

**ANALYSIS OF THE LEVEL ANXIETY RELATED TO THE SELF EFFICACY OF ELDELRY WITH HYPERTENTION****Tiveni Elisabhet**

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ABSTRACT

Aging is something that occurs biologically in each individual and causes a decrease in the functioning of the body's organs, leading to chronic diseases, including hypertension. Hypertension will have psychological consequences for the elderly, the problem that often occurs is anxiety. Anxiety is a feeling of anxiety experienced by people about problems that do not necessarily occur. In addition to anxiety, other psychological problems that occur are self-efficacy or self-confidence and the ability of the person to solve the problems that arise. Objective: This study aims to determine the relationship between anxiety levels and self-efficacy in elderly people with hypertension. Method: This research used a correlational descriptive design with a cross-sectional approach with 40 elderly respondents total sample. The entire population who suffer from hypertension is 40 elderly and the entire population became respondents in this study and then data were collected using two questionnaires, the Hamilton Anxiety Rating Scale (HARS) questionnaire to measure anxiety levels and the General Self Efficacy Questionnaire (GSS) to measure levels of self efficacy elderly, the data are taken at the same time. Results: There is a relationship between anxiety levels and self-efficacy in elderly people with hypertension, proven by the p-value of 0.000. Conclusion: The existence of psychological problems in the elderly, namely anxiety, can cause interference with the self-efficacy of the elderly, the elderly who have high levels of anxiety will tend to have low self-efficacy.

Keywords: anxiety; elderly; hypertension; self efficacy

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INTRODUCTION

Hypertention is a chronic disease that can occur in all ages. A person is said to suffer from hypertension if they a systolic blood pressure of more than 140 mmHg and diastolic blood pressure of less than 90 mmHg (Manurung, 2016). Hypertention is also known as a chronic disease silent killer (Riamah, 2019). World health organization (WHO) in 2015 showed that around 1,3 billion people in the world have hypertension, meaning that 1 in 3 people in the world are diagnosed with hypertension, that increase every year, it is estimated that in 2025 it will reach 1,5 billion (Harsismanto et al., 2020). In southeast asia, hypertension is in 3rd position with a prevalence of 25% of the total population in the Southeast Asia region (Wiguna et al., 2022), while in Indonesia the prevalence of hypertension continues to increase, this is due to the increase in life expectancy (UHH) both globally and nationally, this can be seen from the increasing number of elderly people in Indonesia (Jabani et al., 2021). In Rangkasbitung Lebak Banten, hypertension is the 5th largest disease that occurs in all areas supported by the Lebak Banten Health Center, namely reaching an incidence rate of 4.184 people (Dinkes Kabupaten Lebak, 2022). Hypertension that occurs in the elderly certainly

causes psychological problem. One of the problems that occurs is anxiety (Turana et al., 2021). Symptoms of anxiety that occur are characterized by changes in mood, feelings of restlessness an uncertainty as well as abnormal behavior and biological activity occurring (Almokhtar et al., 2019). The incidence of anxiety in the word reaches 3,6% and in Southeast Asia reaches 23% (WHO, 2017), while in Indonesia it reached 8.114.774 cases, namely 3,3% of Indonesian elderly experiencing anxiety (Utami & Silvitasari, 2022). In Banten province it reached 20,74% an 7,5% occurred in Lebak regency (BPPD Provisi Banten, 2017). Handling the problem of anxiety in the elderly must be handled immediately, if it is not treated immediately, anxiety will become serious problem. Anxiety that occurs in the elderly is certainly related to the perception that arises when the elderly experience stressors from their life processes.

This perception can be a positive or negative perception (Stuart, 2016). When the elderly have negative perceptions and are unable to handle them, the thing that can be disturbed in the elderly is self concept. Sel concept is related to how the elderly view themselves, when the elderly do not have sel confidence (self efficacy) and the ability to solve problems then thwy will feel like they have failed an blame themselves (self blaming). This is in line woth research which states that low self efficacy can cause elderly people to have bad healthy living habits, low understanding about health and awareness of self care (Romadhon et al., 2020). The efforts of health workers to understand and assess the condition of the elderly, both physically and psychologically, are one of the best ways for health care workers to quickly discover the problems and impacts of physical health problems that occur in older adults, so that this research aims to determine the number of elderly people who suffer from hypertension, determine the level of anxiety of the elderly, determine the level of self-efficacy they have. This research will determine the link between the level of anxiety and the level of self efficacy in the elderly who suffer from hypertension at the Rangkasbitung Lebak Banten Community Health Centre, that the results of this research can be implemented as a community service so that the problems that arise in the elderly can be optimally solved.

METHOD

This type of research is quantitative research with a cross sectional design, namely non experimental analytics which aims to find the relationship between the level of anxiety that occurs in the elderly an the self efficacy of elderly at the Rangkasbitung community health center, which was carried out for one day with a total 40 participants, using a sample technique, namely total sampling. This means that each research object is only observed once time and measurements are made variables during a field survey. The measure tools used the researchers is Hamilton Anxiety Rating Scale (HARS) questionnaire to measure anxiety levels developed by Max Hamilton and the General Self Efficacy Questionnaire (GSE) to measure levels of self efficacy elderly developed by Matthias Jerusalem and Ralf Schwarzer and adopted into 32 languages including Indonesian with an coefficient (Cronbach's alpha) ranging from 0,78 to 0,91. The collected data is then coded, calculated an tabulated. Data analysis using univariate analysis is intended to see of the frequency distribution of each variable and then data analysis using bivariate analysis also is intended to see of the relationship anxiety levels and self efficacy levels of elderly with hypertention.

RESULTS

Univariate Results

In the column below, the results of univariate analysis of the data will be described including the gender frequency distribution, the frequency distribution of anxiety levels and the frequency distribution self-efficacy of the elderly.

Table 1.

Frequency distribution gender, level of anxiety and self efficacy of elderly (n=40)			
Variable	Category	f	%
	Female	32	80
	Male	8	20
Anxiety level	Mild	17	42,50
	Moderate	23	57,50
Self efficacy	Low	21	52,50
	High	19	47,50

Table 1, the gender frequency distribution of elderly respondents is 80% female and 20% male. The levels of elderly anxiety that occurred was 57,50% experiencing moderate anxiety and 42,50% experiencing mild anxiety, self efficacy results of 52,50% experiencing low self efficacy and 42,50% experiencing high self efficacy.

Bivariate Result

Cross tabulation results of anxiety levels and self efficacy in elderly people with hypertension.

Table 2.

The relationship between anxiety levels and self efficacy in elderly people with hypertension (n=40)

Variable Anxiety Level	Self Efficacy				Total		P- value
	Low		High				
	f	%	f	%	f	%	
Moderate	21	52,5	6	15	27	67,50	0,000
Mild	10	25	3	7,5	13	32,50	
Total	31	77,50	9	22,5	40	100%	

The results of the analysis in table 2 there is a significant relationship between anxiety levels and self efficacy in elderly people who have hypertension as evidenced by a p-value 0,000.

DISCUSSION

Elderly is normal stage of life development that every individual goes through. As we get older, there will be a decrease in the function of the body's system both physically and psychologically, elderly people can experience non communicable diseases such as hypertension due to a decrease in the functioning of the organs in the body, this will result in stress or anxiety (Muchsin et al., 2023). The results of the research carried out showed that the level of anxiety that occurred in the elderly at Rangkasbitung community health center area was 57,50% experiencing moderate anxiety and 42,59% experiencing mild anxiety. This research is in line with other research, which says that old age is the final stage in the human growth process and there will be changes both biologically, emotionally and psychosocially and give rise to health problems where one of the problems that occurs is anxiety, the results of this research say that 44% of elderly people experience mild anxiety due to a decline in body systems.

Consistent with this statement, other research indicates that elderly who experience anxiety are characterized by low self-esteem, they will have poor perception by reacting to events that happen to them, including health problems or chronic diseases they experience (Šare et al., 2021). These results are supported by other research which states that the existence of chronic disease experienced by the elderly, namely hypertension, causes psychological disorder, one of which is anxiety with the result that 21,40% of the elderly experience mild anxiety and 54,80% experience moderate anxiety (Nurfriti et al., 2021). This feeling of anxiety has other serious impacts on the elderly, including those related to self concept and confidence

in solving the problems faced or self efficacy. Self efficacy is an individual's belief about the ability they have to be able to live productively and be able to solve problems that occur. This belief determines how a person feels, thinks, motivates themselves and behaves. Such beliefs produce diverse effects through four main processes including cognitive, motivational, affective and selection processes (Gerbino, 2020). The results of this study as described in table 4 show that there is a relationship between anxiety and self efficacy in elderly people who suffer from hypertension, proven by a p-value of 0,000.

This research is in line with other research which state that there is a relationship between self efficacy and the anxiety level of the elderly, proven by the p-value of 0,019 (Tobing, 2022). Anxiety that occurs in the elderly is certainly influenced by various things that occur in every life process, personality type, resources and coping mechanisms, this is also based on the individuals' view of the stressors that arises which ultimately relates to self concept and confidence in being able to face the problems that occur (Stuart, 2016). In line with this, other research states that physical and psychological conditions due to the stages or process of aging will cause various problems in the elderly that can affect psychological well being and low self efficacy in the elderly can result in low ability and self confidence to overcome problems, giving up easily about himself and easily despairs in facing the challenges that occurs in life (Ezalina et al., 2023). The same statement as this research, other research says that the more self efficacy, the more life goals will be achieved, believe that the disease experienced after undergoing controlled treatment and care can be cured and there is a desire to change your lifestyle (Susanti et al., 2020).

Self efficacy in the elderly is not only important in influencing the psychological problems they experience, but self efficacy in the elderly is closely related to daily behavior, especially to cope with themselves in a healthy lifestyle. If the elderly have high self efficacy then awareness of self care behavior will increase be good (Romadhon et al., 2020). Confidence in the effectiveness of the therapy undertaken is proven by the elderly who comply with taking medications (Puspita et al., 2019), regular monitoring, the maximum use of social support which is a real manifestation of older people who already have a high level of autonomy (Prabasari, 2021). Self efficacy in the elderly is necessary for the elderly to achieve optimal levels of health through confidence in achieving maximum personal care (Sinaga et al., 2022). This is proven by research that claims that older people who have high self-efficacy will have a healthy awareness of life and feelings of anxiety will be reduced so that the quality of life of older people is better (Sani et al., 2022). In the end, self efficacy make a good contribution to the understanding ability of the elderly in managing their healthy living habits and is important for improving the self health of the elderly. Elderly who are able to have high self efficacy will maximize their ability to control hypertension and anxiety problems that occur in himself.

CONCLUSION

Anxiety that occurs in the elderly greatly influences their self concept. Elderly people who experience moderate to severe anxiety will have lower self efficacy and this will greatly affect their ability to engage in self care behavior. Understanding and assessing the condition the condition of the elderly, both physically and psychologically, is very important and then a nurse know the problems and impacts cause by the aging process, especially in elderly people who have chronic disease such as hypertension.

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