

## LEVEL OF FAMILY KNOWLEDGE ABOUT HYPERTENSION IN THE WORKING AREA OF THE TRENGGALEK HEALTH CENTER

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### ABSTRACT

**Background :** Hypertension is a chronic disease characterized by an increase in blood pressure  $\geq 140/90$  mmHg and is at risk of causing various complications such as heart disease, stroke, and kidney failure. The role of the family is very important in supporting the management of hypertension, but the lack of family knowledge can hinder efforts to prevent and control the disease. **Research Objective:** To determine the level of family knowledge about hypertension in the work area of the Trenggalek Health Center in the realm of knowledge (C1), the realm of understanding (C2), and the realm of application (C3). **Research Method:** This study uses a quantitative descriptive research design, the population of this study is 1,915 with a sample of 25 respondents. The sampling technique uses *purposive sampling*. This research was carried out on February 12 – March 12, 2026. Inclusion criteria include families living in the same house as the sufferer, families who provide care, and families with hypertension who can read, write, and are willing to be respondents. Exclusion criteria include families with cognitive, hearing, or communication impairments and who were not at the study site at the time of data collection. Data were collected through questionnaires, analyzed by univariate analysis. **Research Results:** Almost half (48%) of the family knowledge level about hypertension in the domain of tofu (C1) is categorized as adequate, in the domain of understanding (C2) almost half (48%) of the respondents have a good level of knowledge, and in the domain of application (C3) almost all (88%) of the respondents have a good level of knowledge. **Conclusion:** In this study, the level of family knowledge about hypertension shows a sufficient to good category in the realm of knowledge, understanding, and application.

**Keywords:** level of knowledge, family, hypertension