

CORRELATION ANALYSIS OF HYPERTENSION SELF EFFICACY WITH SELF CARE MANAGEMENT OF ADULT PATIENTS AT GROGOL SUKOHARJO HEALTH CENTER

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Abstract

The national prevalence of hypertension is still very high to 25,8%, in Central Java hypertension still occupies the largest proportion of all reported non-communicable diseases which is equal to 57,87 %. In Sukoharjo regency on 2015 there were an increase of 33.207 sufferers. Hypertension is a chronic disease, therefore patients must be responsible for self care management. Hypertension patients who make lifestyle modifications to control their blood pressure are only about 30% of all hypertension sufferers and the phenomena that occur in Grogol Sukoharjo Health Center most hypertension sufferers do not manage their hypertension well and some sufferers are unable to manage it properly. Method is Explanatory research with cross sectional design. The population of this research was all patients who took medication at Grogol Sukoharjo Health Center in the period of 2017. The sampling technique used was simple random sampling of 128 people. Data collection technique are conducted by structured interviews using questionnaires. Bivariate data analysis using the chi square test. The result showed that there was a significant correlation between self efficacy and self care management of hypertension with a p value = 0.001 so it can be concluded that a person with good self efficacy can carry out self care management well too. There is a correlation between self efficacy and self care management in hypertension

Keywords: hypertension, self efficacy, self care management

1. INTRODUCTION

Based on WHO data, in 2015 it is estimated that deaths from heart and blood vessel disease will increase to 20 million, then will continue to increase until 2030, an estimated 23.6 million people will die from heart and blood vessel disease 1. Hypertension is a chronic cardiovascular disease who do not show symptoms, this condition causes people who are not alert even not aware of the threat of hypertensive complications that can lead to death2. The results of the 2013 Basic Health Research (Riskesdas) showed that the prevalence of hypertension in Indonesia was 26.5% 3. Hypertension is the most frequent reason for patient visits to health services compared to other causes of disease4.

Hypertension is a chronic disease, therefore patients must be responsible for self-management (behavioral care behaviors) both to reduce symptoms and reduce the risk of complications5. The national prevalence of hypertension is still very high to 25.8%, in Central Java hypertension still occupies the largest proportion of all non-communicable diseases which is equal to 57.87% 3. In Sukoharjo regency on 2015 there were an increase of 33,207 sufferers6. Hypertension is a chronic disease, therefore patients must be responsible for self care management. Hypertension patients who make lifestyle modifications to control their blood pressure is only about 30% of all hypertension sufferers7.

Whereas the incidence of hypertension in the Grogol Community Health Center is one of the Puskesmas with a high incidence of hypertension of 1,147 cases, from the number of cases in the

Sukoharjo Grogol Health Center and the majority of participants who visited the Puskesmas to check their blood pressure 36-45 years old. the phenomena that occurs in Grogol Sukoharjo Health Center most hypertension sufferers do not manage their hypertension well and some sufferers are unable to manage it properly. Besides that, most hypertension sufferers in Grogol Health Center only do treatment when they feel the symptoms of hypertension and do not realize the importance of managing the disease. So it is very important to analyze the relationship between self efficacy and self-care management of hypertension in adult patients at Puskemas Grogol Sukoharjo.

2. MATERIALS AND METHODS

This research uses explanatory research design with Crossectional type design. The crossectional type design is an analytical research design that aims to determine the relationship between variables where the independent variables and dependent variables are identified in one time unit⁸. The population in this study were adult patients aged 36-45 years who suffered from hypertension in the Grogol Community Health Center area as many as 187 people. The sample is a portion of the total number of objects studied and considered to represent the entire population.

The sample size in this study was 128 people. With calculations using the Slovin formula as follows:

$$n = \frac{N}{1+N(d^2)}$$

$$n = \frac{187}{1+187(0,05^2)}$$

Sampling or sampling techniques is a method that is taken by sampling which is truly in accordance with the overall object of research⁹. The sampling technique in this study is Simple Random Sampling. Simple Random Sampling is a random sampling method where all populations have the same opportunity or opportunity to be sampled. Simple Random Sampling is done because the population is homogeneous. The instrument in this study was a questionnaire in this study in the form of closed test questions. Data that has been processed is then analyzed using software that includes: Univariate analysis is performed to describe the characteristics of respondents according to the case, and is presented in the form of tables or graphs to find out the proportions of each variable, while bivarite analysis to determine the relationship of two variables based on 2x2 tables at the level confidence of 0.05 and Confidence Interval of 95% ($\alpha = 0.05$).

3. RESULTS AND DISCUSSIONS

Univariate analysis aims to explain or describe the characteristics of each research variable. Univariate analysis produces frequency distributions and percentages for each variable. The results obtained from univariate analysis are as follows:

Table 1. Distribution of Respondents Based on Self-Efficacy of Hypertension Self Care Management in Adult Patients in the Grogol Health Center Sukoharjo Area

No	Self Efficacy Category	Frequency	Percentage (%)
1.	able	67	52,3
2.	unable	61	47,7
Total		128	100

Based on Table 1. it can be seen that respondents with the category of self-efficacy are capable (52.3%) more than the respondents with the category of inadequate self-efficacy (47.7%)

Table 2. Distribution of Respondents Based on Self Care Management Hypertension in Adult Patients in the Grogol Health Center Sukoharjo Area

No	Self Care Management Hypertension Category	Frequency	Percentage (%)
1.	Good	61	47.7
2.	Low	67	52.3
Total		128	100

Based on Table 2. it can be seen that respondents with hypertension self care management were less (52.3%) more than respondents with good hypertension self care management (47.7%).

Table 3. Correlation between Self-Efficacy and Self Care Management Hypertension in Adult Patients in the Grogol Health Center Sukoharjo Area

No	Self Efficacy	Self Care Management				Total	
		Good		Low		f	%
		f	%	f	%		
1	able	41	32.1	26	20.2	67	100
2	unable	20	15.6	41	32.1	61	100
p value = 0.001							

Table 3. shows that respondents with self care management are less, more on respondents with inadequate self-efficacy as much (32.1%) compared to respondents with capable self-efficacy as much (20.2%). The chi square test results obtained p value = 0.001 (p value <from α (0.05)), then H_a is accepted and H_o is rejected, so that it can be interpreted that there is a significant relationship between hypertension self-efficacy and self-care in adult patients in Grogol Community Health Center Sukoharjo.

The results showed that respondents with the category of capable self-efficacy were (52.3%) greater than the respondents with the category of inadequate self-efficacy namely (47.7%). It can be seen that respondents were able to reduce the consumption of fried foods, and innards because they contained cholesterol as much as (70.3%) and respondents were able to use drugs according to the doctor's rules (75%).

The results of bivariate analysis showed that respondents with a self-efficacy category capable of having good self care management (32.1%) were more than respondents with a category of inadequate self-efficacy that performed self-care management only as much (15.6%). Based on the chi square test results obtained p value = 0.001 (p value <0.05) which means that H_o is rejected and H_a is accepted, namely there is a significant relationship between hypertension self-care education in adult patients in the Grogol Sukoharjo Health Center area. This is in accordance with Maibach & Murphy's theory explaining that self-efficacy is an important predictor that determines the level of compliance in carrying out self-care management. The higher self-efficacy, the better the results of self-care management from patients [10].

4. CONCLUSION

Based on the results of this study self-efficacy has a significant relationship with hypertension self-care management, which is seen from p value = 0.001 which means that there is a significant relationship between self-efficacy and self-care management in hypertension in adult patients in the Grogol Health Center Sukoharjo Region.

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