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THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND QUALITY OF LIFE AMONG ELDERLY PEOPLE WITH HYPERTENSION IN SUMBERDAWESARI VILLAGE, GRATI DISTRICT, PASURUAN REGENCY

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ABSTRACT

Background: Hypertension is a non-communicable disease commonly experienced by the elderly that can diminish their quality of life. Family support is a crucial factor influencing the quality of life of elderly individuals with hypertension. This study aimed to determine the relationship between family support and quality of life among elderly people with hypertension in Sumberdawesari Village, Grati District, Pasuruan Regency. The study employed a correlational analytic design with a cross-sectional approach. The population consisted of 101 elderly individuals with hypertension, and a sample of 61 respondents was selected using purposive sampling. The independent variable was family support, while the dependent variable was the quality of life of the elderly with hypertension. Data were collected using a family support questionnaire and the WHOQOL-BREF instrument, then analyzed using the Spearman Rank test. The results showed that the majority of respondents received a moderate level of family support and reported a low quality of life. Statistical analysis revealed a p-value of < 0.001 and a correlation coefficient (r) of 0.543, indicating a positive relationship of moderate strength between family support and quality of life. Better family support is associated with a better quality of life for elderly individuals with hypertension.

Keywords: Family Support, Quality of Life, Elderly with Hypertension

INTRODUCTION

Hypertension is one of the most common non-communicable diseases among the elderly and constitutes a public health issue due to the increased risk of heart disease, stroke, and kidney failure, as well as its negative impact on quality of life (World Health Organization, 2025). As they age, the elderly undergo physiological changes that make them more susceptible to rising blood pressure, thereby necessitating ongoing management (Riyada et al., 2024). Beyond medical treatment, family support plays a crucial role in helping the elderly adhere to treatment regimens, maintain a healthy lifestyle, and receive the emotional support needed to preserve their quality of life.

Previous studies indicate that family support is a factor influencing the quality of life of elderly individuals with hypertension. Destriande et al. (2021) found a link between family support and improved treatment adherence and quality of life among hypertensive elderly individuals. Ramadhan (2024) also reported that elderly individuals receiving strong family support enjoyed a higher quality of life compared to those with limited family support. However, research regarding the relationship between family support and the quality of life of hypertensive elderly individuals in Sumberdawesari Village (Grati District, Pasuruan Regency) remains limited; thus, further research is needed to gather evidence specific to the characteristics of the local community.

Given these circumstances, this study aims to analyze the relationship between family support and the quality of life of elderly individuals with hypertension in Sumberdawesari Village, Grati District, Pasuruan Regency. The research question posed is whether there is a

relationship between family support and the quality of life among elderly individuals with hypertension in the area. Wahyuningsih et al. (2025) explain that family support plays a role in improving the quality of life for the elderly. Fadhlia and Sari (2022) also note that suboptimal family functioning in the caregiver role can diminish the quality of life of the elderly.

This study is expected to contribute scientific evidence regarding the relationship between family support and the quality of life of elderly individuals with hypertension in a rural setting—specifically in Sumberdawesari Village, Grati District, Pasuruan Regency. The findings are expected to serve as a basis for healthcare professionals to develop family-based nursing interventions (Izzah & Yudistira, 2024). Furthermore, the results are expected to serve as a reference for future research aimed at improving the quality of life for elderly individuals with hypertension at the community level (Dewi et al., 2025).

METHOD

This study employs a quantitative research design utilizing a correlational approach and a cross-sectional framework. This design is used to analyze the relationship between family support (the independent variable) and quality of life (the dependent variable) among elderly individuals with hypertension. The study was conducted in Sumberdawesari Village, Grati District, Pasuruan Regency, in accordance with the established research schedule (Nursalam, 2020).

The study population consisted of all elderly individuals with hypertension in Sumberdawesari Village, totaling 42 respondents. A total sampling technique was used, meaning all population members meeting the inclusion criteria were included as study subjects. Inclusion and exclusion criteria were established to select respondents aligned with the research objectives, ensuring the data accurately reflected the respondents' conditions (Sugiyono, 2019).

Data collection began with obtaining research permits from relevant authorities; subsequently, the researcher explained the study's objectives and procedures to the respondents and obtained informed consent prior to data collection. Data were gathered using a respondent characteristics questionnaire, a family support questionnaire, and the WHOQOL-BREF questionnaire to measure the elderly's quality of life. All collected data were checked for completeness prior to analysis (World Health Organization).

Data analysis involved univariate analysis to describe respondent characteristics, levels of family support, and the quality of life of elderly individuals with hypertension. Subsequently, bivariate analysis using the Spearman Rank test (with a significance level of $\alpha = 0.05$) was conducted to determine the relationship between family support and quality of life in this population. The analysis results are presented in frequency distribution tables and statistical test result tables to facilitate data interpretation (Sugiyono, 2019).

FINDING AND DISCUSSION
RESEARCH RESULT

GENERAL DATA

Table 1 Frequency Distribution of Characteristics of Elderly Respondents with Hypertension in Sumberdawesari Village, Grati District, Pasuruan Regency

No.	Respondent Characteristics	F	%
1.	**Age**		
	60-69 years old	51	83,6%
	70-79 years old	9	14,8%
	80-89 years old	1	1,6%
2.	**Gender**		
	Man	11	18,0%
	Woman	50	82,0%
3.	**Marital Status**		
	Merried	41	67,2%
	Widow	17	27,9%
	Widower	3	4,9%
4.	**Education**		
	No Schooling	4	6,6%
	Elementary School	53	86,9%
	Junior High School	2	3,3%
	Senior High School	1	1,6%
	Higher Education	1	1,6%
5.	**Occupation**		
	Unemployed	3	4,9%
	Homemaker	51	83,6%
	Farmer	7	11,5%
6.	**Duration of Hypertension**		
	<1 years	9	14,8%
	1-5 years	14	23,0%
	>5 years	38	62,3%
7.	**Living With**		
	Alone	6	9,8%
	Husband	6	9,8%
	Wife	2	3,3%
	Family	47	77,0%
8.	**Routine Check-up**		
	Yes	38	62,3%
	No	23	37,7%

Source: Primary data, 2026

Table 1 presents the characteristics of the respondents based on age, gender, marital status, education level, occupation, duration of hypertension, living arrangement, and health monitoring. Regarding age, the vast majority of respondents (83.6%) were aged 60–69 years.

In terms of gender, the vast majority (82.0%) were female. Regarding marital status, the majority (67.2%) were married. In terms of education level, the vast majority (86.9%) had completed only primary school. Regarding occupation, the vast majority (83.6%) were housewives. In terms of the duration of hypertension, the majority (62.3%) had suffered from the condition for more than five years. Regarding living arrangements, the vast majority (77.0%) lived with their families. In terms of health monitoring, the majority (62.3%) underwent routine check-ups.

SPECIALIZED DATA

1. Family support for elderly individuals with hypertension

Table 2 Frequency distribution of respondents based on support in Sumberdawesari Village, Grati District, Pasuruan Regency, April 2026

No.	Family Support	Frequency	%
1.	Good	17	27.9%
2.	Adequate	32	52,5%
3.	Poor	12	19,7%
	Total	61	100

Source: Primary data, 2026

Table 2 shows that the majority (52.5%) of respondents received a moderate level of family support.

2. Quality of life among elderly individuals with hypertension

Table 3 Frequency Distribution of Respondents Based on Quality of Life in Sumberdawesari Village, Grati District, Pasuruan Regency, April 2026

No.	Quality of Life	Frequency	%
1.	High	28	45,9%
2.	Low	33	54,1%
	Total	61	100

Source: Primary data, 2026

T able 3 shows that the majority (54.1%) of respondents have a quality of life in the low category.

3. The Relationship Between Family Support and Quality of Life Among Elderly Individuals with Hypertension
   a. Crosstabulation of the Relationship Between Family Support and Quality of Life Among Elderly Individuals with Hypertension

Table 4 Frequency Distribution of Respondents Based on the Relationship Between Family Support and Quality of Life Among Elderly Individuals with Hypertension in Sumberdawesari Village, Grati District, Pasuruan Regency, April 2026

Family Support	Quality of Life				Total		p-value
	Low		High				
	N	%	N	%	n	%	< 0,001
Poor	12	100,0%	0	0	12	100%	

Adequate	18	54,5%	15	45,5	33	100%
Good	3	18,8%	13	81,3	16	100%
Total	33	54,1%	28	45,9	61	100%

Source: Primary data, 2026

Table 4 shows that among the 12 respondents with a "low" level of family support, all (100%) had a "low" quality of life. Of the 33 respondents with a "moderate" level of family support, the majority (54.5%) had a "low" quality of life. Meanwhile, among the 16 respondents with a "good" level of family support, the vast majority (81.3%) had a "high" quality of life.

b. Spearman's Rho Test Results: The Relationship Between Family Support and Quality of Life among Elderly Individuals with Hypertension

Table 5 Spearman's Rho Test Results: The Relationship Between Family Support and Quality of Life among Elderly Individuals with Hypertension in Sumberdawesari Village, Grati District, Pasuruan Regency, April 2026

			Family Support	**Quality of Life**
Spearmen's Rho	Family Support	Correlation Coefficient	1.000	.543**
		Sig. (2-tailed)	-	<.001
		N	61	61
	Quality of Life	Correlation Coefficient	.543**	1.000
		Sig. (2-tailed)	<.001	-
		N	61	61

Source: Primary data, 2026

Based on the analysis using the Spearman Rank test, a significance value of $p < 0.001$ ($\alpha < 0.05$) was obtained, leading to the acceptance of H_1 (and rejection of H_0); this indicates a relationship between family support and the quality of life of elderly individuals with hypertension. The correlation coefficient (r) of 0.543 indicates a moderate-strength relationship with a positive direction, meaning that better family support is associated with a higher quality of life for elderly individuals with hypertension, and vice versa.

DISCUSSION

The study results indicate a relationship between family support and the quality of life among elderly individuals with hypertension in Sumberdawesari Village, Grati District, Pasuruan Regency. Elderly individuals who receive good family support tend to have a better quality of life, as families play a role in providing emotional support, information, assistance during treatment, and motivation to adopt a healthy lifestyle. Friedman (2013) explains that family support is a crucial factor influencing an individual's ability to cope with health issues. The World Health Organization (1996) also states that quality of life is influenced by physical and psychological conditions, social relationships, and the environment all of which can be enhanced through family support.

These findings align with the study by Destriande et al. (2021), which states that family support is associated with an improved quality of life for elderly individuals with hypertension. Ramadhan (2024) further explains that the better the family support received by the elderly, the higher their quality of life, as families play a role in improving treatment adherence and assisting with daily needs. The consistency of these findings demonstrates that the family serves as the primary support system in managing hypertension among the elderly.

This study has limitations, as the researchers did not examine family characteristics in depth-such as the family developmental stage, spiritual condition, structure, and other internal or external factors that could influence family support. Furthermore, the study employed a cross-sectional design, capturing only a snapshot of the relationship between family support and the quality of life of elderly individuals with hypertension at a single point in time; thus, it cannot determine whether family support directly influences quality of life. Therefore, future research is encouraged to examine family factors more comprehensively, utilize larger sample sizes, and employ a longitudinal research design to obtain more comprehensive results. The findings of this study are also expected to serve as a basis for healthcare professionals to develop family-based nursing interventions aimed at improving the quality of life of elderly individuals with hypertension.

CONCLUSION

This study indicates that the majority of respondents received a moderate level of family support (52.5%) and reported a low quality of life (54.1%). Spearman Rank test results demonstrate a relationship between family support and quality of life among elderly individuals with hypertension in Sumberdawesari Village, Grati District, Pasuruan Regency. Elderly individuals who receive good family support tend to have a better quality of life; thus, family support is a crucial factor in managing hypertension in the elderly. Consequently, healthcare professionals are encouraged to develop family-based education and interventions to improve the quality of life for elderly patients with hypertension. Future research should involve a larger sample size and a broader study area, and employ a research design capable of establishing a cause-and-effect relationship to yield more comprehensive results.

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