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**ROLE OF FAMILY TO HYPERTENSION PATIENTS IN IMPROVING LIFE QUALITY:
A Literature Study**

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Objectives: Based on WHO data in 2015 Stroke is the second leading cause of death in the world, which is 90 per 100,000 population, whereas in Indonesia stroke is the highest cause of death in Indonesia with a total of 21.1%. This phenomenon is influenced by influenced behavior and unhealthy lifestyle. The role of the family is one of the most influential things in making behavioral changes. Someone tends to make behavioral changes because it is caused by the environment, motivation, and encouragement from the closest person. Family support plays an important role such as emotional rewards (e.g. love, advice), information support, instrumental support, and effective material support can help improve quality of life. This study aims to look at the role of families in improving the quality of life of someone who has a history of hypertension.

Methods: The method was carried out by reviewing ten scientific articles

Results: The results of the study indicate that high motivation is owned by people who have high family support, in the form of consistency and adherence to taking regular medication, maintaining a healthy diet and lifestyle, and accessing health services. The role of the family to behave healthily in preventing disease is an approach and helps primary care management in achieving the goals of the health centre. The family acts as a facilitator in responding to a behaviour that the health will carry out, a place to learn and committed to what must be done, the role of the family can also maintain emotional and right mental conditions so that they can live their daily lives like other healthy people.

Conclusions: Families play an essential role in preventing high blood pressure in post-healing hypertensive patients to improve their quality of life.