



# Analysis of Family Independence towards Health Policy in Prevention of Covid-19 in Hypertension Patients in the Working Area of Antang Health Center, Makassar City

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## Abstract

Family health independence includes: being able to recognize various health problems, being able to decide on appropriate nursing actions, being able to carry out proper daily care at home, being able to support and improve the health of all family members, being able to take advantage of health services. The number of affected communities in the Puskesmas is less than the standard set by the government. In 2021 for the January – August period, the number of visits for hypertension cases at the Antang Health Center in Makassar City was 1,851 of the total number of non-communicable disease cases, where the number of visits for hypertension cases in the August 2021 period was 268 cases with confirmed cases of COVID-19 in the Manggala sub-district as an area. Its work reached 5,032 cases as of August 28, 2021. Qualitative research with a phenomenological approach. Interviews were conducted with 11 informants, including 5 patients with hypertension, 5 patients' families, and 1 health worker. Data collection techniques using in-depth interview techniques, observation techniques and documentation techniques. The validity of the data using triangulation, namely triangulation of data sources, triangulation of theories, and triangulation of methods. The results showed that family independence in patients with hypertension had been carried out very well and full of attention, based on this it was found that the level of family independence was at the 4th level, namely accepting health workers to take active promotive actions. Health workers have also made regular visits and checked the health of patients, provided education, and brought medicines needed by patients, health workers also provided education regarding the prevention of COVID-19 to families and patients and also the dangers of complications between hypertension and Covid-19.

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## Introduction

Based on the report submitted (Media\_Indonesia, 2021), Hypertension was declared the most dangerous disease during the COVID-19 pandemic. The reason is, the latest data for COVID-19

sufferers shows hypertension to be the highest comorbid at 50.1 percent and can worsen the condition of COVID-19 sufferers.

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This is because people with hypertension have lower immunity, which can make it easier for COVID-19 to infect. A study revealed that people with hypertension experience more severe symptoms when infected because it can cause complications in the heart, stroke and kidney failure (Latifin, Purwanto, & Wahyuni, 2020).

Hypertension or high blood pressure is an abnormal increase in blood pressure in the arteries that carry blood away from the heart and pump it throughout the tissues and organs of the body continuously over a period of time (Sartik, Tjekyan, & Zulkarnain, 2017). World Health Organization (WHO) Globally it is estimated that around 1 billion people worldwide suffer from hypertension in 2017. The World Health Federation in 2018 estimates that 40% of the world's population suffers from hypertension (WHO, 2019). Hypertension causes 8 million people around the world to die every year, of which nearly 1.5 million are in Southeast Asia (Tarigan, Lubis, & Syarifah, 2018).

Riskesdas 2018 data shows that the prevalence of hypertension in Indonesia based on measurements in the population aged 18 years is 34.1% with the highest prevalence province being South Kalimantan at 44.1% and the lowest in Papua at 22.2%. Based on the health profile of South Sulawesi in 2016 as many as 21.90% with the highest cases in Selayar District with 32.49% of hypertension sufferers, then Soppeng District 24.92%, and Takalar District 14.825% with hypertension (Dinkes\_Sulsel, 2017).

In 2021 for the January-August period, the number of visits for hypertension cases at the Antang Health Center in Makassar City was 1,851 or 54.6% of the total number of non-communicable disease cases, where the number of visits for hypertension cases in the August 2021 period was 268 cases with confirmed cases of COVID-19 in the Manggala sub-district as its working area reached 5,032 cases as of August 28, 2021 (PKM\_Antang, 2021). Of the many cases of COVID-19 that have occurred, it is necessary to know that effective prevention can be done by implementing health protocols.

The government currently has enacted regulations regarding health protocols with 5M, including (1) Using masks when doing activities, (2) Washing hands with soap, (3) Keeping a minimum distance of 1 m, (4) Avoiding crowds and (5) Reducing mobility. In addition, the government has also implemented PSBB or PPKM solely with the aim of breaking the chain of COVID-19 which is currently

increasing. With this policy, people are not allowed to visit public places including health facilities if they do not comply with health protocols. Elderly people with hypertension who have routinely had check-ups every month must be stopped to improve the health status of the elderly, especially with the aim of stopping the spread of the COVID-19 virus (Saludung & Malinti, 2021).

The current COVID-19 pandemic has hampered the delivery of health services in many ways. Globally, the strategy set to reduce the spread of the virus by social distancing and lockdown or in Indonesia better known as PSBB and PPKM can be an additional burden for patients. This is because it can have an emotional impact with symptoms of anxiety, depression, eating disorders and general stress compared to the general population (Joensen et al., 2020).

The results of the survey conducted (Soesanto, 2021) to some elderly people who did not make repeat visits or control to the puskesmas due to fear of contracting the COVID-19 disease, already felt healthy, no family took them to the puskesmas and reminded them that they had to carry out routine checks and were advised to stay at home. Family support is very much needed by people with hypertension so that they can carry out the treatment plan that has been determined and comply with the rules of therapy, especially during the COVID-19 pandemic. Based on the results of previous studies, family support is one of the most important factors in the treatment and control program for hypertension (Yeni, Husna, & Dachriyanus, 2016). Family support can support the success of hypertension therapy because it has a close relationship with medication adherence (Widyaningrum, Retnaningsih, & Tamrin, 2019).

According to (Friedman, 2013) states that there are 5 family health tasks that must be fulfilled to show family independence in overcoming health problems in family members, including: first, families are expected to be able to recognize various health problems experienced by all family members. Second, the family is able to decide on appropriate nursing actions in overcoming various health problems experienced by all family members. Third, the family is able to carry out proper daily care at home. Fourth, families can create and modify a home environment that can support and improve the health of all family members. Fifth, the family is expected to be able to utilize health services to control health and treat health problems that cannot be resolved by the



family alone. To overcome the problems that arise, namely related to the limited access to information and understanding of efforts to prevent COVID-19 for people with hypertension, an active role from the family is needed. Families are expected to be able to educate, provide information and instill confidence so that people with hypertension are able to have awareness, gain knowledge and be able to apply recommendations related to efforts to prevent COVID-19. Public knowledge, especially in preventing the transmission of the SARS-CoV-2 virus, is very useful in suppressing the transmission of the virus (Law, Leung, & Xu, 2020).

## Methods

This research is a qualitative research with a phenomenological approach to determine the independence of the family towards health policies in preventing Covid-19 in patients with hypertension. The key informants here are families and patients with hypertension. Meanwhile, additional informants are health workers who make home visits who are suspected of being able to provide information about the problem being studied. Informants were selected by purposive sampling. Data collection techniques used in this study were in-depth interview techniques, observation techniques and documentation techniques. Researchers used data analysis techniques in 3 (three) stages, namely data reduction, data presentation and conclusion drawing. To obtain a high level of truth when approached from various points of view, the researcher uses triangulation, the triangulation carried out is triangulation of data sources, theoretical triangulation, and technical triangulation.

## Results and Discussion

Informants in this study were informants who were selected as informants who could provide information according to research, namely the key informants were families and patients with hypertension. Meanwhile, additional informants are health workers who make home visits who are suspected of being able to provide information about the problem being studied.

### *Attitude towards Visiting Health Workers*

"Usually, if he visits he can give regular counseling ji I heard also counseling about hypertension How

the danger of hypertension is usually said that hypertension is common stroke yes..."

(AN, 27 Years Old)

"ee.. If I think the health workers who came to visit during this time to the house seemed to be very good because they gave an explanation eee. About health problems that occur in the community continues the way of delivery is also easy to understand and it is done in accordance with the schedule that may have been determined by the health service parties around our house here..."

(IR, 35 Years)

Based on the results of interviews conducted by researchers that visiting health workers have had a positive impact on people who have hypertension so that people get additional information needed by patients or patients' families and can also make patients know more information needed by sufferers.

### *Services Provided by Health Workers*

"Eee I think the service is good only he should give directs to the health center because usually not people who are hypertensive like my mother anyway, usually that he is hypertensive it is usual if he suffers from hypertension ordinary not to the health center so it should be if for example there are officers coming should give counseling should come to the health center so..."

(AN, 27 Years Old)

"Well, it was very satisfying for health workers who visited equipped with telescopes to measure blood pressure to provide an explanation of health in general and hypertension..."

(WA, 55 Years old)

Based on the results of research conducted by researchers that the services provided by health workers are good, but patients still expect to be given health services at the puskesmas, because they feel that the services provided at the posyandu are different from the services provided at the puskesmas.

### *Hypertensive Conditions*

"If I think as I said earlier that depends on the diet and mind of the mind as well but although I routinely eat medicine but if indeed the mind means peak stress as well but even though I do not eat medicine but if I have this not too much mind down itself besides that also avoid foods that are high in salt..."

(MA, 60 Years Old)



"I if I am high I think have pressure, for example dizziness and ordinary eyesight that is ordinary firefly, dizziness and nausea - nausea and sometimes vomiting. If you vomit ma used to go to the hospital ma..."

(AT, 62 Years Old)

Based on the results of interviews conducted by researchers that the condition of hypertension felt by patients is headache, dizziness, nausea, and sometimes vomiting. So there is a need for a special increase in maintaining conditions when healthy, such as staying away from foods that are prohibited for consumption for sufferers, such as foods that contain high fat/saturated fat, excess salt and unhealthy or nutritious foods.

### *Maintaining and Controlling the Condition of Hypertension*

"Usually there are two for example before he consumes the medicine given by the doctor, my family's subscription doctor. Usually before his hypertension rises as usual, he drinks cucumber cucumbers whose simple treatment is cucumber diblender but after the doctor suggests taking routine medicine then that's the medicine.

(AN, 27 Years Old)

"To maintain and control hypertension we recommend providing medical devices in the form of digital tensimeters, providing blood pressure-lowering medicines at home and suggesting changing a healthier lifestyle..."

(CH, 37 Years old)

Based on the results of interviews conducted by researchers that in order to maintain and control the patient's condition, the patient provides his own alternative, namely providing drugs that have been prescribed by doctors and providing or consuming cucumber fruit juice which can reduce hypertension for sufferers. However, the officer suggested to provide joint medical devices so that it is easier to control the patient's health condition.

### *Simple Care*

"So, if it has started there are symptoms of hypertension well through herbal medicine usually I give it cucumber shredded, squeezed water, usually I also What it makes it vegetable what sweets that I usually give yah that's the first I give if there are already symptoms..."

(WA, 55 Years old)

"Simple treatments in people with hypertension are enough to change their lifestyle such as losing

weight, reducing excess salt consumption, avoiding alcohol, caffeine and cigarettes, exercising, monitoring blood pressure regularly and reducing stress / mind.

(CH, 37 Years old)

Based on the results of research conducted by researchers that simple treatments carried out by patients are consuming herbal medicines that have been believed to be a cure for hypertension suffered by patients and also taking medicines that have been prescribed by doctors.

### *Prevent the Severity of Hypertensive Conditions*

"Well that was so first it was the psychic factors that must be taken care of really must be avoided stress, so it is more conducive, the second was with a diet that was all good we take care of each other so that all of us so that families affected by hypertension we can press hypertension..."

(WA, 55 Years old)

"If I am my mother's hypertension that I think it is because of a disorder of thought yes if she thinks too much stress means if like she thinks her grandson ehh her grandson has started to be naughty or what he used to stress so I always say the same my mother should not be too stressed because if the stress can raise her blood pressure so that the usual stress continues her diet also that may often eat coto now it is not like that's the treatment like that's how to prevent it..."

(AN, 27 Years Old)

Based on the results of interviews conducted by researchers that how to prevent the severity of hypertension sufferers, that can be done by maintaining a diet, avoiding stress, implementing clean and healthy living behaviors, making it easier for sufferers to live a calm life without fearing that blood pressure will exceed standard limits that have been set.

### *Promotional Actions*

"If I am used to it if arisan yes we have arisan family in every month I ask his younger siblings, or his family so ordinary if I give him counseling, health promotion if ee what not too stress because the effect of ee the influence of stress can cause hypertension. Continue to delicious foods delicious also eat fatty foods coto what contains what is excessive salt that is usually..."

(AN, 27 Years Old)

"As I said earlier that the promotional actions we do in the form of information or understanding



about hypertension in the form of weight control, consumption of appropriate foods, reduce salt intake avoid alcohol, cigarette caffeine, exercise, avoid the burden of thoughts that can cause stress because it can trigger increased blood pressure..."

(CH, 37 Years old)

Based on the results of interviews conducted by researchers that promotional actions taken by patients' families and health workers are by conveying that things that need to be avoided to be consumed such as foods that contain high fat, foods with excess salt content, stay away from cigarettes, caffeine, avoiding stress and other things that can trigger an increase in blood pressure in people with hypertension.

Covid-19 Policy

### *Covid-19 Response*

"If covid-19 is in my opinion it is one of the viruses that today may be a world problem and not only in Indonesia and the virus can be transmitted everywhere and is very easily transmitted especially for ee. people who for example do not have antibodies or good immunity and hypertension is one of the risk factors as well..."

(IR, 35 Years),

"Covid 19 is an infectious disease caused by the coronavirus... This disease is a pandemic that has hit the world including Indonesia, this disease can transmit through air, touch and body fluids. With symptoms such as flu, fever, to difficulty breathing. People who are older and have a history of diseases such as heart disease, hypertension, DM, and kidneys. It is very risky for the occurrence of this disease..."

(CH,37 Years)

Based on research conducted by researchers, informants already know a lot about covid-19, but there are those who are aware of carrying out health protocols and also those who don't care about this, so it is difficult for us to stay away from the outbreak within our family. Covid-19 is an outbreak that has different symptoms for each individual who is exposed to the virus.

### *Covid-19 Prevention Policy*

"The Covid-19 prevention policy recommended in accordance with health protocols includes washing hands with soap or using handzanitisers, wearing masks and maintaining distance. Reduce travel if it is not too important, recommend for vaccination.

And there are restrictions on community activities such as PSBB and PPKM..."

(CH, 37 Years old)

"The government's policy is how to keep your distance, washing hands is wearing a mask that is all very positive things but must be accompanied by public awareness itself with a clean and healthy lifestyle by wearing a mask avoiding crowded places all to avoid yourself..."

(WA, 55 Years old)

Based on the results of interviews conducted by researchers that the covid-19 policy that has been implemented by the government that there are 5M policies, namely, washing hands, maintaining distance, staying away from crowds, staying away from mobility, wearing masks, apart from that, you must also maintain a clean and healthy lifestyle. so it is able to maintain immunity in the body.

### *Covid-19 Prevention Efforts*

"The actions we take are the first to do what to do exercise, maintain a diet, consume vitamins, which we prepare at home to wash our hands wearing masks and then eat enough healthy food..."

(IR, 35 Years)

"We encourage families of sufferers and sufferers to comply with health protocols such as providing handwashing equipment at home, providing Handzanitiser, wearing masks. Maintaining / increasing immunity / endurance with the consumption of nutritious food and in accordance with the conditions of people with hypertension. After traveling out of the house immediately wash your hands and change clothes and clean yourself..."

(CH, 37 Years old)

Based on the results of interviews conducted by researchers that the prevention of COVID-19 can be done in various ways, one of which is applying health protocols and maintaining a clean and healthy lifestyle.

## **Discussion**

### *Family Independence*

Health workers, especially nursing staff at puskesmas, have a very important role in the implementation of independent family development. In this effort, nursing officers often work closely with nursing students in carrying out family development activities. Provide a positive impact for people who have hypertension so that

people get additional information needed by patients or their families and can also make patients know more information needed by sufferers as well as improve independent family development.

In carrying out family development, health workers are required to follow health service standards. The health workers in question are nursing staff who coordinate all family development activities. The services provided by health workers are good, but patients still expect to be given health services at the puskesmas, because they feel that the services provided at the posyandu are different from the services provided at the puskesmas.

The condition of hypertension suffered by patients is different, depending on the conditions experienced by each patient, some have had hypertension for a long time and some are still new. Patients with hypertension experience headaches, dizziness, nausea, and sometimes vomiting. So there is a need for special improvements in maintaining conditions when healthy, such as staying away from foods that are prohibited for consumption for sufferers, such as foods that contain high fat, excessive salt and unhealthy or nutritious foods.

Family support is the attitude, action and acceptance of the family towards sick sufferers. Family support is needed by a sufferer, because someone who is sick certainly needs attention from the family. Families can act as motivators for sick family members (patients) so as to encourage sufferers to continue to think positively about their illness and obey the treatment recommended by health workers. In maintaining and controlling the patient's condition, the patient provides their own alternative, namely providing drugs that have been prescribed by the doctor and providing or consuming cucumber juice which can reduce hypertension for patients. However, the officer suggested to provide joint medical devices so that it is easier to control the patient's health condition.

To increase family independence in treating hypertension at home, it is necessary to provide knowledge on a regular basis about the problem of hypertension. With the knowledge they have, the family will be able to carry out prevention and treatment of hypertension. Simple treatments carried out by the patient and the patient's family carry out a healthy lifestyle such as exercise, consumption of healthy and nutritious food, regularly taking drugs that have been prescribed by a doctor.

The family is a safe and peaceful place for sick family members to share all the feelings they have in helping recovery and helping control emotions. The presence of other people in one's personal life is very necessary. How to prevent the severity of hypertension sufferers can be done by maintaining a healthy diet, staying away from stress, implementing clean and healthy living habits, making it easier for sufferers to live life calmly without fear that blood pressure will exceed the standard limits that have been set.

Family efforts in health promotion, prevention and risk reduction involve issues around lifestyle such as stopping smoking habits, exercising regularly, eating healthy and nutritious foods which all involve decisions and participation from families. Promotions that have been carried out by families in preventing hypertension in patients are providing information related to the dangers that will befall the patient if they do things that are contrary to the patient's disease, such as telling the patient or family to stay away from or not to eat foods that are high in fat, salt levels or maintain the patient's psyche so that the disease can be maintained or not getting worse. This is at the 4th level of independence because it has reached the stage of active promotion both from officers to families and sufferers, and from families to sufferers.

### *Family Independence Assessment*

The assessment of family independence carried out by the researchers found that of all the variables studied were at the level of family independence with an average of being at level IV, namely the family had carried out various stages in the standard of family independence according to (Ministry of Health, 2006) in health care. family from the lowest level to the highest level, namely: receiving community health care workers, receiving nursing services provided according to the nursing plan, knowing and being able to express their health problems correctly, actively utilizing health services, carrying out simple treatments as recommended (individual psychotherapy). Carry out preventive actions actively (psychiatric rehabilitation), carry out active promotive actions (social skills training).

### *Covid-19 Policy*

Coronavirus disease 2019 (COVID-19) is a new type of disease in humans that has never been identified



before. Corona virus is actually a virus that causes diseases that are commonly found in animals so that this virus is called a zoonosis (transmitted between animals and humans). People who know more about Covid-19 will have a good influence on that person, just as the patient or family knows that it is important to carry out health protocols in our daily behavior to avoid the outbreak of the COVID-19 disease, especially for people who experience COVID-19. Hypertension disease that is able to make it easier for hypertensive patients to contract COVID-19 because their immune system is less able to take care of themselves so that it can cause new and dangerous disease complications for sufferers.

Covid-19 policies such as the 5M Campaign (wearing masks, washing hands, maintaining distance, staying away from crowds, and limiting mobility and interaction), implementing Community Activity Restrictions (PPKM), and national vaccination programs. The community has implemented health protocols and carried out vaccinations in accordance with government policies.

Health promotion activities Health Counseling on Covid-19 and Hypertension, Hand Hygiene, effective cough, degenerative, smoking, implementation of 3M and Hypertension Gymnastics. This is in order to prevent the transmission of COVID-19 and hypertension in the elderly. Because the attachment of the disease to the human body will cause the immunity of the human body to decrease, and can have a bad effect so that it can bring up new diseases for sufferers. So it is so important to know the theory of prevention and implement the theory of policy, and be able to set a good example for others and with those around them.

### **Covid-19 Events/History**

Informants interviewed did not find any incidence/history of COVID-19. This shows that families who implement health policies along with family independence in preventing covid-19 in patients with hypertension have done very well and are in accordance with the level of family independence according to the Ministry of Health, 2006. Apart from this the family also adheres to the health protocol policies issued by the government in order to reduce the number of people exposed to the Covid-19 virus. So that health protocol policies must be carried out properly and with full consideration because they are able to minimize or

reduce the number of people exposed to the COVID-19 outbreak.

### **Conclusion**

This study concludes that family independence is related to this that the family has carried out its role as a good family in taking care of patients very well. There are also families who give herbal ingredients such as cucumber juice to lower blood pressure in hypertensive patients and there are also medicines that have been prescribed by doctors to maintain the patient's health. There are several families who pay attention to routine activities carried out by patients such as exercise, consumption of healthy and nutritious food. Covid-19 related to this, that each informant gave a very clear explanation regarding covid 19 and understood the policies and even the causes and prevention of covid were known. So that in the process of health protocols, it is still necessary to have awareness from each other to comply with the prokes set by the government, such as wearing masks, even in terms of vaccinating, maintaining distance and practicing a clean and healthy lifestyle. So it is not easy for people to be exposed to the covid-19 virus.

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