

FAMILY SUPPORT RELATED TO STRESS MANAGEMENT AMONG HYPERTENSION PATIENTS IN ONE VILLAGE, BINONG, KARAWACI

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Abstract

Hypertension is increasing systolic which blood pressure is above 140 mmHg and diastolic pressure is exceeding 90 mmHg. One of affecting factors of hypertension is stress. Besides, family support as a form of attitude and action of family members that helps in stress management. This research aimed to determine the relationship between family support and stress management for people with hypertension in the Binong Village. This research used a correlational descriptive design with a cross-sectional approach. This research population were 184 people who people live with hypertension in the. This research recruited 72 participants. We used convenience sampling technique. The instrument used in this research is the family support questionnaires and stress management questionnaire. Data analysis used univariate and bivariate analysis with the Chi Square test. Univariate analysis showed that 52 (72,2%) respondents who has good family support and 65 (90,3%) respondents who has good stress management. The bivariate analysis obtained p value 0.001 (p value <0.05) indicating that there is significant relationship between family support and stress management in hypertension in Binong Village. We suggest for future research to conduct more other research method family support in managing stress among people with hypertension.

Keywords: family support, stress management, hypertension