

## Description Behavior Care Self (*Self Care*) Sufferer Hypertension at the Health Center Kutalimbaru Deli Serdang Regency 2022

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### ABSTRACT

Hypertension is a non-communicable disease characterized by an increase in blood pressure from normal limits. Complications of hypertension can be prevented by doing good self care. Self care is an action taken independently to improve health, prevent disease and maintain health. Self care for people with hypertension can be done by applying 5 components, namely self-integration, self-regulation, interaction with health workers and others, blood pressure monitoring, and adherence to recommended rules. The purpose of the study was to determine the description of self-care behavior of patients with hypertension at the Kutalimbaru Health Center, Deli Serdang Regency in 2022. Methods Descriptive research design with cross sectional design. The population is 456 people, the research sample is 124 people. The sampling technique used purposive sampling. Data collection was selected directly using a questionnaire. The results based on self-integration are good at 65.3%, self-regulation is good at 74.2%, Interaction with health workers and others is good at 54.0%, poor blood pressure monitoring is 87.9%, Compliance with the rules recommended good at 87.1%. on blood pressure monitoring, it was found that hypertension patients have bad behavior in routinely monitoring their blood pressure, it is hoped that the health workers of the Kutalimbaru Health Center can provide education and health education regarding good self-care behavior in controlling blood pressure routinely once a month for hypertensive patients.

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## INTRODUCTION

Hypertension is a non-communicable disease characterized by an increase in blood pressure from normal limits where systolic blood pressure shows  $>140$  mmHg and diastolic blood pressure shows  $>90$  mmHg, hypertensive patients do not show alarming signs and symptoms so that most patients do not know that they have hypertension. therefore hypertension is called the disease " *the silent killer*" (Berek & Fouk, 2020) . Factors that influence the occurrence of hypertension are divided into two major groups, namely inherent or irreversible factors such as gender, age, genetics and modifiable factors such as diet, exercise habits, smoking, high-salt foods (Rangkuti, 2021). .

Uncontrolled hypertension will cause various complications, if it affects the heart, it is possible to cause myocardial infarction, coronary heart disease, congestive heart failure, if it affects the brain, a stroke occurs, hypertensive encephalopathy, and if it affects the kidneys, chronic kidney failure occurs, while if it affects the eyes, retinopathy will occur. hypertension. One of the efforts to prevent complications of hypertension is to increase the prevention of hypertension. Individuals with heart disease are advised to carry out *self care* as one of the disease management in everyday life (Shim et al., 2018) .Hypertension is a disease that still has a high incidence. WHO (2018) shows that almost 1.3 billion people in the world have hypertension with a percentage of 44.0%, Africa has the highest prevalence, while the United States has the lowest hypertension prevalence of 18% (Manangkot & Suindrayasa, 2020) . Based on (Indonesian Ministry of Health, 2018) recorded hypertension by 35.4% in the age group above 18 years. Meanwhile, patients with hypertension in North Sumatra amounted to 29.19% (Ministry of Health of the Republic of Indonesia, 2018) and from the results of the initial service, it was found that there were 456 people with hypertension in the working area of the Kutalimbaru Public Health Center, Deli Serdang Regency.

Patients with hypertension who are less in controlling blood pressure will worsen their health. Uncontrolled hypertension will cause various complications. One of the efforts to prevent complications of hypertension, it is necessary to increase the prevention of hypertension from oneself. Patients with hypertension are advised to carry out *self care* as a way to prevent complications that can be done in daily life to maintain and control the blood pressure of people with hypertension (Shim et al., 2018) *Self-care* behavior is one way to achieve treatment success in hypertensive patients. The purpose of *self-care* behavior in hypertensive patients is to prevent the occurrence of complications and improve the quality of life of hypertensive patients, total self-care actions that can be carried out within a certain period of time to meet all individual self-care needs through *self-care* . Hypertensive clients can do this by implementing 5 components that are adapted to self-care for clients , namely self-integration, self-regulation, interaction with health workers and others, blood pressure monitoring, and adherence to recommended rules (Pertiwi, Ria, Maulina, 2021) .

Lack of *self-care* in patients with hypertension can be due to lack of self-confidence in the effectiveness of behaviors carried out in self-care such as ignoring taboos or letting it go, social support, education, length of illness and the ability to communicate with health care providers are factors related to *self-care behavior* of people with hypertension . in controlling the disease. (Pertiwi, Ria, Maulina, 2021) .

## METHOD

The design of this research is *descriptive with a cross sectional* approach method where measurements or observations are made at the same time (once), which aims to determine the *self-care behavior* of hypertension sufferers at the Kutalimbaru Public Health Center, Deli Serdang Regency. The research was carried out with the steps of data collection, processing, making conclusions and presenting research results. The study was conducted from November 2021 to May 2022 located at the Kutalimbaru Public Health Center, Deli Serdang Regency. The population in this study was 456

people with hypertension. The technique used to determine the sample in this study is *purposive sampling*. Respondents are selected with inclusion criteria: hypertensive patients from Pasar X village, hypertensive patients who are still able to walk and use the upper and lower extremities independently, hypertensive patients with a minimum duration of 1 month. So the sample in this study amounted to 124 people. Variable measurement technique using a self-care behavior questionnaire for *patients* with hypertension by (Mega, 2019) . Where the questionnaire is filled directly by the researcher in accordance with the answers given by the respondent.

## RESULTS AND DISCUSSION

**Table 1.** Frequency Distribution Table based on Behavioral Indicators (*Self Care*) of Hypertension Patients at Kutalimbaru Health Center Deli Serdang Regency in 2022

| <i>Self Care</i> Behavior Indicator | F   | %    |
|-------------------------------------|-----|------|
| Self integration                    |     |      |
| Bad                                 | 43  | 37.4 |
| Good                                | 81  | 65.3 |
| self regulation                     |     |      |
| Bad                                 | 32  | 25.8 |
| Good                                | 92  | 74.2 |
| Interaction with health workers     |     |      |
| Bad                                 | 57  | 46.0 |
| Good                                | 67  | 54.0 |
| Blood pressure monitoring           |     |      |
| Bad                                 | 109 | 87.9 |
| Good                                | 15  | 12.1 |
| Compliance with recommended rules   |     |      |
| Bad                                 | 16  | 12.9 |
| Good                                | 108 | 87.1 |

Based on Behavioral Indicators (*Self Care*) for Hypertension Patients. The results of the research based on self-integration were in good category as many as 81 people (65.3%), poor as many as 43 people (34.7%). Self-regulation category is good as many as 92 people (74.2%), bad as many as 32 people (25.8%). Interaction with health workers and others was categorized as good as many as 67 people (54.0%), bad as many as 57 people (46.0%). Blood pressure monitoring was found in the good category as many as 15 people (12.1%), bad as many as 109 people (87.9%). Compliance with the recommended rules was in the good category as many as 108 people (87.1%), bad as many as 16 people (12.9%).

### Discussion

#### Indicators of self-integration of hypertension sufferers

The results showed that respondents did not pay attention to the food that would be consumed by the patient. Sometimes people with hypertension do not have an appetite if their daily food is not soupy (coconut milk) and have a habit of consuming more fried foods than consuming foods that are high in fiber. In their sports activities, hypertension sufferers say that they sometimes take a leisurely walk but don't do it regularly because they are busy and lazy. Patients also do not understand how

to control their emotions, such as being easily angry because of trivial things that can lead to an increase in blood pressure. The majority of patients say that if you only live once then you have to enjoy everything that is there so they don't pay attention to the type and portion of food that can have an impact on their health.

People with hypertension have uncontrolled blood pressure, one of which is due to not having a good diet, many people with hypertension cannot avoid the habit of consuming saturated fat, because they are used to foods that contain saturated fat (Pertwi, Ria, Maulina, 2021). In research (Timur, 2018) the existence of physical activities carried out regularly such as sports, walking leisurely or jogging every day causes changes such as the heart will get stronger in its smooth muscles so that the capacity is large and the construction or pulse is strong and regular, besides that the elasticity of blood vessels will increase because relaxation and vasodilation so that fat deposits will be reduced and increase muscle contraction of the blood vessel walls. Patients with hypertension who are not good at stress management can be one of the factors that increase blood pressure in patients. When the patient experiences stress the hormone adrenaline will be released and then it will increase blood pressure through arterial contractions (vasoconstriction) and an increase in heart rate, resulting in hypertension (Blood, 2021). Work fatigue can increase a person's blood pressure to increase (Kristianti & R, 2021).

#### **Indicators of self-regulation of patients with hypertension**

The results showed that patients were less aware of the signs and symptoms of high blood pressure, so they did not control the signs and symptoms of high blood pressure. Patients with hypertension are also rarely consistent in controlling their blood pressure because they think that blood pressure is only influenced by excessive salt consumption and respondents also say that increasing age spurs the emergence of various diseases. Lack of knowledge of hypertension sufferers about the causative factors, lifestyle, the importance of continuous self-care for hypertension sufferers in a long time and knowing the dangers that arise if they do not do good self-care, it will make self-care worse. According to (Sinuraya et al., 2018) Controlled hypertension is influenced by the level of knowledge of hypertensive patients about their disease. Respondents who have a good level of knowledge about hypertension will be more aware of their goals in controlling their blood pressure. This is in line with research (Ahkter, 2010) which states that the level of compliance can be started from the act of heeding every aspect of the recommendation to complying with all therapy plans, including compliance with blood pressure checks. (fauzia rozani, 2022) said that the increasing self-regulation of hypertension sufferers will encourage someone to behave better in controlling their hypertension. (Wahyuni et al., 2021) in his research, people with hypertension should be directed to have goals or activity plans in achieving goals to control their blood pressure so that they must understand good daily activities to do to maintain their health and blood pressure.

#### **Indicators of Interaction with Health Workers and Others with Hypertension**

The results of the study obtained interactions with health workers and others, the majority of respondents asked health workers to get information about high blood pressure when they took their hypertension treatment at posbindu. However, patients do not get information about their blood pressure if they do not follow posbindu. Hypertension sufferers say they are busy in their work so they can't follow posbindu, there is a lack of public awareness of the benefits of doing good self-care because they can still withstand the pain caused by hypertension. Respondents who rarely interacted with health workers said that they believed everything that was recommended by the health workers when they received treatment. In research (Salami, 2021) Low education has an impact on their interaction with health workers. Information received by the outside community and education also plays an important role in increasing knowledge. This shows the importance of discussing with a doctor or nurse when blood pressure is too high in order to obtain information related to

hypertension. Dan (Indarti, 2020) said that the factor of information obtained from counseling and the media can affect a person's knowledge. Based on *Lawrence Green 's theory* , support from health workers in the form of interaction and active consultation with respondents is needed so that respondents can improve their hypertension management better. (Putra et al., 2021) in their research that interacting with good health workers will make sufferers better their self-care behavior such as the importance of compliance in taking antihypertensive drugs, and the importance of routine blood pressure control. The higher the knowledge possessed by a patient, the higher the level of compliance, because the easier it is to receive information. The patient's self-confidence increases in the management of hypertension, support from family and closest people can affect the improvement of self-care for hypertension sufferers, health workers as well as facilitators and supervisors in treatment therapy for hypertension sufferers also play a very important role (Aryuni Ekawati, Edi Sampurno, 2021) .

### **Blood Pressure Monitoring Indicator for Patients with Hypertension**

The results showed that the majority of respondents did not routinely control high blood pressure to health care workers because they were busy with their work where the majority of the work were farmers who had to go every day from morning to evening to the garden, lack of knowledge of sufferers about the existence of routine checks once a month. given by the puskesmas to people with hypertension and sufferers say that transportation is a problem when they want to go to the health center because elderly patients have problems not being able to go alone they must be accompanied by a family member while family members are busy with their work. In the study (Sinuraya et al., 2018) poor pressure control compliance compliance with controlling and checking blood pressure in the treatment of hypertension is important because hypertension is a disease that cannot be cured but must always be controlled so that it does not occur must always be controlled so that complications do not occur. which leads to death, with compliance, it can describe how the behavior of hypertension sufferers in carrying out the rules in the treatment they take and the education provided by health workers. Patients with hypertension must check their blood pressure once a month (Ministry of Health of the Republic of Indonesia, 2018) . In research (Self & Care, 2019) non-routine factors in monitoring blood pressure are caused by the patient's lack of willingness to monitor their hypertension. This is in line with the results of research (Yusri and Nigga 2018) with the results of research, namely being busy at work is very time-consuming so there is no time to do a health check. (Hasanah & Fadlilah, 2021) said that if the productive age does a lot of daily activities to work and fulfill his needs so he doesn't have a lot of free time, while patients with an unproductive age have more rest and silence so that it becomes the reason for every hypertension sufferer. not to regularly measure their blood pressure once a month as recommended.

### **Indicators of Compliance with the Recommended Rules for Patients with Hypertension**

The results showed that patients regularly take drugs because they already feel the symptoms of hypertension which causes them pain so that they routinely take antihypertensive drugs. Respondents only control their blood pressure when the respondent comes for a health check on that day. But they don't do it regularly, which is once a month. They comply with the recommended rules if their blood pressure really worsens and if the blood pressure has started to return to normal, the patient becomes less able to comply with the rules that hypertension sufferers must continue to do. Hasanah & Fadlilah (2021) said that providing information about the administration of drugs given was appropriate for people with hypertension. knowledge of hypertension sufferers in the use of appropriate drugs and motivates patients to use drugs in accordance with the recommended use that has been given so as to improve patient compliance and can further increase the success of hypertension therapy that is being carried out, namely realizing stable blood pressure and preventing complications due to hypertension. And (Iilir et al.,2018) hypertension sufferers must know in the

form of types of drugs that have been adjusted in doses by doctors to be consumed by hypertension sufferers and hypertension sufferers must have a hypertension disease control schedule, symptoms, risk factors, and dangers if they do not control their blood pressure. In research (Joeliantina & Nisa, Atika, 2019) said that self-awareness of people with hypertension to carry out self-care properly and regularly is very important to prevent complications in patients with hypertension. This is in line with research (Kristianti & R, 2021) It is found that many hypertensive patients are unable to manage their hypertension, especially in complying with taking medication, patients only take medication without checking their blood pressure and routinely check their health once a month.

## CONCLUSION

Based on the results of research with a sample of 124 respondents regarding *Self Care Behavior of Hypertension Patients at Kutalimbaru Health Center Deli Serdang Regency*, *Self Care Behavior of hypertension sufferers on blood pressure monitoring indicators found a bad category of 87.9%*, which is the highest value of the bad category. on each indicator. Hypertension sufferers rarely control their blood pressure routinely because they are busy with their work, the majority of which are farmers, while elderly patients have problems coming to check their blood pressure regularly because they cannot go alone, they must be accompanied by a family member while family members are busy with their work. Therefore, it is hoped that the health workers of the Kutalimbaru Health Center can provide education and health education regarding good self- care behavior in controlling blood pressure routinely once a month and consuming the right salt for hypertension sufferers in the village of Kutalimbaru sub-district, Deli Serdang district.

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