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***THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND
ADHERENCE TO A LOW-SALT DIET IN HYPERTENSIVE PATIENTS
(A Study at ANNA Medika Madura Hospital)***

ABSTRACT

Hypertension is one of the diseases classified as cardiovascular diseases. Hypertension requires family support that can help individuals increase their self-confidence and motivation to face challenges. There is still low awareness among hypertension patients regarding adherence to a low-salt diet at RSU ANNA Medika Madura, Bangkalan Regency. The aim of this study is to analyze the relationship between family support and adherence to a low-salt diet in hypertension patients.

This research was conducted after being declared Ethical Clearance approved by the Ethics Council of KEPK NHM with Reg No: 2304/KEPK/STIKES-NHM/EC/XI/2024. The design of this study used a descriptive analytical design with a cross-sectional approach, and the instrument used in this study was the Family Support and Low Salt Diet adherence questionnaire. The population consisted of 50 respondents, and the sample used was 45 respondents.

The results of the Spearman rank statistical test obtained a P Value of 0.022, which means the P Value > α (0.05). With an r value of 0.340, the results indicated a weak positive relationship between low-salt diet adherence and family support among respondents. It was found that there was a relationship between low-salt diet adherence and family support in hypertensive patients.

The conclusion of this study was that there was a Relationship between Family Support and Low-Salt Diet Adherence in Hypertension Patients. The suggestion from the researcher was the importance of applying Family Support to adherence to a low-salt diet in hypertensive patients

Keywords: Family Support, Low-Salt Diet Adherence, Hypertension