


Family Health Function In The Implementation Of The “PATUH” Program Towards Health Management Efforts For Elderly Hypertension In Sumberrejo Trucuk Bojonegoro

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Article Info	ABSTRACT (Nunito 9 pt)
<p>Keywords: Family health function, “PATUH” program, Elderly</p>	<p>A condition of hypertension is a condition in which blood pressure in the arteries increases continuously. This condition can cause additional burden on the heart and blood vessels, thus increasing the risk of serious health problems, including heart attack, stroke, kidney failure, and other problems. This is very threatening especially for the elderly who are at risk. The purpose of this study was to analyze the function of family health in the implementation of the "PATUH" program for efforts to manage the health of elderly hypertension. The design of this study used correlation with a cross-sectional approach conducted on 34 respondents with the criteria, namely elderly hypertension who have received the PATUH program, willing to follow the course of the study, not in a state of relapse or emergency complications. Data were taken using a standard questionnaire/instrument for both variables and then analyzed using the Spearman rho test. The results of this study indicate that most of the family health functions in the implementation of the "PATUH" program are in the less category as many as 20 respondents (58.8%), and almost all of the efforts to manage the health of elderly hypertension are in the sufficient category as many as 16 respondents (47.1%), and the significance value of the spearman rho correlation test was obtained at 0.000 with a correlation coefficient value (r) of 0.760, which means that there is a significant relationship between the family health function in the implementation of the "PATUH" program and efforts to manage the health of elderly hypertension. Therefore, it is very important for every family and the elderly in particular to be able to maintain health comprehensively in maintaining and improving health levels.</p>
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INTRODUCTION

A condition of hypertension or a problem with the cardiovascular system is a condition in which blood pressure in the arteries increases continuously (Fikriana, 2018). High blood pressure can cause additional burden on the heart and blood vessels, which in turn can increase the risk of various serious health problems, including heart attack, stroke, kidney

failure, and other problems. Blood pressure is measured by two numbers: systolic pressure (pressure when the heart contracts) and diastolic pressure (pressure when the heart rests between contractions) (Andrianto, 2022). Hypertension is a condition of systolic blood pressure ≥ 140 mmHg blood diastolic blood pressure ≥ 90 mmHg (Kemenkes RI, 2024). Silent killer is a nickname for hypertension, which is a chronic disease as the highest incidence of the disease.

There are several triggers for hypertension, namely gender, heredity and age. Increasing age is one of the factors of cognitive change in a person (Luthfiyah dkk., 2022). This phenomenon is common in the elderly. The elderly will experience cognitive changes, one of which is in the thinking process. So that in the process of thinking that declines, it will cause the knowledge possessed by the elderly to decline.

According to the World Health Organization WHO (2024), the estimated number of hypertension sufferers in the world in adults aged 30-79 years is 1.87 billion. Basic health research data, the prevalence of hypertension in Indonesia has increased by 34.32% (Damay, 2024). The prevalence of hypertension in East Java (Jatim) reached 36.3% in the population over 18 years, the estimated number of sufferers is around 11,596,351 people (Julistyanissa & Chanif, 2022). Hypertension sufferers are widely suffered by the Indonesian population, one of which is the Bojonegoro district, in 2023, the number of elderly people (over 60 years old) was 248,812 people and those who received health services were 194,319 people or 84.15%. The number of hypertension sufferers is estimated to increase every year. Trucuk Health Center, Bojonegoro Regency is a health center with 4,345 male hypertension patients and 7,054 female hypertension cases (Profil.Kesehatan.Bojonegoro, 2023). From the data above, cases of hypertension really need to be considered in the family scope as one part of health management in cases of degenerative diseases in the community that have been accommodated in the government program, namely "PATUH".

People suffering from hypertension need family involvement in the implementation of the PATUH program as a form of prevention and control of hypertension (Abidin, 2023). Lack of public knowledge about preventing hypertension so that the government has created several programs, namely GERMAS (healthy community movement), PHBS (clean and healthy living behavior). The program currently being implemented is the PATUH program, this compliance program includes health checks, treating diseases with appropriate and regular treatment, maintaining a balanced diet, trying safe and comfortable physical activities, avoiding cigarette smoke (Abidin, 2019).

Preliminary studies that have been conducted with interviews found many people suffering from hypertension, one of which is residents with the highest blood pressure of 200/98 mmHg. For the lowest blood pressure is 149/92 mmHg. If the community is less able to control the problem of disease, especially hypertension, so it is very important for independent health management for hypertension sufferers, especially in the elderly by seeing the extent of the contribution of family members in providing their contributions. With the involvement of a proportional family, it will be very beneficial in efforts to manage the health of the elderly with hypertension problems so that their health levels can be

achieved optimally, besides that productivity can be achieved in maintaining health (Abidin & Julianto, 2020).

METHODS

The research design is a correlational study with a cross-sectional approach which is a non-experimental study that collects data at one point in time to produce the value status of the research variables (Amruddin dkk., 2022), namely the function of family health in the implementation of the "PATUH" program for efforts to manage the health of elderly hypertension carried out on 34 respondents with the criteria, namely elderly hypertension who have received the PATUH program, willing to follow the course of the study, not in a state of relapse or emergency complications. Furthermore, respondent data was taken using a standard questionnaire/instrument for both variables, then analyzed and/or tested with Spearman rho.

RESULTS AND DISCUSSION

Results

Distribution of respondent demographic data

Table 1 Demographic data of respondents

No	Demographic data	n= 34	Percentage
	Age		
1	45-59 Tahun	10	29,4%
2	60-74 Tahun	20	58,8%
3	75-90 Tahun	4	11,8%
	Gender	n= 34	Percentage
1	Male	14	41,2%
2	Female	20	58,8%
	Last Education	n= 34	Percentage
1	Elementary School	20	58,8%
2	Junior high School	14	41,2%
3	Senior high School	0	0,0%
4	Higher Education	0	0,0%

Based on table 1, it shows that the majority are aged 60-74 years (20 respondents (58.8%)), the majority are female (20 respondents (58.8%)) and the majority have a history of elementary school education (20 respondents (58.%)).

Frequency distribution analysis of family health functions in the implementation of the "PATUH" program for efforts to manage the health of elderly people with hypertension

Table 2. Frequency distribution analysis of family health functions in the implementation of the "PATUH" program for efforts to manage the health of elderly people with hypertension

Variable		n= 34	Percentage
No	Family health functions in the implementation of the "PATUH" program		
1	Baik	3	8,8%
2	Cukup	11	32,4%
3	Kurang	20	58,8%
Efforts to manage the health of elderly people with hypertension		n= 34	Percentage
No			
1	Baik	5	14,7%
2	Cukup	16	47,1%
3	Kurang	13	38,2%
<i>Spearman Rho</i>		Sig. 0,000	r= 0,760

Based on table 2, it shows that most of the family health functions in the implementation of the "PATUH" program are in the less category, as many as 20 respondents (58.8%), and almost all of the efforts to manage the health of elderly with hypertension are in the sufficient category, as many as 16 respondents (47.1%), and the significance value of the spearman rho correlation test is 0.000 with a correlation coefficient value (r) of 0.760, which means that there is a significant relationship between the family health function in the implementation of the "PATUH" program and efforts to manage the health of elderly with hypertension.

Discussion

The condition of family health function in the implementation of the "PATUH" program is mostly in the less category as many as 20 respondents (58.8%), and almost of the efforts to manage the health of elderly hypertension are in the sufficient category as many as 16 respondents (47.1%), and the significance value of the spearman rho correlation test is 0.000 with a correlation coefficient value (r) of 0.760, which means that there is a significant relationship between family health function in the implementation of the "PATUH" program and efforts to manage the health of elderly hypertension.

The research results explain that families have a very real capacity in managing health, especially for the elderly or family members who have health problems. This is in line with the results of research conducted by (Abidin, 2023) which explains that families have a central function in maintaining the health and quality of health of family members who have degenerative disease problems.

This provides a fact, someone in the family circle must be able to interact with each other between members to be able to support each other in maintaining and preserving their health status. And in the elderly with health problems, it is very complex to be

considered. Because an elderly person has an aspect of dependency that cannot be avoided in the implementation of their health (Ahmad dkk., 2020).

In the results of this study, the elderly in order to be able to carry out health management efforts from their hypertension status, namely the implementation of the PATUH program that they have received in village health service activities, of course must be integrated with the family. No matter how independent the elderly are in carrying out this, of course there must be family involvement, because the family is one of the pillars of health that has a vital position in supporting the health of its family.

This condition is also supported by the results of a study conducted by (Khayudin dkk., 2023) which emphasized that families must have more responsibility in aspects of joint health management, especially for those in hypertension care. Having an active family will greatly help in stimulating and fostering motivation for every elderly person to really pay attention to their health in hypertension status (Efendi & Larasati, 2017). This should not be ignored or taken seriously. But rather wisely to carry out preventive programs so that hypertension status does not get worse or complications arise from the impact of hypertension (Bachmid dkk., 2022).

With the PATUH program that can be done by the elderly and the integration of it with the family, it will be very proportional in maintaining the quality of the elderly's health and free from the threat of other disease risks. Therefore, the synergy of the family, the elderly and health managers is very much needed in realizing healthy, independent, active and productive elderly even in hypertension status.

CONCLUSION

Based on the research results, it was concluded that most of the family health functions in the implementation of the "PATUH" program were in the less category as many as 20 respondents (58.8%), and almost all of the efforts to manage the health of elderly hypertension were in the sufficient category as many as 16 respondents (47.1%), and the significance value of the Spearman rho correlation test was obtained at 0.000 with a correlation coefficient value (r) of 0.760, which means that there is a significant relationship between the family health function in the implementation of the "PATUH" program and efforts to manage the health of elderly hypertension.

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