

ABSTRACT

FAMILY SUPPORT AND SELF MOTIVATION TOWARDS COMPLIANCE WITH A LOW SALT DIET IN HYPERTENSION PATIENTS

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One effort to control hypertension is to follow a low-salt diet. A low salt diet that must be carried out continuously and over a long period of time really requires motivation from hypertension sufferers and family support. This study aims to determine the effect of family support and self-motivation on adherence to a low-salt diet in hypertensive patients. This research uses a cross sectional survey approach with purposive sampling technique. The sample was 34 respondents with the independent variable being family support and self-motivation as the dependent variable being low salt diet adherence. The Spearman's Rank test was used to determine the relationship between all variables.

The research results showed that 91.18% of respondents received family support, the self-motivation variable showed a percentage of 91.18% and the low-salt diet compliance variable showed a percentage of 73.53%. The statistical test results between family support and low-salt diet compliance obtained a significance value of $=0.035$, statistical results between self-motivation and low-salt diet compliance obtained a significance value of $=0.028$, meaning that there is a significant relationship between family support and self-motivation towards low-salt diet compliance so that strength relationship in the sufficient category.

Family support and self-motivation are important to control hypertension. The boredom of a long-term diet can be overcome if the family can provide the support that hypertension sufferers need so that sufferers can be motivated to control their hypertension.

Keywords: *Family support, self-motivation, low salt diet compliance*