

# Analysis of Family Support and Knowledge of Hypertension Patients with Drug Compliance in Posbindu Sentralsari Village and East Central Village Toili District, Banggai District

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## ABSTRACT

Hypertension is a chronic disease and is a major risk factor for Hypertensive patients must have compliance in order to avoid various risks of other diseases. The purpose of this study is to analyze the relationship family support and knowledge of hypertension sufferers with medication adherence in Posbindu Sentralsari Village and East Sentral Village, Toili District, Banggai Regency. In this study using a correlational analytic design with a cross sectional approach. The sample is some of the pre-elderly and elderly hypertension sufferers in Posbindu, Sentralsari Village and East Central Village Toili District, Banggai Regency in January 2022 as many as 80 respondents, sampling method using simple random sampling technique. Data collection by using a questionnaire. Bivariate analysis using the Spearman Rank statistical test with a significant level of  $\alpha = 0.05$ . The results of the study showed that from 80 respondents. Many as 35 respondents (43.8%), most of the respondents had less knowledge as many as 47 respondents (58.8%) and almost half of the respondents were obedient to taking hypertension medication as many as 38 respondents (47, 5%). The results of data analysis using the Spearman Rank statistical test obtained P value  $< 0.05$  ( $0.000 < 0.05$ ) which means there is connection family support and knowledge of hypertension sufferers with medication adherence in Posbindu Sentralsari Village and East Sentral Village, Toili District, Banggai Regency. Lack of family support and the level of knowledge of hypertension sufferers who are less will affect non-compliance in taking hypertension medication, while good family support and good knowledge of hypertension sufferers will affect compliance in taking hypertension medication.

## I. Introduction

Hypertension is called the “silent killer” because the symptoms are often painless. Usually the patient does not know that he has hypertension and only finds out that he has hypertension after complications occur. Most people feel healthy and energetic despite hypertension, this situation is certainly very dangerous and can cause sudden death in the community. Hypertension is the number 3 cause of death after stroke and tuberculosis, which reaches 6.7% of the population of deaths at all ages in Indonesia. Hypertension is a circulatory system disorder that causes an increase in blood pressure above normal (Kemenkes RI, 2018).

According to data from the World Health Organization (WHO) in 2017, it shows that around 1.13 billion people in the world suffer from hypertension, meaning that 1 in 3 people in the world are diagnosed with hypertension, only 36.8% of them are taking medication and



as many as 9.4 million. people die of hypertension. There are 45% of deaths due to heart disease and 51% of deaths due to stroke caused by hypertension (Kemenkes RI, 2018) According to the American Heart Association (AHA), Americans aged over 20 years suffering from hypertension have reached 74.5 million people, but almost about 95% of cases have no known cause (Center for Data and Information of the Ministry of RI, 2016).

Data from the World Health Organization (WHO) states that there are 50% -70% of patients who do not comply with prescribed antihypertensive drugs. Low adherence to hypertension treatment has the potential to be a barrier to achieving controlled blood pressure and can be associated with increased costs/hospitalization and complications of heart disease (WHO, 2016).

In Indonesia, the prevalence of hypertension in Indonesia obtained through a doctor's diagnosis in the population aged 18 years and over is 8.4%. Based on the proportion of history of taking medication and reasons for not taking medication in the hypertensive population based on a doctor's diagnosis or taking medication in 2018 it was 54.4% taking medication regularly, 32.3% not taking medication regularly and 13.3% not taking antihypertensive medication. (Risksdas, 2018).

Based on data from the Banggai District Health Office in 2019, hypertension cases were quite high among the 10 most diseases in the Banggai Regency area. There are 36546 people with hypertension with a prevalence of 12% of the total 10 most diseases in 2020. Hypertension is second after acute nasopharyngitis with 69732 with a prevalence of 23% in Banggai Regency.

Based on the health report at the Toili II Health Center in 2019, it can be seen that hypertension sufferers ranked first as many as 238 patients from the PTM case surveillance at the Toili II Health Center UPTD. Hypertension needs to be treated and treated seriously because there are 9 coronary heart patients who are complications of hypertension. If you don't get proper treatment, it will cause many other complications and can also cause death. (Toili II Health Center, 2020)

Based on a preliminary survey conducted by researchers inPosbindu, Sentralsari Village and East Central Village, Toili District, Banggai Regencyby interviewing 6 people with hypertension. The results of the interview showed that 2 hypertensive patients knew about hypertension and knew treatment such as when to take antihypertensive drugs, and knew the dangers posed if they stopped taking antihypertensive drugs without a doctor's recommendation. Meanwhile, 4 people with hypertension do not know about hypertension and do not know what dangers are caused if they do not regularly take antihypertensive drugs without doctor's advice. In addition, the lack of family support to remind the elderly to be obedient to taking medicine and checking their blood pressure so that the elderly sometimes experience high blood pressure.

Knowledge is the level of patient behavior in carrying out treatment and behavior suggested by doctors or other people. Knowledge that must be possessed by hypertensive patients includes the meaning of hypertension, causes of hypertension, symptoms that often accompany and the importance of taking regular and continuous treatment in the long term and knowing the dangers posed by not taking medication (Pramestuaie, 2016). In addition, family support is also associated with improving blood pressure in sick families in the form of emotional support, appreciation support, instrumental support, and informational support (Friedman et al., 2010). Specifically, the presence of adequate family support has been shown to be associated with reduced mortality (Fajriyah et al., 2016).

Compliance with medication in people with hypertension is very important because taking antihypertensive drugs regularly can control blood pressure in people with hypertension, so that in the long term the risk of damage to organs such as the heart, kidneys and brain can be reduced. Currently available antihypertensive drugs have been shown to

control blood pressure in hypertensive patients, and play an important role in reducing the risk of developing cardiovascular complications. However, the use of antihypertensives alone is proven to be insufficient to produce long-term blood pressure control effects if it is not supported by adherence to taking these antihypertensives.

Based on the above phenomenon, the researchers are interested in conducting research on Analysis of family support and knowledge of hypertension sufferers with adherence to taking hypertension medication in Posbindu Sentralsari Village and East Sentral Village, Toili District, Banggai Regency.

## II. Methods

In this study using a correlational analytic design with a cross sectional approach. The sample in this study is Some of the pre-elderly and elderly hypertension sufferers in Posbindu, Sentralsari Village and East Central Village Toili District, Banggai Regency in January 2022 as many as 80 respondents, sampling method using simple random sampling technique. Data collection by using a questionnaire. Bivariate analysis to see the relationship between the independent variable and the dependent variable using the Spearman Rank statistical test with a significant level of  $\alpha = 0.05$ .

## III. Results and Discussion

Table 4.1  
Frequency distribution of respondents based on age, gender, education and occupation in Posbindu Sentralsari and Sentral Timur Villages, Toili District, Banggai Regency

Age	Frequency	Percentage (%)
45-59 Years	37	46.2
60-70 Years	27	33.8
>70 Years	16	20.0
Amount	80	100
Gender	Frequency	Percentage (%)
Male	19	23.8
Woman	61	76.2
Amount	80	100
Education	Frequency	Percentage (%)
Elementary School	69	86.2
Junior High School	3	3.8
Senior High School	2	2.5
University	6	7.5
Amount	80	100
Work	Frequency	Percentage (%)
Housewife	61	76.2
Private	1	1.3
Self-employed	12	15.0
civil servant	6	7.5
Amount	80	100

Based on table 4.1, it was found that almost half of the respondents aged 45-59 years, namely 37 respondents (46.2%), most of the respondents were female, namely 61 respondents (76.2%), almost all respondents had elementary education, namely 69 respondents. (86.2%) and most of the respondents do not work (IRT) as many as 61 respondents (76.2%).

Table 4.2  
Frequency distribution of respondents based on Family support In Posbindu, Sentralsari Village and East Central Village, Toili District, Banggai Regency

No	Family support	Frequency	Percentage (%)
1	Well	35	43.8
2	Enough	25	31.2
3	Not enough	20	25.0
	Amount	80	100

Based on table 4.2, it was found that almost half of the respondents received good family support, namely as many as 35 respondents (43.8%).

Table 4.3  
Frequency distribution of respondents based on Knowledge In Posbindu, Sentralsari Village and East Central Village, Toili District, Banggai Regency

No	Knowledge	Frequency	Percentage (%)
1	Well	22	27.5
2	Enough	11	13.7
3	Not enough	47	58.8
	Amount	80	100

Based on table 4.3, it is found that most of the respondents have less knowledge, as many as 47 respondents (58.8%).

Table 4.4  
Frequency distribution of respondents based on medication adherence in Posbindu, Sentralsari Village and Sentral Timur Village, Toili District Banggai District

No	Compliance with taking medication	Frequency	Percentage (%)
1	Obey	38	47.5
2	Obedient Enough	10	12.5
3	Not obey	32	40.0
	Amount	80	100

Based on table 4.4 it was found that almost half of the respondents were obedient in taking hypertension medication, namely 38 respondents (47.5%)

Table 4.5  
Cross Tabulation of the Relationship between Family Support and Compliance with Taking Hypertension Medications in Posbindu, Sentralsari Village And East Central Village Toili District Banggai Regency

Family support	Compliance with Taking Hypertension Medication						Total	
	Obey		Obedient Enough		Not obey			
	N	%	N	%	N	%	N	%
Well	33	94.3	2	5.7	0	0	35	100
Enough	5	20.0	7	28.0	13	52.0	25	100

Not enough	0	0	1	5.0	19	95.0	20	100
Amount	38	47.5	10	12.5	32	40.0	80	100

Based on table 4.5, it was found that from 80 respondents, almost all respondents received good family support and were obedient in taking hypertension medication, as many as 33 respondents (94.3%).

Table 4.6  
Cross Tabulation of the Relationship between Knowledge and Compliance with Taking Medicines at Posbindu, Sentralsari Village And East Central Village Toili . District Banggai District

Knowledge	Medication Compliance						Total	
	Obey		Obedient Enough		Not obey			
	N	%	N	%	N	%	N	%
Well	22	100	0	0	0	0	22	100
Enough	7	63.6	4	36.4	0	0	11	100
Not enough	9	19.1	6	12.8	32	68.1	47	100
Amount	38	47.5	10	12.5	32	40.0	80	100

Based on table 4.6, it was found that from 80 respondents, most of the respondents had less knowledge and did not comply with taking hypertension medication, as many as 32 respondents (68.1%)

Table 4.7  
The results of the statistical test of the relationship between family support and adherence to taking medication at Posbindu, Sentralsari Village And East Central Village Toili District Banggai District

Correlations				
			Family support	Compliance_Drinking_Drugs
Spearman's rho	Family support	Correlation Coefficient	1,000	.855
		Sig. (2-tailed)	.	.000
		N	80	80
	Compliance_Drinking_Drugs	Correlation Coefficient	.855	1,000
		Sig. (2-tailed)	.000	.
		N	80	80

Based on data analysis using statistical tests *Spearman Rank* get value  $P$  value  $< 0.05$  ( $0.000 < 0.05$ ) then  $H_0$  is rejected and  $H_1$  is accepted, which means there is relationship between

family support and medication adherence at Posbindu, Sentralsari Village And East Central Village Toili District, Banggai Regency. In addition, from the data analysis, the strength of the relationship between the independent and dependent variables has a very strong relationship between family support with adherence to taking hypertension medication at Posbindu Sentralsari Village And East Central Village Toili District, Banggai Regency with a value of 0.855 because it lies between 0.80 - 1.00.

Table 4.8  
Statistical test results Relationship between Knowledge of Hypertension Patients  
and Compliance with Taking Drugs at Posbindu, Sentralsari Village And East  
Central Village Toili . District  
Banggai District

Correlations			
		Knowledge	Compliance_ Drinking_Drugs
Spearman's rho	Knowledge		
	Correlation Coefficient	1,000	.731
	Sig. (2-tailed)	.	.000
	N	80	80
	Compliance_Drinking_Drugs		
	Correlation Coefficient	.731	1,000
	Sig. (2-tailed)	.000	.
	N	80	80

Based on data analysis using statistical tests *Spearman Rank* get value  $P$  value  $<0.05$  ( $0.00 < 0.05$ ), then  $H_0$  is rejected and  $H_1$  is accepted, which means that there is a relationship between knowledge of hypertension sufferers and adherence to medication in Posbindu, Sentralsari Village and East Sentral Village, Toili District, Banggai Regency. In addition, from the data analysis, the strength of the relationship between the independent and dependent variables has a strong relationship between knowledge of hypertension sufferers with adherence to taking hypertension medication at Posbindu Sentralsari Village And East Central Village Toili District Banggai Regency with a value of 0.731 because it lies between 0.60 - 0.799.

### Family support

Based on table 4.2 above, it was found that from 80 respondents, almost half of the respondents received good family support as many as 35 respondents (43.8%), who received sufficient family support as many as 25 respondents (31.2%) and those who received less family support were as many as 20 respondents (25.0%).

Family support is the attitude, action and acceptance of the family towards its members. Family members view that people who are supportive are always ready to provide help and assistance if needed (Friedman, 2016). Family support also plays a role along with self-management in controlling chronic disease. Families play an important role in encouraging and strengthening patient behavior (Efendi, 2017).

The results of this study are in line with previous research on family support with medication adherence, the results show a  $p$  value of 0.000 which is smaller than 0.05, it is concluded that  $H_0$  is rejected and  $H_a$  is accepted, which means that there is a relationship between family support and medication adherence. hypertensive patients at the Seyegan Health Center, Sleman Yogyakarta.

Respondents who received good support from their families indicated that their families realized that the respondents really needed their families. Support from the family makes the sufferer not feel burdened by the disease he is suffering from. Family support as a family coping in dealing with the problems of one of his family members, not alone in dealing with his illness and not considering his illness as a burden, so that the family can increase enthusiasm and motivation to behave in a healthy manner, while respondents who lack family support this is due to busyness factors. family members themselves in carrying out daily activities so that they cannot help or support the patient optimally.

### **Knowledge of Hypertension Patients**

Based on table 4.3 above, it is found that from 80 respondents, Most of the respondents have less knowledge, namely 47 respondents (58.8%), who have good knowledge as many as 22 respondents (27.5%) and those who have sufficient knowledge are 11 respondents (13.7%).

Knowledge is the result of knowing, and this occurs after people have sensed certain objects. Sensing occurs through the five human senses, namely the senses of sight, hearing, smell, taste, and touch. Most of human knowledge is obtained through the eyes and ears. Knowledge generally comes from experience, can also be obtained from information conveyed by teachers, parents, books, and newspapers. Knowledge or cognitive is a very important domain for the formation of one's actions (Notoatmodjo, 2016).

Respondents who have less knowledge are caused by one of the factors, namely most of the respondents have low education, namely elementary school. This affects a person's level of knowledge, the higher a person's education, the wider the insight he has so that knowledge also increases, including knowledge about hypertension. Low education makes it difficult for respondents to accept the information that has been given.

The results of this study are in line with research (Candrayani, 2020) which is the relationship between the level of knowledge about hypertension and adherence to taking medication in patients with hypertension. The results of the bivariate analysis also showed that respondents who had good knowledge about hypertension had a tendency to be obedient in taking medication.

Apart from the educational factor, most people with hypertension also rarely attend counseling and activities at the Posbindu, even though there are many benefits that will be obtained, namely gaining knowledge about how to maintain health in the elderly, improving the health status of the elderly, increasing independence in the elderly, detecting health problems in the elderly such as hypertension and increase life expectancy.

### **Medication Compliance**

Based on table 4.4 above, it is found that from 80 respondents, almost half of the respondents were obedient to taking hypertension medicine, namely 38 respondents (47.5%), who were quite obedient in taking hypertension medicine as many as 10 respondents (12.5%) and who were not compliant in taking hypertension medicine were as many as 32 respondents (40, 0%).

Adherence to a person can appear when someone has the will to achieve something that is expected. Patient compliance can be interpreted as a form of application of a patient to treatment therapy that must be lived in his life. Compliance with taking medication is very important so that patients recover quickly from their illness (Sulistyarini & Hapsari, 2016)

These results are also in line with Trianni's research (2015), which states that families motivate patients to be obedient in carrying out treatment programs and patients have behaviors to develop feelings of being able, able to control themselves and be confident in

solving problems. If this goes well, then family support will be very effective in supporting patient compliance in undergoing treatment

Respondents who are obedient in taking hypertension medicine are due to good family support where family support is in the form of caring, attention, affection, enthusiasm and being a good listener which can affect adherence to treatment for hypertension sufferers. The existence of family support given to people with hypertension will help people with hypertension to be obedient in carrying out their treatment, realize the importance of maintaining health and begin to realize the importance of obeying the orders of health workers in terms of administering drugs, being on time in taking drugs,

### **Relationship between family support and medication adherence**

The results showed that from 80 respondents, almost all respondents received good family support and were obedient in taking medication, as many as 33 respondents (94.3%).

Based on data analysis using statistical tests *Spearman Rank* get value  $P$  value  $<0.05$  ( $0.000 < 0.05$ ) then  $H_0$  is rejected and  $H_1$  is accepted, which means there is relationship between family support and medication adherence at Posbindu, Sentralsari Village And East Central Village Toili District Banggai Regency.

The results of this study are in line with the results of Dewi's research (2018) that there is a relationship between family support and adherence to treatment in patients with hypertension, because with family support, patients will feel that someone is paying attention and supervising in undergoing treatment. This is in accordance with research conducted by Ahda (2016), that there is a relationship between family support and adherence to medication for hypertension patients with a high close relationship, with a positive direction, meaning that the higher the respondent's family support, the higher the adherence to taking medication in the patient. hypertension.

This is also supported by Efendi (2017) which states that family support has a basis as to inhibit the progression of hypertension, because family support has a close relationship with medication adherence so that family support is expected to be increased to support the success of hypertension therapy.

Family support according to Fridman (2016) is an attitude, an act of family acceptance of family members in the form of informational support, assessment support, instrumental support, and emotional support. Family support plays a role as a motivation for sick family members so as to encourage sufferers to continue to think positively about their illness and obey the treatment recommended by health workers.

Respondents who have good family support will make respondents feel comfortable, they are cared for, do not feel alone, respondents with good family support tend to be more obedient in complying with treatment due to attention from their families so that sufferers are more motivated to control their blood pressure and take medication. according to the recipe given. The attention obtained is in the form of patients being escorted when they will carry out routine checks at the posbindu or when taking prescription drugs at the puskesmas, as well as being reminded to take medication regularly. The results of interviews with respondents also stated that respondents with families who were not supportive were lazy to do routine treatment because there were no families to deliver and accompany them during the posbindu schedule or taking medicine at the puskesmas,

Based on these results, it can be concluded that family members who provide good support to family members who suffer from hypertension have an important role in medication adherence. The attention of family members ranging from delivering to health services, helping to pay for treatment, reminding to take medication, has been proven to be more compliant with treatment compared to people with hypertension who receive less attention or support from their family members.



## Relationship between Knowledge of Hypertension Patients and Compliance with Medication

The results showed that from 80 respondents, most of the respondents had less knowledge and did not comply with taking medication, as many as 32 respondents (68.1%).

Based on data analysis using statistical tests *Spearman Rank* get value  $P$  value  $< 0.05$  ( $0.00 < 0.05$ ) then  $H_0$  is rejected and  $H_1$  is accepted, which means that there is a relationship between knowledge of hypertension sufferers and adherence to medication in Posbindu, Sentralsari Village and East Sentral Village, Toili District, Banggai Regency..

The results of this study are strengthened by research conducted by Ekarini (2014) which shows that there is a relationship between knowledge and adherence to treatment in hypertensive patients with ( $p = 0.002$ ). In her research, Ekarini stated that there was a relationship between knowledge and adherence to treatment because of the efforts that had been made by health workers, including by socializing the importance of undergoing regular treatment for hypertension clients, health education about hypertension, giving brochures about hypertension. This is indirectly able to increase the knowledge of hypertensive clients so as to motivate hypertensive clients to undergo regular treatment.

respondents who have less knowledge about hypertension do not understand the disease they are suffering from and do not know how to treat hypertension properly so they are not obedient in taking treatment and comply with doctor's recommendations to take medication regularly. While respondents who have good knowledge about hypertension are more obedient in taking hypertension medication, this is because respondents are highly educated (PT) so they know the importance of it for treating hypertension, the higher a person's education, the wider the insight and information they have so that knowledge also increases. , including knowledge about hypertension, In addition, respondents are also actively participating in counseling about hypertension so that respondents have good knowledge about hypertension including the definition of hypertension, the causes of hypertension, symptoms that often accompany and the importance of taking regular and continuous treatment in the long term and knowing the dangers caused if not drinking drug. Knowledge of hypertension sufferers can be a good teacher for themselves, with the knowledge possessed will affect the compliance of hypertension sufferers in undergoing treatment. Patients with hypertension who have good knowledge tend to be more obedient to treatment than patients with less knowledge. symptoms that often accompany and the importance of taking regular and continuous treatment in the long term and knowing the dangers of not taking medication. Knowledge of hypertension sufferers can be a good teacher for themselves, with the knowledge possessed will affect the compliance of hypertension sufferers in undergoing treatment. Patients with hypertension who have good knowledge tend to be more obedient to treatment than patients with less knowledge. symptoms that often accompany and the importance of taking regular and continuous treatment in the long term and knowing the dangers of not taking medication. Knowledge of hypertension sufferers can be a good teacher for themselves, with the knowledge possessed will affect the compliance of hypertension sufferers in undergoing treatment. Patients with hypertension who have good knowledge tend to be more obedient to treatment than patients with less knowledge.

Therefore, hypertension sufferers are expected to increase their knowledge and insight about hypertension so that they can improve adherence to taking medication according to doctor's recommendations in order to avoid the risk of complications that will occur.

## IV. Conclusion

Nearly half of the respondents in Posbindu, Sentralsari Village And East Central Village Toili District Banggai Regency get good family support as many as 35 respondents (43.8%). Most of the respondents in Posbindu, Sentralsari Village And East Central

VillageToili Subdistrict, Banggai Regency, has less knowledge as many as 47 respondents (58.8%). Nearly half of the respondents in Posbindu, Sentralsari VillageAnd East Central VillageToili Subdistrict, Banggai Regency, complied with taking hypertension medication, as many as 38 respondents (47.5%). There isrelationship between family support and adherence to taking hypertension medication at Posbindu Sentralsari VillageAnd East Central VillageToili District Banggai Regencywith a P value  $< 0.05$  ( $0.000 < 0.05$ ) which has a very strong relationship level with a correlation coefficient value of 0.855. There isThe relationship between knowledge of hypertension sufferers and adherence to taking hypertension medication at Posbindu Sentralsari VillageAnd East Central VillageToili District Banggai Regencywith a P value  $< 0.05$  ( $0.000 < 0.05$ ) which has a strong relationship with a correlation coefficient of 0.733.

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