (2008) Health care activities, health beliefs, and health values is part learned from family. Healthy and pain is part of life and can be learnt from individual families. Friedman (1992) identify clearly the importance of nursing services centered on the family (family centered nursing care), namely: the family consists of members that interdependence with each other and influence with others, there is a strong relationship between health status, family members, then the very important role of family members in each service nursing. The level of health of a family member is very significant activity in health promotion. His illness at one of the family members may be the same problem as an indication on the other members.

The family played an important role in the process of recovery and adjustment back every sufferer of hypertension. Therefore, the role of the family in the process of maintenance and the prevention of the occurrence of repeated attacks are indispensable. It is desirable that the family can help the recovery of sufferers of hypertension. For

that first required mutual understanding between doctors, nurses, other rehabilitation team, fisioterapist, and the role of the family about the circumstances of the sufferer.

Sufferers ask for great attention from both the family and the community because they hamper the ability of the functional activity of moving, start taking care of yourself: daily activities and communicate. For sufferers, experiencing hypertension is a blow for him that raises social and emotional crisis. He wanted to get a clearer information regarding health problems, its implications as well as instructions adjustment against the problem.

The family is the primary support system gives direct services on any circumstances (healthy-ill) family members. Therefore, intake services/treatments that focus on the family is not just to restore the State of the patient, but also aims to develop and enhance the ability of families in addressing health issues in the family.

The family gave encouragement/support so that sufferers have a strong motivation to be able to immediately obtain the restoration of health as well as possible. Give a boost on a family member suffering from hypertension to take drugs in teratur and dutifully against the advice given by health workers, although it's pretty agonizing sufferer, however, sufferers should always be encouraged to always obey against the advice of health care personnel in particular taking the drug in teratur and appropriate dose given to a patient. So that the client can increase the degree of health and prevent the occurrence of complications caused by hypertension.

Conclusion

1. the role of the family in the village of the subdistrict Duren Source Krucil

Regency Probolinggo is mostly good totalling 18 respondents (54.5%).

2. medication Compliance in patients of hypertension in the village of the subdistrict Duren Source Krucil Regency Probolinggo is mostly submissive totalling 25 respondents (75.8%).

3. There is a relationship role of families with medication compliance in patients of hypertension in the village of the subdistrict Duren Source Probolinggo Regency Krucil. Retrieved value of ρ value 0.000 with 0.05 α so that H1 is accepted.

Suggestion

1. For educational institutions

Give students so the students towards learning can also implement and deliver health education to the patients of hypertension especially.

2. For the nursing Profession

It is hoped the nurse can give guidance to patients and families of patients experiencing hypertension, so as to improve the level of knowledge and the role of the family in the face of a patient's hypertension.

3. For Land Research

In order for the results of this research can be used as input for the institution's nursing service in improving the quality of nursing services, particularly for the patients and families who are experiencing hypertension.

4. For the respondent

Can provide insight on hypertension so that the role of the family is very important in helping the process of healing a patient's hypertension.

5. For the next researcher

As a reference for the next researcher to conduct research on hypertension or the role of the family, but using variables and different research methodologies.

BIBLIOGRAPHY

Alimul. (2008). Nursing Research And Scientific Writing Techniques, Salemba JakartaMedika.

Allison Hull. (1996). Coronary heart disease, hypertension and Nutrition. Jakarta: Aksara Earth.

Anonymous. Family Support. 33835456789/http://repository.usu.ac.id/bitstream/123/3/Chapter%UR20II.pdf. Retrieved March 8, 2014.

Arikunto, Suharsimi. (2005). A Research Procedure approach to Practice, Jakarta: Indonesia Ghalia.

Budiyanto. (2002). Healthy Menu Conqueror of hypertension. Jakarta: Pustaka DeMedika.

Dalimartha (2008). Your Self Care Of Hypertension. Jakarta: The Diffuser Is A Plus.

Directorate General Of Disease Control Environmental Health & (Ditjen PP & PL) Department Of Health. 2012. The Profile Data of health indonesia in 2011. <http://www.depkes.go.id/downloads/PROF>

Effendi. (2008). Foundations of Public Health Nursing, Second Edition. Publishers EGC, Jakarta.

Friedman. (1998). Family Nursing theory and practice issue 3. Jakarta: EGC.

Gunawan. (2001). Textbook In Disease. Jakarta: Balai Publishers Of MEDICINE

Henbing. (2001). Textbook in pathology. Third

- Edition. Jakarta: Balai Publishers Of
MEDICINE
, Elvina Karyadi. (2002). Living
with the disease
of hypertension, gout, coronary artery
disease. Jakarta: Essence Mediatama.
- Karyadi. (2004). Cited from Daniar,
Hagar. (2011). An overview of the level
of consumption (energy, Protein,
carbohydrates, cholesterol, Fiber,
potassium, Sodium) in patients of
hypertension with obesity in the
region of clinics Gayungan. The
Scientific Paper. Surabaya: Surabaya Nu
tritional Academy.
- Manjoer. (1999). Capita Selekt medicine.
3rd Edition of the first volume. Jakarta:
Media Ausoapilus A UI Medical
Faculty.
- Mubarak. (2009). The concept
and Process of nursing family. The
Publisher Of The Graha Science,
Yogyakarta.
- Nurheti. (2011). City of
hypertension with herbs. Yogyakarta: G
ajayana Publisher.
of Medan Area. Thesis. University Of
North Sumatra.
- Nursalam. (2008). The concept and
application
of Nursing Research Methodology, Sale
mba Jakarta Medika.
- Nursalam. (2008). Nursing Research Meth
odology, Jakarta: Seagung Seto.
- Purwaningtyas,
e., Ikawati, z., Pramantara, D.P. (2011).
The compliance relationship with drug
use persistence Drug inpatients of
hypertension Filling in was dr Sardjito
Yogyakarta. FK Sardjito Yogyakarta, G
ADJAH MADA
UNIVERSITY and was APPOINTED.
- Setiadi. (2007). Research methodology
of Nursing. Graha Science, Yogyakarta
- Susi. (2004). Hypertension. Jakarta: Gram
edia Pustaka Utama
- Syahputra Y, m. i. (2011). The relationship
of family support with Compliance of
patients taking the
drug in Clinic psychiatric hospital in
North Sumatra Province

