

ABSTRACT

**THE RELATIONSHIP BETWEEN FAMILY'S SOCIAL SUPPORT AND
ROUTINE CONTROL ADHERENCE IN ELDERLY WITH
HYPERTENSION TO POSYANDU LANSIA AT PUSKESMAS
SUGIHWARAS BOJONEGORO**

Correlational Research
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Hypertension is common symptom that occurs in elderly and known as silent killer. Blood pressure routine control is important for elderly with hypertension. Support from family make positive coping to improve routine control adherence. The purpose of this study was to analyze the relationship between family's social support and routine control adherence in elderly with hypertension to posyandu lansia at Puskesmas Sugihwaras Bojonegoro based on Miller's social support theory.

This was correlational research with cross sectional approach. The population were elderly with hypertension noted at Puskesmas Sugihwaras Bojonegoro. Sample were 66 respondents, taken according to random sampling. The independent variable was family social support. The dependent variable was routine control adherence. Data were collected by using questionnaires and analyzed by using spearman rho with level of significance $\alpha \leq 0.05$.

Result showed that there was significant relationship between family social support and routine control adherence ($p=0.000$; $r=0,735$) in elderly with hypertension. Spearman's rho correlation value of 0.735 indicates positive correlation with strong correlation coefficients.

It can be concluded that support from family can improve routine control adherence in elderly with hypertension. Community health nurses are expected to review the social support of each client in nursing care. Future studies are expected to examine other factors that can influence routine control adherence.

Keywords : family support, routine control, elderly hypertension