



**THE EFFECT OF HUMANISTIC NURSING PRACTICES ON COMPLIANCE OF
TAKING MEDICATION IN HYPERTENSIVE PATIENTS
IN THE WORKING AREA OF THE PUBLIC HEALTH CENTER**

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ABSTRACT

Hypertension is a chronic non-communicable disease that has threatened the health of Indonesian people. Hypertension complications have resulted in various types of disability and death. One of the factors causing complications of hypertension is patients' non-compliance in taking anti-hypertension drugs. The purpose of this study was to determine the effect of humanistic nursing practice on compliance in taking medication for hypertensive patients in the working area of Public Health Center in Sikumana, Kupang City, East Nusa Tenggara Province, Indonesia. This experimental research method was conducted through a quasi-experimental design. The number of samples were 20 hypertensive patients who were taken by purposive sampling technique. The study sample was divided into two groups, namely the treatment group consisting of 10 patients and the control group consisting of 10 patients with inclusion criteria. The instruments used in the study were nurses worked as a therapist and a checklist to control the medication compliance. Therapy was given using the humanistic nursing practice therapy. The results of the study in the treatment group showed that 40% of the patients never took medication while 60% of the patients took medication occasionally. The reason for not taking medicine was because there were no complaints by 50%, herbal medicine consumption by 30% and running out medicine by 20%. The results of Manwhitney Test analysis of pre and post treatment obtained $\alpha = 0.000$, $z = -4.11$. It can be concluded that there was a significant effect of humanistic nursing practice on the compliance in taking medication for hypertensive patients at the Public Health Center in Sikumana. Patients who were given humanistic nursing practice had 4.11 times greater compliance than patients who did not receive humanistic nursing practice services.

Keywords: hypertension; humanistic nursing

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INTRODUCTION

Hypertension is a chronic non-communicable disease that has threatened the health of Indonesian people. Hypertension complications cause about 9.4% of deaths every year worldwide. Hypertension complications are estimated to continue to increase, reaching 23.3 million deaths in 2030 (Ministry of Health of the Republic of Indonesia, 2014). The results of Basic Health Research from the Ministry of Health of the Republic of Indonesia in 2018 showed that the prevalence of hypertension in East Nusa Tenggara Province reached 5.36%. The highest prevalence was found in Kupang city, reaching 8.0%. The public health center in Sikumana is one of the health centers in Kupang city which has a high prevalence of

hypertension. The number of visits done by hypertension patients every month was around 199-270 people. As many as 40 people had complications of coronary artery diseases and non-hemorrhagic strokes, 9 people died from complications of hemorrhagic stroke (Israfil, et al, 2018).

Hypertension complications are caused by various factors. The results of Israfil and Making (2020) study found that risk factors for complications in hypertensive patients are increased blood glucose levels, high blood pressure, irregular drug consumption, and irregular health controls. Other factors that cause complications in hypertensive patients are the low knowledge of patients in preventing complications of hypertension, low patient behavior/actions in preventing complications of hypertension, and low family health duties in preventing complications in hypertensive patients (Israfil et al, 2018).

Hypertension complications can be prevented with regular medication and healthy living habits. Research by Wiarsih et al (2020) found that there was a significant effect of healthy behavior on compliance to taking medication in hypertensive patients. The more positive the patient's healthy behavior, the higher the patient's compliance with hypertension medication. Home visits are nursing actions that can be done to improve services to patients and families with hypertension to prevent complications (Israfil & Making, 2019).

Humanistic nursing practice is a model of nursing practice that emphasizes the presence and dialogue between nurses and patients in the form of supportive therapy. The nurse visits the patient and talks to the patient about what the patient is experiencing. The implementation of humanistic nursing practice provides a true understanding of the patient's condition and changes the patient's perspective on the health problems experiencing. The results of research performed by Wu et al (2012) found that humanistic nursing practices provide information in producing appropriate nursing interventions in nursing services. The philosophical perspective of humanistic nursing theory was found to be relevant to the practice of hospital nursing and palliative care to address patient health problems.

The implementation of humanistic nursing practice is expected to be an implementation in overcoming the problem of patients' non-compliance with hypertension medication. The purpose of this study was to determine the effect of humanistic nursing practice on compliance with hypertension patients in taking medication in the work area of Public Health Center in Sikumana, Kupang City, East Nusa Tenggara Province, Indonesia.

METHOD

This research was an experiment with a quasi-experimental design. The population was hypertensive patients at the public health center in Sikumana, Kupang City. The number of samples was 20 hypertensive patients who were taken by purposive sampling technique. The study sample was divided into two groups, namely the treatment group consisting of 10 patients, and the control group consisting of 10 patients as well. Samples were taken based on the inclusion criteria, namely patients with hypertension > 2 years, not adhering to the consumption of antihypertensive drugs, and not having hypertensive complications. The independent variable was humanistic nursing practice, while the dependent variable was medication compliance in hypertensive patients. The instruments used in the study were nurses as a therapist and a checklist to control medication compliance to hypertension patients. Therapy was given using the humanistic nursing practice therapy introduced by J. Paterson and L. Zderad (1976). The study was conducted in the working area of the Public Health Center in Sikumana, Kupang City from September to December 2020. The research

data were identified and analyzed statistically by conducting comparison using the Man Whitney test with a significance level of $\alpha = 0.01$.

RESULTS

Table 1.
Characteristics of Respondents (n=20)

Characteristics of Respondent	Treatment Group		Control Group	
	f	%	f	%
Ages				
< 45 years old	0	0	0	0
46 – 55 years old	5	50	7	70
> 56 years old	5	50	3	30
Gender				
Male	3	30	4	40
Female	7	70	6	60
Education				
Elementary school	3	30	3	30
Junior high school	1	10	5	50
Senior high school	4	40	2	20
Higher education	2	20	0	0
Degree of Hypertension				
Normal High	0	0	0	0
Degree I	5	50	8	80
Degree I II	4	40	2	20
Degree I III	1	10	0	0
The Old of Suffering				
< 2 years	0	0	0	0
>2 years	10	100	10	100
BPJS card ownership				
Yes	10	100	10	100
No	0	0	0	0

Table 1 shows that most of the hypertensive patients who became respondents in this study were aged 46 - 55 years old, female, graduated from elementary - high school, suffered from grade I hypertension, suffered from hypertension for more than 2 years and had BPJS card.

Table 2.
Distribution of Reasons for Hypertensive Patients who Were Not Compliant with Medication (n=20)

Reason	Treatment Group		Control Group	
	f	%	f	%
Drugs run out	2	20	3	30
No complaints	5	50	4	40
Herbal medicine	3	30	1	10
Lazy / Bored	0	0	2	20

Table 2 shows that most respondents (50%) in the treatment group did not comply to taking medication because they had no complaints, and 40% of patients in the control group also had the same reason which was because they had no complaints.

Table 3.
Distribution of Compliance with Medication for Hypertensive Patients Before and After
Humanistic Nursing Practices (n = 20)

Pre and Post	Medication Compliance	Treatment Group		Control Group		p-value	z
		f	%	f	%		
PRE	Never	4	40	6	60	0.306	-1.023
	Sometimes	6	60	4	40		
	Regularly	0	0	0	0		
POST	Never	0	0	6	60	0.000	-4.119
	Sometimes	0	0	4	40		
	Regularly	10	100	0	0		

Table 3 shows that there was a significant difference between medication compliance in hypertensive patients in the treatment group before and after the humanistic nursing practice with $\alpha = 0.00$ ($\alpha < 0.01$).

DISCUSSION

The results of this study found that 60% of hypertensive patients in the treatment group had a habit of taking hypertension medication occasionally, while the other 40% were found to never take hypertension medication. Pharmacological therapy in hypertensive patients is started if the first grade hypertensive patient does not experience a decrease in blood pressure after > 6 months of living a healthy lifestyle. Treatment is also initiated in patients who are found to have hypertension grade ≥ 2 (PSDKI, 2015). The results of this study found that 50% of patients had grade I hypertension for more than 2 years, 40% had grade II hypertension, and 10% had grade III hypertension. Hypertensive patients in this study were a group of hypertensive patients who should undergo routine hypertension treatment and comply to taking medication. Taking an antihypertensive medicine is very important in efforts to prevent complications in hypertension patients (Israfil & Making, 2019). Compliance to taking medication was carried out with the aim of reducing mortality and mobility due to various complications of hypertension (Yulanda & Lisiswanti, 2017). The results of Israfil & Making's (2020) research found that there was a significant relationship between hypertensive complications and patient compliance in taking antihypertensive drugs.

Patient compliance to taking antihypertensive drugs is influenced by various factors. The results of research by Sukma et al (2018) found that factors related to compliance to drug consumption of hypertensive patients were the level of education, knowledge, belief, motivation and family support. Research conducted by Listiana et al (2020) found a factor related to compliance to treatment of hypertensive patients is the length of time suffering from hypertension. The results of this study found that patients' non-compliance in taking antihypertensive drugs was caused by the reason for not having complaints. The results of this study are in accordance with those reported by the Ministry of Health of the Republic of Indonesia (2019) that the reason hypertension patients did not comply with taking antihypertensive drugs was that because they felt healthy or had no complaints. Hypertension is a type of the silent killer disease, which some sufferers may not realize the clinical symptoms of. If this condition is not realized and handled properly, it will cause complications that threaten the health and life of the patient.

The results of this study found that there was a significant influence between compliance in taking medication in hypertensive patients before and after receiving humanistic nursing practice services with $\alpha = 0.000$. Humanistic nursing practice is a nursing practice that proposes that nurses consciously and deliberately approach patients as existential experiences. Humanistic nursing theory introduced by J. Paterson and L. Zderad (1976) applied Humanism and Existentialism into nursing theory and practice. Humanism means that nurses try to take a broad perspective on individual potential and try to understand each individual from the context of their own personal experience. Existentialism is a philosophical approach to understand individual life that emphasizes free choice, self-determination, and individual responsibility. The humanistic social perspective extends from a person's will to his ability to act. Nursing care that does not apply a humanistic social perspective may not have the power to describe the patient's desires and the patient's ability to act in accordance with the planned nursing care (Grönblom et al, 2019). The humanistic nursing care model offers an innovative perspective that aims to improve the quality and safety of care, in addition to satisfaction and well-being for patients and nurses (Cara et al, 2016).

This study found that 50% of hypertensive patients in the treatment group and 40% of patients in the control group said they did not comply with hypertension medication because they felt that they had no complaints, 20% and other 30% said it was because the drug had run out. The results of this study are in accordance with the theory of humanism introduced by Paterson and Zderad (1976) where the nurses finally understood that the reasons for "no complaints" and "running out of drugs" were the context of humanism based on the patient's personal experience which caused the patient to not comply with medication of antihypertensive. This condition can occur due to the patient's lack of understanding of the dangers of hypertension, which is the silent killer. A person's understanding of the disease process is influenced by various factors, including the level of education. This study found that most of the patients had primary and high school education. The level of education greatly influences a person's understanding of the health problems he faces. The higher the level of education, the better one's understanding of the disease process that is conveyed. This is evidenced by the results of research done by Sukma et al (2018) which found that the level of education and knowledge had a significant relationship with drug consumption compliance in hypertensive patients.

Humanistic nursing practice is a practical approach to supportive therapy. Humanistic supportive nursing therapy was introduced by Paterson and Zderad which involves providing personal support from nurses to patients who are at risk of health problems including the risk of hypertensive complications. Supportive therapy according to Paterson and Zderad includes three aspects, namely 1) congruence; to visit the patient and convey that the nurse has genuinely concerns and respects the patient, 2) positive appreciation; respecting the patient's experience in taking hypertension drugs, 3) empathy; making genuine efforts to understand how the patient is feeling. The implementation of supportive therapy presents two main elements of humanistic practice, namely 1) presence and 2) dialogue.

This study applied three aspects of humanistic nursing by presenting the main elements, namely the nurse visiting the patient at home, giving appreciation and empathy, attending and having a dialogue with the patient. Dialogue was carried out in the form of an in-topic discussion about the dangers of complications of hypertension and the importance of taking hypertension drugs regularly from the patient's perspective and the nurse's perspective. Congruent aspects, appreciation and empathy were given and conveyed to patients during the treatment process. The results of research on the application of humanistic nursing practice

found that there were significant differences in the compliance with hypertension patients taking medication before and after receiving humanistic nursing practice services.

The results of this study are in accordance with the results of the research by He Jiao, et al (2016) which implements the humanistic nursing care model at CCWS which has a positive effect not only on the ability of caring to build good relationships with patients but also has increased patient satisfaction with nursing services. The results of research by Lee I, et al (2014) also found that after the application of humanistic nursing practice, forty nursing homes were identified as environmentally friendly, holistic care, empathy, individualization, autonomy, participation in decision making, use of appropriate tools, and serious assessment against customer opinion. The results of this study indicate that the transformation of humanistic nursing care improves awareness from abstract concepts to concrete indicators for evaluation. Theory and Humanistic nursing practice show that the professional values of nurses and situation sensitivity to patients have a key role in the activities of nursing care services provided (Khademi, 2017).

CONCLUSION

Humanistic nursing practice has a significant effect on compliance to taking medication for hypertensive patients in the work area of the Public Health Center in Sikumana, Kupang City. Patients who were given humanistic nursing practice had 4.11 times greater compliance than patients who did not receive humanistic nursing practice services.

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