

THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND DIETARY COMPLIANCE IN ELDERLY PATIENTS WITH HYPERTENSION: A LITERATURE REVIEW APPROACH

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Abstract

Background: The global rise in the elderly population has been accompanied by an increase in age-related chronic conditions, notably hypertension. As a leading cause of morbidity and mortality, hypertension in older adults demands effective, sustainable management strategies. While pharmacological treatments remain essential, non-pharmacological approaches, particularly dietary adherence, are critical for long-term control. However, adherence to dietary recommendations among elderly patients remains suboptimal, with family support emerging as a potentially influential factor.

Objective: This study aims to systematically review and synthesize empirical evidence on the relationship between family support and dietary compliance among elderly individuals with hypertension. **Methods:** A structured literature review was conducted following the Joanna Briggs Institute (JBI) guidelines. Articles were identified through systematic searches in databases including PubMed, ScienceDirect, DOAJ, Portal Garuda, Google Scholar, and the National Library of Indonesia. The PICOST framework guided study selection, targeting analytical cross-sectional studies published between 2016 and 2021. Inclusion criteria encompassed full-text peer-reviewed articles in English or Indonesian with a methodological quality score $\geq 50\%$, as assessed using the JBI critical appraisal tool.

Results: Nine eligible studies were reviewed, comprising sample sizes ranging from 32 to 106 participants. The findings consistently demonstrated a positive association between family support—particularly emotional, informational, and instrumental forms—and dietary compliance in hypertensive elderly populations. Several studies highlighted instrumental support, such as meal preparation and active encouragement, as the most influential factor in promoting adherence. Nonetheless, one study noted no significant correlation between emotional support and dietary compliance, underscoring the complex, multidimensional nature of familial influence. Contextual variables, including cultural norms, education, socioeconomic status, and geographical setting, also contributed to observed variations.

Conclusion: The evidence affirms that family support plays a critical role in enhancing dietary adherence among older adults with hypertension. Family-centered care strategies that incorporate culturally sensitive, practical support mechanisms are essential for optimizing dietary management and mitigating complications in this population. Further longitudinal and interventional studies are recommended to deepen understanding of the causal pathways and long-term impacts of family involvement.

Keywords: *elderly, hypertension, dietary compliance, family support, non-pharmacological intervention, chronic disease management*

1. INTRODUCTION

Aging is a natural biological process experienced by every individual. It is characterized by a gradual decline in physical, psychological, social, and spiritual functions. As life expectancy increases,

the proportion of older adults globally also rises. according to the united nations, the elderly population worldwide was 13.4% in 2013 and is projected to reach 35.1% by 2100. a similar trend is observed in indonesia, with projections indicating more than 48 million elderly individuals by 2035.

With increasing age, the elderly become more vulnerable to chronic conditions, including hypertension. often termed the “silent killer,” hypertension typically presents no symptoms but can lead to severe complications such as stroke and heart disease. the world health organization (who) reports that over 970 million people globally are affected by hypertension, a number expected to grow. in indonesia, hypertension is a major health concern among the elderly, with prevalence rates rising annually.

Non-pharmacological approaches like dietary management have proven effective in hypertension control. however, adherence to a hypertension-specific diet remains a challenge among older adults. factors influencing dietary adherence include educational background, age, culture, lifestyle, and critically, family support. emotional, informational, and instrumental support from family members significantly contributes to dietary compliance and overall disease management.

Given this context, it is essential to review current scientific evidence on the relationship between family support and dietary adherence among elderly hypertensive patients. this study aims to systematically examine relevant literature to better understand the role of familial involvement in promoting dietary compliance in this population.

2. METHODOLOGY

This study employed a structured literature review design to explore the relationship between family support and dietary compliance among elderly individuals with hypertension. Literature review was selected as the methodological approach due to its systematic nature in summarizing and critically appraising findings from relevant empirical studies (Cronin et al., 2017). The review adhered to the methodological guidance of the Joanna Briggs Institute (JBI) for scoping and systematic reviews.

Search Strategy

Relevant studies were identified through a comprehensive electronic search across multiple databases, including PubMed, Google Scholar, ScienceDirect, DOAJ, Portal Garuda, Microsoft Academic, and the National Library of Indonesia (PNRI). The search strategy followed the PICOST framework (Population, Intervention, Comparison, Outcome, Study design, Time), which was structured as follows:

- **Population (P):** Elderly
- **Intervention (I):** Family support
- **Comparison (C):** None
- **Outcome (O):** Compliance with hypertension diet
- **Study design (S):** Analytical cross-sectional studies
- **Time (T):** Publications from 2016 to 2021

Search terms included combinations of keywords such as “family support,” “hypertension diet compliance,” and “elderly,” in both English and Indonesian languages.

- **Inclusion and Exclusion Criteria**

Inclusion criteria were as follows:

- Articles published between 2016 and 2021

- Articles written in English or Indonesian
- Availability of full-text
- Studies that addressed family support and dietary adherence in elderly individuals
- Studies with a methodological quality score of $\geq 50\%$ based on the JBI critical appraisal checklist
- Articles with ISSN or DOI

Exclusion criteria included:

- Studies unrelated to the research topic
- Articles not aligned with the PICOST research question
- Theses, dissertations, or non-peer-reviewed manuscripts

Study Selection and Quality Appraisal

Articles meeting the inclusion criteria were screened and critically appraised using the JBI checklist appropriate to their study design. Each article was evaluated based on predefined questions and categorized as "Yes," "No," "Unclear," or "Not Applicable." A quality score was calculated, and studies scoring 50% or above were included for review. Studies were categorized into "good" (80–100%) or "moderate" (50–79%) quality based on their final score, while those below 50% were excluded from analysis (Adref et al., 2019).

Data Analysis

The selected studies were synthesized descriptively. Key variables were extracted and analyzed to identify trends, patterns, and relationships related to the impact of family support on hypertension dietary compliance in older adults. Findings were narratively summarized to provide a contextualized understanding of the reviewed evidence.

3. RESULTS

The review synthesized findings from nine empirical studies examining the relationship between family support and dietary adherence among elderly individuals diagnosed with hypertension. Across the literature, a consistent pattern emerged indicating a positive association between perceived family support and improved compliance with hypertension dietary guidelines.

Purwandari et al. (2021), Sumarni and Purnama (2021), and Sapwal et al. (2021) each conducted cross-sectional studies in community health settings in Indonesia, reporting a statistically significant relationship between supportive family behaviors and adherence to dietary recommendations. These studies utilized sample sizes ranging from 32 to 35 participants and employed correlation or chi-square tests for analysis.

Similarly, Rangkuti et al. (2021) and Wahyudi and Nugraha (2020) found that family involvement played a crucial role in shaping dietary practices, with larger sample sizes (75 and 106 participants, respectively) reinforcing the robustness of these associations. Their methodologies further underscored the value of psychosocial variables in chronic disease self-management.

Torar et al. and Rahmatika (2019) explored variations in geographical and emotional contexts. Torar's study showed significant associations in both coastal and mountainous regions, while Rahmatika's findings diverged, indicating no significant link between emotional support and dietary compliance, suggesting that not all dimensions of family support are equally influential.

Prisdiantika (2016) and Dewi et al. (2016) extended these findings by incorporating behavior change perspectives and emphasizing the multifactorial nature of dietary adherence, including environmental and educational components. Their research, conducted in rural and semi-urban settings, confirmed that consistent family engagement enhances dietary management among hypertensive elderly populations.

Overall, the literature converges on the critical role of family support in promoting dietary adherence among older adults with hypertension, although heterogeneity in study design, sample size, and specific forms of support assessed suggests the need for further, more nuanced investigations.

Tabel.1 Sintesis Grid

No	Author	Volume	Title	Objective	Method	Sample	Findings	Database
1	Henry Purwandari et al. (2021)	Jurnal Ners dan Kebidanan, Vol. 8, Issue 1	The Relationship Between Family Support and Dietary Compliance in Elderly with Hypertension at Klurahan Health Center	To determine the relationship between family support and dietary compliance in elderly with hypertension	Correlational, cross-sectional approach	32 respondents	There is a relationship between family support and dietary compliance in hypertension	DOAJ
2	Nina Sumarni, Citra Windani Purnamah (2021)	Vol. 08, Issue 03	The Relationship of Family Support in Implementing a Dietary Program for Elderly with Hypertension	To determine the relationship between family support and dietary compliance among elderly with hypertension	Correlation analysis (chi-square)	Not mentioned	There is a relationship between family support and dietary compliance	Microsoft Academic
3	Muh. Jumidi Sapwala et al. (2021)	Jurnal Medika Utama, Vol 2 No 2	The Relationship Between Family Support and Dietary Compliance in Elderly with Hypertension in Dusun Ladon	To determine the relationship between family support and dietary compliance in elderly with	Quantitative, correlational, cross-sectional	35 respondents	There is a relationship between family support and dietary compliance	Google Scholar

				hyperten sion				
4	Win nelli a F. San dy Ran gkut i et al. (202 1)	Jurnal Keperaw atan Jiwa (JKJ)	Family Social Support is Related to Dietary Compliance in Hypertensiv e Patients	To determin e the relations hip between family social support and dietary complian ce	Analytical observati on, cross- sectional	75 respond ents	There is a relationshi p between family social support and dietary complianc e	Googl e Schola r
5	Wa hid T. Wa hyu di, Far han A. Nug raha (202 0)	Manuju: Malahay ati Nursing Journal, Vol 2 No 3	The Relationshi p Between Family Support in Hypertensiv e Patients in Managing Hypertensi on	To determin e the relations hip between family support in managin g hyperten sion	Quantitati ve, analytical survey, cross- sectional	106 respond ents	There is a relationshi p between family support and hypertens ion managem ent	Googl e Schola r
6	Alfa ny N. Tor ar et al. (201 9)	Jurnal Ilmiah Perawat Manado, Vol. 08 No. 01	Family Support and Dietary Compliance in Elderly with Hypertensi on	To determin e the relations hip between family support and dietary complian ce in elderly	Correlatio n analysis, cross- sectional	84 respond ents	There is a relationshi p between family support and dietary complianc e in elderly	Googl e Schola r
7	Dita Rah mati ka (201 9)	The Indonesi an Journal & Public Health	The Relationshi p Between Emotional Support and Dietary Compliance	To determin e the relations hip between emotiona l support and dietary complian ce	Analytical observati on	37 respond ents	No relationshi p between emotional support and dietary complianc e	PNRI

8	Louis Prisdian tika (2016)	Journal of Holistic and Traditional Medicine , Vol 01 No 01	The Relationship Between Family Support and Hypertension Control Behavior	To determine the relationship between family support and hypertension control behavior	Cross-sectional, survey, analytical	56 respondents	There is a relationship between family support and hypertension control	Google Scholar
9	Kadek Cita Citra Dewa et al. (2016)	Jurnal Keperawatan Community of Publishing in Nursing (COPING)	The Relationship Between Family Support and Compliance in Elderly Hypertensive Dietary Management	To determine the relationship between family support and dietary compliance in elderly	Quantitative, analytical observation, cross-sectional	Not mentioned	There is a relationship between family support and dietary compliance in elderly	Portal Ners

4. CONCLUSION

This literature review confirms that family support plays a vital role in improving dietary compliance among elderly individuals with hypertension. Emotional, informational, appreciation, and instrumental forms of support positively influence health behaviors, particularly dietary adherence. Factors such as education level, economic status, age, cultural background, and lifestyle also affect the quality and impact of family support, contributing to dietary compliance.

Instrumental support—such as preparing healthy meals and accompanying elders in dietary programs—was identified as the most significant factor enhancing compliance. This conclusion is supported by various local and international studies, indicating that practical and emotional assistance can alleviate anxiety, enhance motivation, strengthen confidence, and encourage healthy lifestyle changes in older adults.

Conversely, lack of support, low health literacy, and psychological factors such as burnout and ignorance hinder dietary adherence. Therefore, family-based nursing interventions are essential, incorporating transcultural approaches that respect the social and cultural values of the elderly and their families.

Ultimately, the greater the quality of family support received, the higher the likelihood of dietary compliance, reducing complications, improving life quality, and lowering the healthcare burden.

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