

**ABSTRACT**

**THE RELATIONSHIP BETWEEN PATIENT'S OBEDIENCE TO JOIN  
*PROLANIS* AND BLOOD PRESSURE OF HYPERTENSION PATIENTS  
IN MOJO PUBLIC HEALTH CENTER SURABAYA**

Correlation Study in Mojo Public Health Centre Surabaya

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**Introduction:** Blood pressure has important role in hypertension management. Blood pressure can be influenced by four *Prolanis* programs and four hypertensive management compliance. The purpose of this study was to determine the relationship between *Prolanis* programs and patient obedience to joining *Prolanis* and also the relationship between patient obedience to joining *Prolanis* and blood pressure of hypertensive patients. **Methods:** This research used quantitative design with correlation method. Respondents were 24 people from hypertension *Prolanis* participants, with total sampling method. The dependent variable were *Prolanis* programs and patient's obedience to joining *Prolanis*. The independent variable was blood pressure. The data were collected using special data, diet compliance questionnaire, physical activity (Baecke), treatment (MMAS-8) and medical record. The statistical test used Chi Square with Fisher exact as alternative test with level of significance  $< 0,05$ . **Results:** *Prolanis* programs had a correlation with patient adherence to joining *Prolanis* ( $p = 0,027$ ) and patient adherence to joining *Prolanis* had a correlation with blood pressure in hypertensive patients ( $p = 0,005$ ). **Discussion:** *Prolanis* programs could influence patient's obedience, so it improved patient obedience that may affect blood pressure to become normal. Other researchers who interest in *Prolanis* and blood pressure may modify the research design, such as comparing blood pressure with nonpharmacologic therapy in *Prolanis* patients. In addition, it is expected to develop research with qualitative methods to obtain more description about *Prolanis* and blood pressure.

**Keywords:** patient compliance, *Prolanis*, blood pressure, hypertension