

ABSTRACT

**THE EFFECT OF HYPERTENSION CARE BOOK (HYCAB) ON
FAMILY SUPPORT AND MOTIVATION OF HYPERTENSIVE
SUFFERERS IN IMPLEMENTING A HEALTHY LIFESTYLE**

Quasy Experimental Research

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Introduction: Hypertension is one of the cardiovascular diseases which is the main cause of death in both developed and developing countries including Indonesia. Health status in hypertensive patients is exacerbated by the existence of an unhealthy lifestyle that is influenced by lack of motivation and family support. The Tambakwedi Health Center has the highest number of hypertension patients at 1387 people or 21.55% and has increased in 2016 to 2177 people.

Design: The research design used was Quasy Experiment with a pre-post test control group design. The population of this study were hypertensive patients aged 45-59 years for the last 3 months, namely 54 people. The sample size was obtained by 12 respondents as the treatment group and 12 respondents as the control group using random sampling technique. Data collection using a questionnaire. The statistical test used is the Wilcoxon Signed Rank Test analysis and Mann Whitney U Test with a significance level of $p < 0.05$.

Results: The results of the Wilcoxon Signed Rank Test statistical test showed family support with $p = 0.002$ and motivation with $p = 0.002$. Mann Whitney U Test test results show family support with $p = 0.000$ and motivation with $p = 0.002$. **Conclusion:** HYCAB media health education can increase family support and motivation in the treatment group.

Keywords: hypertension, health education, family support, motivation, and lifestyle