**EFFECT OF PATIENT BEHAVIOR AND FAMILY HEALTH TASK
ON THE OCCURRENCE OF HYPERTENSIVE COMPLICATION
AT SIKUMANA HEALTH CENTER, KUPANG,
EAST NUSA TENGGARA**

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ABSTRACT

Background: Hypertension causes severe vessel related complications if not properly controlled. Lifestyle choices can affect the risk of getting high blood pressure complication. Healthy behaviors can lower the risk of experiencing high blood pressure complication. This study aimed to determine the effect of patient behavior and family health task on the occurrence of hypertensive complication at Sikumana Health Center, Kupang, East Nusa Tenggara.

Subjects and Method: This was a case-control study. A total sample of 80 patients with hypertension was selected for this study. The sample consisted of 40 patients with complication and 40 patients with no complication. The dependent variable was hypertensive complication. The independent variables were knowledge, attitude, health behavior, and family health task. The data on complication were obtained from the medical record. Other data were collected by questionnaire. The data were analyzed using multiple logistic regression.

Results: A total of 70% hypertensive patients had Non-Hemorrhagic Stroke (NHS) and 30% had Chronic Artery Diseases (CAD) complication. Poor knowledge (OR= 4.77; $p < 0.001$), negative attitude (OR= 18.76; $p = 0.998$), unhealthy behavior (OR= 18.59; $p < 0.001$), and family health task (OR= 15.13; $p < 0.001$) increased the risk of experiencing hypertensive complication.

Conclusion: Good knowledge, positive attitude, healthy behavior, and family health task, can prevent the occurrence of complication in patients with hypertension.

Keywords: knowledge, attitude, family health task, hypertensive complication

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