CHALLENGES AND FAMILY STRATEGIES IN ENCOURAGING COMPLIANCE WITH HYPERTENSION MEDICATION IN RW 10 TULUSREJO, MALANG CITY

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ABSTRACT

Background: *Hypertension is a chronic disease that requires long-term medication therapy, yet household-level adherence remains low. Families play an important role as home-based medication supervisors, but implementation faces various challenges and produces diverse strategies and caregiving experiences.* ***Objectives:*** *This study aimed to identify family challenges in supervising antihypertensive medication, describe family strategies to promote adherence, and explore family experiences while assisting hypertensive patients.* ***Methods:*** *This qualitative research employed a case study approach conducted in RW 10 Tulusrejo, Kendalsari Primary Health Care area. Data were collected through in-depth interviews with families of hypertensive patients as main informants, supported by posyandu cadres and primary health care staff as triangulation informants. Informants were selected purposively. Data analysis involved data reduction, data display, and conclusion drawing with triangulation.* ***Results:*** *The study found incorrect patient perceptions and beliefs about medication, communication barriers related to elderly conditions, inconsistent family support, irregular patient behavior, and limited access and monitoring by health services. Families implemented verbal reminders, visible medication placement, emotional support, collaboration with cadres and cross-sector partners, and utilized routine primary health care and posyandu activities.* ***Conclusion:*** *Antihypertensive medication adherence at the household level is influenced by interactions among patient, family, and health service system factors. Strengthening family-based education, developing simple reminder and monitoring systems involving cadres and health services, and elderly-friendly services are required.*

Keywords : *hypertension, medication adherence, family role, qualitative study.*