ABSTRAK

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DUKUNGAN KELUARGA DENGAN KUALITAS MAKANAN LANSIA HIPERTENSI DI PUSKESMAS WIRE
xi + 99 Halaman + 6 Tabel + 14 Lampiran

Hipertensi merupakan gangguan kesehatan yang umum dijumpai pada lansia, dan kualitas asupan makanan menjadi salah satu faktor penting dalam pengendaliannya. Kualitas makanan lansia sangat dipengaruhi oleh keterlibatan keluarga, terutama dalam memilih, menyiapkan, dan mengatur menu harian. Minimnya dukungan keluarga berisiko membuat pola makan lansia menyimpang dari kebutuhan gizi penderita hipertensi. Penelitian ini bertujuan menganalisis hubungan antara dukungan keluarga dan kualitas makanan lansia hipertensi di Puskesmas Wire.

Penelitian menggunakan desain analitik korelasional dengan pendekatan *cross-sectional*. Seluruh populasi, yaitu 98 lansia hipertensi, dijadikan sampel melalui teknik *total sampling*. Dukungan keluarga sebagai variabel independen diukur menggunakan kuesioner *Perceived Social Support Family Scale (PSS-Fa)*, sedangkan kualitas makanan sebagai variabel dependen diukur menggunakan *Food Frequency Questionnaire (FFQ)*. Data dianalisis secara univariat dan bivariat menggunakan uji korelasi *Spearman Rank*.

Hasil menunjukkan mayoritas lansia hipertensi memperoleh dukungan keluarga baik dan memiliki kualitas makanan yang baik pula. Uji *Spearman Rank* menghasilkan nilai $p < 0,05$, yang menunjukkan hubungan bermakna dan positif antara dukungan keluarga dan kualitas makanan lansia hipertensi.

Perubahan fungsi tubuh akibat penuaan menjadikan lansia kelompok paling rentan terhadap hipertensi. Dalam kondisi ini, keluarga berperan penting dalam menyediakan makanan bermutu secara konsisten. Dukungan keluarga yang optimal membantu lansia menjaga kualitas makanan, sehingga risiko komplikasi hipertensi dapat ditekan dan kualitas hidup mereka meningkat.

Kata kunci: Dukungan keluarga, kualitas makanan, lansia hipertensi
Daftar Bacaan : 54 Sumber , terdiri dari 46 jurnal dan 8 buku (2009 - 2026

ABSTRACT

Irvandi Bagus Firmansyah
FAMILY SUPPORT AND DIET QUALITY AMONG ELDERLY WITH HYPERTENSION AT WIRE PRIMARY HEALTH CENTER
xi + 99 *Pages* + 6 *Tables* + 14 *Appendices*

Hypertension remains a widespread health concern among older adults, and diet quality stands out as one of the key elements in keeping it under control. How well an elderly person eats is tied closely to family involvement, especially when it comes to choosing, preparing, and organizing daily meals. Where family support falls short, elderly individuals with hypertension often end up following eating habits that fail to match their actual nutritional requirements.

This study set out to examine how family support relates to diet quality in elderly hypertensive patients treated at Wire Primary Health Center. A correlational analytic design combined with a cross-sectional approach was applied. All 98 elderly hypertensive patients within the study population were enrolled as respondents through total sampling. Family support was measured with the Perceived Social Support Family Scale (PSS-Fa), while diet quality was captured through a Food Frequency Questionnaire (FFQ). Both univariate and bivariate analyses were performed, with the Spearman Rank correlation test serving as the primary statistical tool.

Findings revealed that a majority of participants enjoyed strong family support alongside favorable diet quality. The Spearman Rank test produced a p-value below 0.05, pointing to a significant, positively directed relationship between family support and diet quality in this group of hypertensive elderly patients.

Because aging brings a range of physiological shifts, older adults rank among the groups most susceptible to hypertension. Within this reality, family support carries real weight in safeguarding their health, given that relatives are often the ones ensuring nutritious, good-quality meals are provided day after day. When such support reaches an optimal level, elderly individuals are better positioned to sustain healthier eating patterns, which in turn can lower the odds of hypertension-related complications and lift their overall quality of life.

Keywords: family support, diet quality, elderly, hypertension
Refferences: 54 Sources, consisting of 46 journals and 8 books (2009-2026)