

LAMPIRAN 1

BIODATA PENULIS



Ety Rismayanti lahir pada tanggal 01-5-1999 bertempat di Loa Janan, merupakan anak ke 4 dari 4 bersodara yg lahir dari pasangan suami istri Bapak (Sabrin), Ibu (Iisnawati). Pendidikan yang di tempuh yaitu SD 017 Ulaq Nanga dan lulus pada tahun 2012, Lalu melanjutkan di SMPN 1 loa duri dan lulus pada tahun 2015, Melanjutkan Sekolah SMAN 7 SAMARINDA dan

lulus pada tahun 2018, dan Melanjutkan Pendidikan Diploma III Keperawatan di Universitas Muhamamadiyah Kalimantan Timur.

Sebagai syarat untuk memperoleh Gelar Ahli Madya Keperawatan (A.Md.Kep) Peneliti melakukan penelitian menggunakan metode Literatur Riview dengan judul **"DUKUNGAN KELUARGA DENGAN KEPATUHAN DIET HIPERTENSI PADA LANSIA: LITERATURE RIVIEW"**

LAMPIRAN 2

SCREENSHOOT JURNAL

JURNAL ILMU KESEHATAN VOL. 6 NO. 1 JUNI 2018

**HUBUNGAN DUKUNGAN KELUARGA DENGAN KEPATUHAN DIET PASIEN
HIPERTENSI DI PUSKESMAS PAYUNG SEKAKI PEKANBARU TAHUN 2017**

***THE RELATION OF FAMILY SUPPORT TO THE COMPLIANCE OF DIET PATIENTS
HYPERTENSION AT PAYUNG SEKAKI PUBLIC HEALTH CENTER PEKANBARU 2017***

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ABSTRACT

Background : *One of the most serious health problems today is hypertension called the silent killer. Long-term persistent (persistent) blood pressure can cause damage to the kidneys (kidney failure), heart (coronary heart disease), and brain (causing stroke) if not detected early and received adequate treatment, it will lead to death. Adherence to diet is one way to reduce hypertension so that it can overcome and prevent hypertension and its complications.*

Objective : *The purpose of this study was to determine whether there is a relation between family support to adherence to hypertensive patient diet at Payung Sekaki Public Health Center Pekanbaru.*

Methoda : *This research method is quantitative type with approach of study of kolerasi. The population of all hypertensive patients who visited the clinic umbrella sekb Pekanbaru as many as 102 people with the number of samples from as many as 81 people. The sampling technique used is accyidental sampling.*

Results : *Based on statistic test with chi squaretest, p-value is 0.002 (p < 0,05), meaning that there is a relation of family support to hypertension patient's compliance at Payung Sekaki Pekanbaru Public Health Center Year 2017.*

Conclusion : *patient getting good support from his family tends to be more easily obedient in doing hypertension diet.*

Keywords : *Hypertension, Diet Compliance*

Dukungan keluarga, kepatuhan dan pemahaman pasien terhadap diet rendah garam pada pasien dengan hipertensi

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Abstract

Family support, adherence and understanding of a low-salt diets among patients with hypertensive

Background: Hypertension is a disorder of the blood vessels that results in the supply of oxygen and nutrients carried by the blood blocked to the tissues of the body that needs it. Based on data from the Gedong Air Health Center, it is known that from 2015 to 2018 the incidence of hypertension fluctuated, wherein 2016 it amounted to 1962 cases but in 2017 it increased to 2814 cases and in 2018 the incidence of hypertension was 3102 cases.

Purposes: Knowing the relationship of family support, adherence, and understanding of a low-salt diet among patients with hypertensive

Method: A quantitative research designed with analysis by cross-sectional approach and the population was patients with hypertensive with a sample of 139 as respondents by simple random sampling. Collecting data by questionnaires and Analysing data used Univariate and Bivariate (Chi-Square).

Results: Finding that the patient has negative family support was 58.7%, the patient was noncompliant to a low-salt diet .57.2%, and few patients have an understanding of a low-salt diet. There is a relationship between the understanding of a low-salt diet (p-value = 0.000), family support (p-value = 0.032) and compliance with a low-salt diet among patients with hypertensive.

Conclusion: There is a relationship of understanding of low-salt diets, family support and compliance to a low-salt diet among patients with hypertensive. Suggestions for health workers in providing health education to families and patients with hypertensive about the importance of low salt diets in the management of hypertension

Keywords: Family support; Compliance; Understanding; Low-salt diet; Hypertensive.

Factors influencing adherence to treatment in older adults with hypertension

This article was published in the following Dove Press journal:
Clinical Interventions in Aging

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Purpose: Hypertension (HT) is considered to be the most common disorder in the general population. Demographic data indicate that older adults commonly suffer from HT. Older age is one of the key factors affecting the adherence of patients with HT. The main purpose was to identify demographic, socioeconomic, and clinical factors that affect adherence in older adults with HT.

Materials and methods: This cross-sectional study included 150 patients (84 women and 66 men) with mean age of 72.1 years. The Hill-Bone Compliance to High Blood Pressure Therapy Scale (Hill-Bone CHBPTS) was used to evaluate the adherence to therapeutic recommendations for HT.

Results: The mean score obtained by the patients in the Hill-Bone CHBPTS was 20.19 (SD±4.05). The linear regression model showed the independent predictors of the total score ($P<0.05$): 1) age, each subsequent year of life raises the total score by an average of 0.2 points; 2) gender, males raise it by an average of 1.34 points compared to females; 3) education, a secondary, higher or higher professional education lowers it by an average of 1.75 points compared to a

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UNIVERSITAS MUHAMMADIYAH PONOROGO
HEALTH SCIENCES JOURNAL
Url : <http://studentjournal.umpo.ac.id/>**

**HUBUNGAN DUKUNGAN KELUARGA DENGAN KEPATUHAN
PEMENUHAN DIET PADA PENDERITA HIPERTENSI
Desa Demangan, Kecamatan Siman, Kabupaten Ponorogo**

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Sejarah Artikel

Diterima: Februari 2019 disetujui: Maret 2019 Dipublikasikan: April 2019

Abstract

Family support in caring for family members who suffer from high blood pressure because patients never control food needs and many restrictions that must be obeyed by patients with hypertension to avoid recurrence or increase blood pressure.. This study aims to determine the relationship of family support to compliance fulfillment of diet in patients with hypertension.

The design of this study was cross sectional. Population of all families who have hypertension sufferers in Demangan Village, Siman District, Ponorogo Regency with a large sample of 38 respondents. Sampling Purposive Sampling. Technical data collection using questionnaires and calculations using Chi Square Test with 0.05 Significance.

Research results Family support for hypertensive patients interpreted most of 21 respondents (55.3%) positive family support. In compliance with dietary compliance in hypertensive patients interpreted almost half of the 15 respondents (39.5%) of moderate compliance. Based

HUBUNGAN DUKUNGAN KELUARGA DENGAN KEPATUHAN DIET PADA PENDERITA HIPERTENSI DI WILAYAH KERJA PUSKESMAS PANCUR KABUPATEN LINGGA TAHUN 2020

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INFO ARTIKEL

Tanggal diterima: 2 Oktober 2020

Tanggal revisi: 10 Oktober 2020

Tanggal yang diterima: 25 Oktober 2020

Kata kunci:

Hipertensi; dukungan keluarga; kepatuhan diet hipertensi

ABSTRAK

Tujuan Penelitian untuk mengetahui hubungan dukungan keluarga dengan kepatuhan diet penderita hipertensi di wilayah kerja Puskesmas Pancur Kabupaten Lingga Tahun 2019. Penelitian menggunakan metode deskriptif korelasi pendekatan secara cross sectional, pemilihan sampel dengan tehnik purposive sampling, jumlah sampel 55 responden. Hasil penelitian diuji dengan uji Spearman Rho dengan derajat kemaknaan $\alpha = 0,00$, diperoleh hasil $p=0,000$ dimana ($p \leq 0,05$), dengan kekuatan ($r=0,851$) yaitu sangat kuat dan arah hubungan positif artinya koefisien korelasi adalah signifikan, berarti ada Hubungan Dukungan Keluarga Dengan Kepatuhan Diet Pada Penderita Hipertensi Di Wilayah Kerja Puskesmas Pancur Kabupaten Lingga Tahun 2019. Diharapkan agar perawat dapat memberikan bimbingan pelayanan kesehatan bagi pasien hipertensi untuk dapat menyadari pentingnya kepatuhan diet hipertensi dan membantu keluarga agar memberi dukungan keluarga untuk membantu pasien mengotrol diet hipertensi



JHTM

Journal of Holistic and Traditional Medicine
Vol 01 No 01, Agustus 2016
www.jhtm.or.id

e-ISSN. 2541-5409

p-ISSN. 2541-4178



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HUBUNGAN ANTARA DUKUNGAN KELUARGA DENGAN PERILAKU PENGENDALIAN HIPERTENSI PADA LANSIA DI DESA JERUKGULUNG KECAMATAN BALEREJO KABUPATEN MADIUN TAHUN 2015

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Received July 10, 2016; Accepted July 22, 2016; Online Published August 08, 2016

Abstrak

Hipertensi lebih dikenal oleh masyarakat dengan istilah penyakit tekanan darah tinggi. Hipertensi merupakan keadaan dimana tekanan sistolik >140 mmHg dan tekanan diastolik >90 mmHg. Rancangan penelitian ini adalah penelitian analitik korelasi dengan metode *cross-sectional*. Populasi penelitian ini adalah semua lansia yang mengalami hipertensi di Desa Jerukgulung Kecamatan Balerejo Kabupaten Madiun sepanjang Tahun 2015. Teknik sampling yang digunakan adalah *purposive sampling* dengan 56 sampel. Variabel independen yang diteliti adalah dukungan keluarga dengan lembar kuesioner dan variabel dependen adalah perilaku pengendalian hipertensi dengan lembar kuesioner. Analisa data dilakukan dengan uji *spearman rank* dengan tingkat kemaknaan yang digunakan 0,05. Hasil penelitian menunjukkan 14 orang (58,1%) dari 24 lansia yang mengalami dukungan keluarga kurang, mengalami perilaku pengendalian hipertensi kurang. Nilai p value = $0,000 < \alpha = 0,05$, maka H_0 ditolak dan H_1 diterima. Ada hubungan antara dukungan keluarga dengan perilaku pengendalian hipertensi pada lansia di Desa Jerukgulung Kecamatan Balerejo Kabupaten Madiun tahun 2015. *Coefficient colleration* sebesar $r = 0,460$, yang diartikan kekuatan hubungan cukup kuat dan arah hubungan positif yang maknanya semakin buruk dukungan keluarga maka perilaku pengendalian hipertensi semakin buruk.

**DUKUNGAN KELUARGA DAN KEPATUHAN DIET LANSIA PENDERITA HIPERTENSI DI
WILAYAH KERJA PUSKESMAS TUMPAAN****[FAMILY SUPPORT AND ADVANCED DIET COMPLIANCE AGE OF
HYPERTENSION PATIENTS]**

Alfany Natalia Torar, Samuel Tambuwun, Herlina Memah, Yourisna Pasambo

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DOI : 10.47718/jjpd.v8i01.903

ABSTRAK

Latar Belakang Data yang diperoleh dari wilayah kerja puskesmas Tumpaan ditemukan Hipertensi pada lansia merupakan penyakit menonjol pertama pada rentang bulan Januari-Desember 2017 sebanyak 465 penderita dan tahun 2018 jumlah penderita sebanyak 510. Berdasarkan studi pendahuluan lansia memiliki tekanan darah tinggi mengatakan tekanan darahnya sering meningkat karena tidak patuh menjalankan diet. Kurangnya dukungan anggota keluarga dapat mempengaruhi perilaku kepatuhan pelaksanaan diet hipertensi. **Tujuan** penelitian ini adalah mengetahui Hubungan Dukungan Keluarga dengan Kepatuhan Diet Lansia Penderita Hipertensi di Wilayah Kerja

**HUBUNGAN DUKUNGAN KELUARGA DENGAN TINGKAT KEPATUHAN
PENATALAKSANAAN DIET LANSIA DENGAN HIPERTENSI DI
LINGKUNGAN KELURAHAN TONJA**¹Kadek Cita Citra Dewi, ²Ni Ketut Guru Prapti, ³I Kadek Saputra^{1,2,3}Program Studi Ilmu Keperawatan Fakultas Kedokteran Universitas Udayana
Email: citacitra25@yahoo.com**Abstract**

Elderly has high risk of suffering from degenerative diseases, such as hypertension. From the interview result with eight of ten elderly in Tonja who have hypertension said their blood pressure often increases because of their disobedient diet. This happens due to lack of family support in organize food that can be consumed by the elderly with hypertension. This study aims to determine the relationship of family support on adherence to the dietary management of elderly with hypertension in Tonja North Denpasar. This is an observational study with cross sectional approach. The sample in this study amounted to 40 respondents with total sampling technique. Instrument used of a questionnaire about family support and compliance with dietary management. Spearman rank correlation test results get the value of $p = 0.000$, which means $p < 0.05$ and showing values (r) 0.849, which means there is a very strong relationship between the variables of family support with the level of compliance with dietary management (range from 0.80 to 1.000). From the results of these studies are expected health workers in providing health services should always involve the patient's family, especially in implementing the diet.

Keyword: Elderly, Hypertension, Family Support, Adherence to Dietary Management.

Role of family support and self-care practices in blood pressure control in individuals with hypertension: results from a cross-sectional study in Kollam District, Kerala [version 1; peer review: awaiting peer review]

Susanna Chacko , Panniyammakal Jeemon 

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V1 First published: 28 Jul 2020, 5:180
<https://doi.org/10.12688/wellcomeopenres.16146.1>
 Latest published: 28 Jul 2020, 5:180
<https://doi.org/10.12688/wellcomeopenres.16146.1>

Abstract

Background: Despite the availability of effective drugs, blood pressure (BP) control rate is sub-optimal in individuals with hypertension in low- and middle-income countries (LMICs). The role of self-care in the management of BP is less studied in LMIC settings.

Methods: We conducted a community-based, cross-sectional study in individuals with hypertension in Kollam district, Kerala. A multistage cluster sampling method was used for the selection of study participants. We measured self-care by using an adapted Hypertension Self-Care Activity Level Effects (H-SCALE) scale. Descriptive statistics were used to summarise the data and logistic regression analysis was conducted to identify factors associated with BP control.

Results: In total, 690 individuals with hypertension (women=60%) and a mean age of 57±8 years participated in the study. More than half (54%) of the participants were adherent to anti-hypertensive medications. However, the adherence rate was much lower for the dietary approach to stop hypertension (DASH) diet (12.8%), recommended level of physical activity

Open Peer Review

Reviewer Status AWAITING PEER REVIEW

Any reports and responses or comments on the article can be found at the end of the article.

JMH

Jurnal Medika Utama

Vol 02 No 02, Januari 2021

<http://jurnalmedikahutama.com>

e-ISSN. 2715-9728

p-ISSN. 2715-8039



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HUBUNGAN DUKUNGAN KELUARGA DENGAN KEPATUHAN DIET HIPERTENSI PADA LANSIA DI DUSUN LADON WILAYAH KERJA PUSKESMAS WANASABA

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Received Januari 02, 2020; Accepted Januari 04, 2020; Online Published Januari 06, 2021

Abstrak

Hipertensi merupakan salah satu penyakit tidak menular yang menjadi masalah kesehatan penting di seluruh dunia karena prevalensinya yang tinggi, termasuk di Indonesia. Di wilayah kerja puskesmas wanasaba, kecamatan wanasaba penyakit hipertensi masih menjadi masalah kesehatan, karena jumlah kasusnya cukup tinggi dan berfluktuasi yang rata-rata terjadi pada lansia berusia 60 – 70 tahun. Penelitian ini merupakan penelitian kuantitatif dengan menggunakan desain *corelational* dengan rancangan *cross sectional*, jumlah sampel 35 responden. Pengumpulan data menggunakan kuesioner yang dilaksanakan pada bulan Mei 2019. Untuk melihat hubungan dukungan keluarga dengan kepatuhan diet hipertensi pada lansia menggunakan analisis *statistic spearman rank*. Pada penelitian ini terdapat 2 (dua) variabel yang mempunyai hubungan bermakna secara statistik yaitu dukungan keluarga dengan kepatuhan diet hipertensi pada lansia yaitu dengan nilai ($p=0,001$). Kesimpulannya, didapatkan dukungan keluarga yaitu kategori baik dan kepatuhan diet hipertensi pada lansia didapatkan rata-rata dalam kategori patuh.

LAMPIRAN 3

LITERATURE REVIEW

SURAT KETERANGAN

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Judul : HUBUNGAN DUKUNGAN KELUARGA DENGAN KEPATUHAN DIET HIPERTENSI PADA LANSIA: LITERATURE REVIEW

Dengan ini saya menyatakan bahwa saya menggunakan *Literature Review*.

Demikian permohonan yang saya sampaikan, atas perhatiannya saya ucapkan terimakasih.

Wassalamu'alaikum Warahmatullahi Wabarakatuh

Samarinda, 6 januari 2022

Pembimbing

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LAMPIRAN 4

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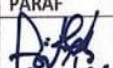

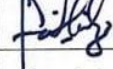


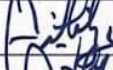





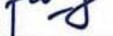
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Judul KTI : Dukungan Keluarga Dengan Kepatuhan Diet Rendah Garam Penderita Hipertensi Pada Lansia: Literature Review

Pembimbing : Ns. Faried Rahman Hidayat, S.Kep.,M.Kep

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DUKUNGAN KELUARGA
DENGAN KEPATUHAN DIET
HIPERTENSI PADA LANSIA:
LITERATURE REVIEW

by Ety Rismayanti

Submission date: 24-Jan-2022 12:51PM (UTC+0800)

Submission ID: 1746847716

File name: KTI_ETYRISMAYANTI_OKE.docx (75.83K)

Word count: 7146

Character count: 46569

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