

Perception of Pulmonary TB Patients on Treatment with Directly Observed Treatment Shortcourse (DOTS) Strategy in the UPTD Area of Serbelawan Puskesmas Simalungun Regency

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ABSTRACT

Pulmonary tuberculosis is an infectious disease which is still a major health problem and needs to be treated intensively in developing countries including Indonesia. To overcome this problem, since 1995 Indonesia adopted the Directly Observed Treatment Shortcourse (DOTS) strategy recommended by WHO and this strategy is deemed quite effective. This research was conducted in the work area of the UPTD Puskesmas Serbelawan, Simalungun Regency by using a descriptive design as research. This study aims to identify the perceptions of pulmonary TB sufferers towards treatment with the Directly Observed Treatment Shortcourse (DOTS) strategy at the UPTD Puskesmas Serbelawan, Simalungun Regency. The population in this study were pulmonary TB patients who were being treated at UPTD Puskesmas Serbelawan. The number of samples studied was 40 people using total sampling technique. Data collection was done by using a questionnaire consisting of demographic data and perceptions of the strategic Directly Observed Treatment Shortcourse (DOTS) as measured by a Likert scale. The results showed that pulmonary tuberculosis sufferers had a positive perception of treatment with the Directly Observed Treatment Shortcourse (DOTS) strategy, however, the participation of all parties is still needed to help cure pulmonary TB sufferers and minimize the chain of transmission of pulmonary tuberculosis and especially health workers / health center nurses. Serbelawan to always provide information and counseling about pulmonary tuberculosis.

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1. Introduction

TB disease is a disease that interferes with human resources and generally attacks community groups with low socioeconomic status, this disease spreads quickly to vulnerable people and weak immune systems, it is estimated that an active TB patient can transmit TB bacilli to 10 people around him (Depkes 2012).). The increase in cases and deaths caused by pulmonary TB was caused by, among others, not being treated, not knowing that they had been infected with TB bacilli, also due to low coverage rates, high coverage but low treatment outcomes and the presence of new cases due to the demographic transition (Retno.G, et al. , 2010). In 2011, WHO recommended a coordinated program called the Directly Observed Treatment Shortcourse (DOTS) strategy or direct supervision of short-term/daily drug ingestion which consists of five components, namely: political commitment from decision makers including financial support, diagnosis with microscopy, short-term drug treatment with direct supervision by a drug ingestion supervisor (PMO), guarantee of drug availability as well as a good and uniform recording and reporting system. To further strengthen the Directly Observed Treatment Shortcourse (DOTS) strategy in suppressing and reducing the number of pulmonary TB sufferers, the Ministry of Health formed the National Integrated Movement for TB Control (GERDUNAS-T13) in 1999 and targets that in the next 5 years the prevalence of pulmonary TB sufferers can drop to 50 %. And in 2004 the coverage of the discovery reached 70%. Perception a person is strongly influenced by:

educational background, culture, socioeconomic, race, gender, experience (Arwani, 2012).

Misperceptions can hinder the implementation of treatment programs, such as not completing treatment and not returning for follow-up visits because most sufferers feel they are healthy after taking medicine for 2-3 weeks, and are also bored to take medicine every day (Retno.G et al, 2010). Therefore, it is necessary to identify how pulmonary TB sufferers perceive treatment with the Directly Observed Treatment Shortcourse (DOTS) strategy. for the success of pulmonary TB treatment because it can be used as input in conducting interventions related to the implementation of pulmonary TB treatment with Directly Observed Treatment Shortcourse (DOTS). Pulmonary Tuberculosis is an infectious disease which is still a major health problem and needs to be handled intensively in developing countries including Indonesia. To overcome this, since 1995 Indonesia has adopted the Directly Observed Treatment Shortcourse (DOTS) Strategy recommended by WHO and this strategy is considered effective enough.

The purpose of this study was to determine public perceptions of the pulmonary TB control program with the Directly Observed Treatment Shortcourse (DOTS) strategy in the treatment of pulmonary TB. lungs at the Peuteulak Health Center in Aceh Timur in 2005, using a qualitative design, stated that most of the informants believed and believed in the treatment process carried out by the government. With that belief and trust will really help them get healing (Zulkarnaini 2005). The UPTD of the Serbelawan Health Center in Simalungun Regency is one of the Puskesmas in the Simalungun Regency Health Office that has implemented the Directly Observed Treatment Shortcourse (DOTS) strategy in the treatment of pulmonary TB, where in 2020 the coverage of finding positive smear positive pulmonary TB patients is 40 people, this shows that the coverage rate of pulmonary TB patients is still high.

2. Research Methods

2.1 Place and Time of Research

- a. Research Place
- b. This research was conducted at the UPTD of the Serbelawan Public Health Center, Simalungun Regency in 2020, also because the research location is the work agency of the researcher so that researchers are more familiar with the situation from the research environment, close to where the researcher lives so that it can save research costs.
- c. Research Time The research was conducted from September to October 2020.

2.2 Population, Sample and Types Of Data

- a. Population
The population in this study were all the elderly at the UPT Social Services for the Deaf, Speech and Elderly Social Service Pematangsiantar with a total of 30 people.
- b. Sample
Data from the UPT of Social Services for the Deaf, Speech and Elderly Social Service in Pematangsiantar were 30 elderly people. According to Arikunto (2008), if in the study the number of subjects is less than 100, it is better to take all of them. In this case, this research is a population study where all the population becomes the research subject (total sampling).

2.3 Data Collection

- a. Data Collection The data collection method used is guided by the questionnaire. Data collection began after the researcher received a permit for conducting researchers from the educational institution of the Faculty of Health, the Bachelor of Nursing Study Program, Efarina University and a letter of permission from the Head of the UPT Social Services for the Deaf, Speech and Elderly Social Service Pematangsiantar. At the time of data collection the researcher first introduced himself and explained to the respondents the objectives, benefits and research procedures. After getting the respondent's approval, the researcher distributed the questionnaire and accompanied the respondent when filling out the questionnaire. The data was collected by researchers at the UPT Social Services for the Deaf, Speech and Elderly Social Service Pematangsiantar.
- b. Data Processing Techniques To obtain information from the respondents, the researcher used a data collection tool in the form of a questionnaire which was made by the researcher by referring to the conceptual framework and literature review.
- c. Validity and Reliability Test In this study using an internal reliability test obtained by analyzing data from one test result (Anikunto, 2002). The reliability test was carried out using Cronbach

Alpha. The results of the reliability analysis for this questionnaire showed that this questionnaire was reliable with a result of 0.78. This reliability test was tested on the elderly at the UPT Social Services for the Deaf, Speech and Elderly, Pematangsiantar Social Service.

- d. **Data Analysis** After all the data has been collected, the data analysis is carried out by re-examining all the questionnaires one by one, namely the identity and data of the respondents and ensuring that all answers have been filled in according to the instructions. Then give a code to each statement that has been submitted to make it easier for researchers when tabulating, the data is processed using a computer, namely the SPSS (Statistical package for social science) program, then the data is presented in the form of frequency distributions and percentages.

3. Results and Discussion

This research was conducted from September to October 2020, at the Social Service for the Deaf, Speech and Elderly Social Service Pematangsiantar. The results of this study can determine the characteristics of respondents and the relationship between activity daily living (ADL) and the level of anxiety in the elderly at the UPT Social Services for the Deaf, Speech and Elderly Social Service Pematangsiantar.

3.1 Characteristics of Respondents

Most of the research samples that participated in this study were female with a fairly far range, namely 70% of the sample were female and only 30% of the sample was male. And the majority of respondents aged 60-74 years as many as 27 people (90%). As you get older, you will experience a setback, which in this case is physical activity. This causes disturbances in meeting daily needs, resulting in the dependence of the elderly in carrying out daily activities. The majority of respondents generally work as many as 20 people (66.7%) and do not work as many as 10 people (33.3%). In this case, many elderly people work, this can cause anxiety for the elderly who at that time they worked and after living at the UPT Social Services they did not work.

3.2 Activity Daily Living (ADL) for the elderly at UPT Social Services for the Deaf, Speech and Elderly Social Service Pematangsiantar in 2020

From the results of this study, most of the respondents who carried out daily activities independently at the UPT Social Services were 29 people (96.7%). Based on the researcher's observations, the elderly are able to carry out their daily activities without the help of others. And only 1 person who performs daily activities by depending on others. At UPT Social Services, the majority of the elderly can still walk and carry out their own activities. In contrast to the elderly who daily use assistive devices such as wheelchairs, the elderly need the help of others.

3.3 Anxiety levels in the elderly at UPT Social Services for the Deaf, Speech and Elderly Social Service Pematangsiantar in 2020.

From the results of this study, most of the respondents had mild anxiety levels as many as 16 people (53.3%) although there were still elderly people who did not experience anxiety. It is proven that there are several symptoms of anxiety that can be found in the elderly at the UPT Social Services, including bad feelings, fear of the dark, fear of crowds, difficulty sleeping, waking up at night, difficulty concentrating, feeling sad, muscle pain, stiffness. , feeling of pressure in the chest, feeling of suffocation, shortness of breath, indigestion, unable to hold urine, and feeling restless. All of these symptoms are symptoms that many or almost all of them can be found in the elderly with mild to severe anxiety levels.

3.4 Relationship of Activity Daily Living (ADL) with Anxiety Levels in the Elderly at UPT Social Services for the Deaf, Speech and Elderly Social Service Pematangsiantar in 2020

According to Kaplan and Sadock's theory of psychoanalytic theory, namely in psychoanalytic theory there is Freud's evolutionary theory, where Freud reveals about anxiety or anxiety is a signal to the ego, where the signal provides information, that there is an unacceptable impulse. This can awaken the ego to take self-protection measures against these pressures and urges. Then the impact of these anxiety symptoms will be able to lead to dependence of the elderly on daily activities. In theory, anxiety will make a person feel confident that bad things will happen, resulting in the fear that bad things are real and lead to a decrease in daily activities. These results are in accordance with previous research conducted by Hartanti in 2013 "The Correlat

ion of Anxiety Levels with Activities of Daily Life in the Elderly at UPT Social Services for the Elderly Jember" which based on statistical tests resulted in a P value = 0.004 ($P < 0.05$). These results mean that there is a significant relationship between the level of anxiety on activities of daily life in the elderly at

the orphanage. The same is true for the current research on the elderly at the UPT Social Services, Pematangsiantar. The results of this study resulted in a P value of 0.03 ($P < 0.05$), thus causing the results to have a statistically significant relationship. Because the number of elderly people in the UPT Social Services is 30 people, then all the elderly in the UPT are used as respondents, which are 30 people. This number turned out to cause a p value = 0.03, which means that it has a statistically significant relationship, in other words the sample is representative or can represent the population.

4. Conclusion

Based on the results of the research on Activity Daily Living (ADL) With Anxiety Levels in the Elderly at the UPT for the Deaf, Speech and Elderly Services at the Pematangsiantar Social Service in 2020, it can be concluded that the results of statistical tests using the correlation test resulted in a P value of 0.03 ($P > 0,05$). This value means that this study has a significant relationship between "Activity Daily Living (ADL) and Anxiety Levels in the Elderly at the UPT for the Deaf, Speech and Elderly Services at the Pematangsiantar Social Service."

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