

SELF-CARE IN THE ELDERLY WITH HYPERTENSION

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ABSTRACT

The Elderly is an individual in the final stage of development with several characteristics, such as having various needs and problems, both from bio-psychosocial and spiritual needs. Self-care is one of the basic needs in the process of every human life. Self-care in the elderly will change due to aging, which decreases independence. This study aimed to find out the overview of Self-Care in the Elderly with Hypertension in the Work Area of UPT Puskesmas Usa. This study used a survey design, and the number of samples was 110 elderly with hypertension. This study used a non-probability sampling technique. The descriptive statistical test showed that self-care in the elderly with hypertension in the work area of UPT Puskesmas Usa was in the most category with poor self-care. Therefore, it is necessary to increase the guidance and health education for the elderly regarding self-care management in hypertension.

Keywords: elderly; hypertension; self care

INTRODUCTION

The aging process tends to increase various non-communicable diseases, including hypertension (Jiyanto dkk., 2018). Based on the results of Riskesdas, the incidence rate of age > 18 years, the occurrence of hypertension based on medical diagnoses aged 55 to > 75 years, the average percentage increased based on increasing age, while the incidence rate of hypertension based on measurements in South Sulawesi was 31.68% (Riskesdas, 2018). One of the independence of the elderly in carrying out daily activities is self-care. An important activity is carried out by individuals to improve health status and prevent disease (Niriayo et al., 2018).

Self-care in the elderly includes physical, psychological, and social care. According to Tewuh (2013), a study by (Sriyanah et al., 2022) states that communication, support, and social care from the family will make a person feel comfortable. The inability of the elderly to carry out self-care is a problem in overcoming their illness. One of the research results concluded that there is a correlation between a person's level of trust in caring for himself who has hypertension (Haung et al., 2020). Based on data in 2020 in the Work Area of UPT Puskesmas Usa, Palakka Sub-District, the total number of elderly is 779 people. The number of men is 357 elderly, and the number of women is 422 elderly. The results of a preliminary study explain that elderly with hypertension are one of the highest cases of several diseases suffered. Based on the description above, the researchers are interested in conducting a study entitled self-care in the elderly with hypertension in the Work Area of UPT Puskesmas Usa, Palakka Sub-District, Bone Regency.

METHOD

The researcher surveyed the elderly's houses around the UPT Puskesmas Usa. This research used a descriptive observational survey design. The population for this study was the elderly with

hypertension at UPT Puskesmas Usa, as many as 150 elderly. The study sample was 110 elderly with hypertension ≥ 140 mmHg. Purposive sampling was used to select samples based on predetermined characteristics. Primary data collection includes a self-care questionnaire for the elderly with hypertension. The variable of self-care was measured through 28 questions on the questionnaire. Descriptive statistical tests are used to analyze the description of self-care in the elderly.

RESULTS AND DISCUSSION

Characteristics of Respondents

Table 1 (attached) interprets the respondents with the most gender are female, as many as 64 respondents (58.2%). With the most age are 60-70 years, as many as 55 respondents (50.5%). Respondents with the highest education level were elementary level as many as 43 respondents (39.1%), while respondents' occupations were dominated by other choices such as housewives, gardening, and raising livestock as many as 73 respondents (66.4%). Frequency distribution of respondents' self-care. Table 2 (attached) interpreted poor self-care of respondents as many as 66.

Self-care is one of the main factors in improving health status (Okatiranti dkk., 2017). Self-care has several objectives, such as maintaining self-care, improving personal hygiene, preventing various diseases, increasing self-confidence, and creating self-tidiness (Darmawati & Dulgani, 2017). According to Harsono (2017), the Elderly with hypertension who have high self-confidence will be able to carry out self-care independently and regularly (Fauziah & Syahputra, 2021). Elderly with hypertension can be a warning to be aware of the risk factors for possible complications caused by the disease (Okatiranti dkk., 2017). A study concluded that self-care adherence is still low to be implemented in daily life, such as adherence to medication and lifestyle modifications that involve diet, exercise, quitting smoking, and drinking alcohol (Niriayo et al., 2018). Other studies reveal that the ability of the elderly to achieve the need for self-care is influenced by several internal causes, the individual himself, and external causes, the surrounding people (Darmawati & Dulgani, 2017).

Self-care is a form of self-reliance in maintaining health (Istiani & Rokhmiati, 2021). The study entitled "Self-Management Intervention Of Elderly Hypertension: A Literature Review" revealed that self-care management in hypertension consists of medication adherence, health monitoring, diet management, exercise management, work management, and emotional management. (Wijayanti & Pandin, 2021). According to Bandura (2006), elderly with hypertension who have high self-confidence in their abilities will make their self-care behavior better (Okatiranti dkk., 2017). Based on other research, it is explained that the prevention and treatment of hypertension without drugs is by providing self-motivation to achieve the expected goals in individuals suffering from hypertension (Ramadhani dkk., 2020). A study entitled "Effects of health coaching on self-care monitoring among Ghanaians with hypertension living in southern California" explains that motivation is one of the subscales in the self-care profile, whether the motivation comes from within a person or from the surrounding environment (Otubuah, 2022).

When conducting in-depth interviews with each respondent, there was a large proportion in the use of hypertension drugs according to the self-care questionnaire. The respondents answered they stopped using hypertension drugs if their complaints decreased and preferred to boil the leaves

which were believed to have benefits for lowering high blood pressure. It is in line with one of the articles that the relationship between age and adherence to hypertension medication is influenced by local traditions, the environment, and the healthcare system that supports health care management in elderly patients. (Burnier et al., 2020). In addition, a study conducted by (Zheng et al., 2021) concluded that improving the quality of life of the elderly with hypertension in terms of self-care is by providing better health education to increase knowledge about hypertension, and encouraging healthy habits such as regular physical activity, health checks, and improving the management of comorbidities.

CONCLUSION

Based on the description above, the researchers concluded that self-care for the elderly with hypertension in the work area of UPT Puskesmas Usa, Palakka district, Bone regency was in the category of poor self-care. In maintaining and improving self-care in the elderly with hypertension, it is necessary to provide counseling, socialization, and health education regarding hypertension and its handling.

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