

The Relationship Between Family Support, Knowledge Level, and Adherence to a Low-Sodium Diet with Blood Pressure Among Hypertensive Patients at Citra Husada Hospital

Khofifah Alfitriani Fajrin

Clinical Nutrition Study Program

Department of Health

ABSTRACT

Hypertension is one of the non-communicable diseases that remains a major public health problem in Indonesia. Adherence to a low-salt diet is an important strategy for controlling blood pressure in hypertensive patients. Family support and patients' level of knowledge are presumed to play a role in improving adherence to a low-salt diet. This study aimed to determine the relationship between family support and knowledge level with low-salt diet adherence and blood pressure among hospitalized hypertensive patients at Citra Husada Hospital Jember. This study employed a quantitative research design with a cross-sectional approach. The sample consisted of 38 hospitalized hypertensive patients selected using an accidental sampling technique. Data on family support and knowledge level were collected using questionnaires, while data on low-salt diet adherence were obtained through the Comstock visual estimation method of plate waste. Blood pressure data were collected through direct measurement. Data were analyzed using the Spearman Rank test. The results showed that most respondents had good family support, good knowledge levels, and good adherence to a low-salt diet. Bivariate analysis indicated that there was no significant relationship between family support and systolic blood pressure ($p = -0.240$) or diastolic blood pressure ($p = -0.314$), no significant relationship between knowledge level and systolic blood pressure ($p = -0.186$) or diastolic blood pressure ($p = -0.304$), and no significant relationship between low-salt diet adherence and systolic blood pressure ($p = 0.535$) or diastolic blood pressure ($p = 0.545$) among hospitalized hypertensive patients. In conclusion, family support and knowledge level were not significantly associated with low-salt diet adherence or blood pressure among hospitalized hypertensive patients at Citra Husada Hospital Jember. Future studies are recommended to include other variables that may influence dietary adherence and blood pressure in hypertensive patients.

Keywords: family support, knowledge level, low-salt diet adherence, blood pressure, hypertension