

THE LEVEL OF ANXIETY OF HYPERTENSION PATIENTS AGAINST COVID-19 DISEASE WITH REPEAT VISITS OF HYPERTENSIVE PATIENTS DURING THE COVID-19 PANDEMIC

Indarwati*, Ahmad Asyrofi, Triana Arisdiani

Sekolah Tinggi Ilmu Kesehatan Kendal, Jln Laut 31 Kendal, Jawa tengah 51311, Indonesia

*afidaarfiyani@gmail.com

ABSTRACT

Hypertension is the comorbidity that causes the most deaths due to positive cases of Covid-19, with a reality like this, residents who suffer from hypertension to take control every month of course feel anxiety during a pandemic like now, even though hypertension sufferers have to take medicine every day and control it routinely. The purpose of this study was to determine the relationship between the anxiety level of Hypertension patients against Covid-19 disease with repeat visits of Hypertensive patients during the Covid-19 pandemic at the Brangsong II Health Center. This study uses a descriptive correlation study design, a sample of 85, the sampling technique using Consecutive sampling. Statistical analysis using chi-square. The results showed that the majority of respondents aged 51-60 years were 68.2%, 45.9% had elementary school education, 65.9% were female, and 25.9% worked as farmers. The average length of time patients suffer from hypertension is 5 years, a minimum of 2 years and a maximum of 20 years, patients experiencing severe anxiety as much as 47.1%, non-routine repeat visits as much as 63.5% and there is a relationship between the level of anxiety of hypertensive patients with Covid-19 disease. 19 with repeat visits of Hypertensive patients during the pandemic with p value = 0.003 ($P < 0.05$). It is hoped that it can provide information as a basis for managing anxiety and the psychological impact of Covid-19 on hypertensive patients.

Keywords: anxiety; covid-19; hypertension

INTRODUCTION

Cases of Corona Viruses Disease (COVID-19) in the world as of November 3, 2020, 46,942,902 cases were confirmed and 1,192,644 cases died. Data on COVID-19 patients confirmed 415,402 and 14,044 cases died and 345,566 recovered in Indonesia on November 3, 2020 (Kementerian Kesehatan RI, 2020). Covid-19 cases in Central Java Province confirmed 36,627 cases, treated 3,742, recovered 30,193 cases, and died as many as 2,692 on November 4, 2020 (Dinas Kesehatan Provinsi Jawa Tengah, 2021). There are 1599 confirmed cases of Covid, and 668 suspected cases, 66 probable cases and 6056 people who were in close contact with confirmed and probable cases in Kendal Regency on November 4, 2020. Kasus Covid-19 di Kecamatan Brangsong sendiri terkonfirmasi sebanyak 165 kasus, dari UPTD Brangsong 1 sebanyak 57 kasus dan UPTD Brangsong 2 sebanyak 108 kasus per tanggal 4 November 2020 (Dinas Kesehatan Kabupaten Kendal, 2020). According to WHO in 2015 there were 1.13 billion patients worldwide diagnosed with hypertension. Hypertension patients are increasing every year, so it is possible that in 2025 the increase in Hypertension patients could be 1.5 billion people, and it is predicted that around 9.4 million Hypertension patients die every year (KEMENKES RI, 2021).

The severity of Covid-19 is influenced by body strength, age, and several comorbid diseases, including Asthma, Diabetes Mellitus, and Hypertension (Kementerian Kesehatan RI, 2020). Hypertension based on temporary records is the highest comorbid or comorbid disease of Corona virus infection patients in Indonesia. As many as 50.5% of the total 1,488 positive Covid-19 patients were due to having comorbidities, namely hypertension (Ida, Fatmawati, Prihatin, Arifin,

& Albayani, 2021). Research on pandemic research on comorbid non-communicable diseases (NCDs), including research (Li et al., 2020) it was found that hypertension as a comorbid covid 19 reached 21.1%, as well as from a study in Italy by (Gentile, Mambro, & Strollo, 2020), The highest comorbid disease was cases of arterial hypertension reaching 73.8%. In Indonesia, comorbid covid due to hypertension ranks first (Kementerian Kesehatan RI, 2020). Hypertension is the comorbidity that causes the most deaths due to positive cases of Covid-19, with a reality like this, residents who suffer from hypertension to take control every month of course feel anxiety during a pandemic like now, even though hypertension sufferers have to take medicine every day and control it. routinely. Anxiety (anxiety) is a mood disorder (affective) which is characterized by feelings of fear or worry that are deep and ongoing. It is estimated that the number of those who suffer from this anxiety disorder both acutely and chronically reaches 5% of the total population, with a ratio between women and men of 2 to 1 and it is estimated that between 2-4% of the population at some point in their life have experienced an anxiety disorder (Papatzikis et al., 2020).

Research conducted by Dylan Trotsek (2017) The Relationship between Anxiety Levels and Blood Pressure of Prolanis members at the Parongpong Health Center showed that anxiety was dominated by women, respondents had moderate levels of anxiety, the results of the spearman rho test showed a significant relationship between anxiety levels in respondents and blood pressure either systolic or diastolic. Research conducted by Kati, Opod, & Pali, (2018) Overview of Emotions and Anxiety Levels in Hypertension Patients at the Bahu Health Center, from this study it was found that most patients with hypertension at the Bahu Health Center had a dominant positive affect and were often accompanied by mild anxiety. Research conducted by Agustiana, (2017) on the relationship between anxiety and motivation to seek treatment for hypertension sufferers in the working area of the Mlati II Public Health Center, Sleman Yogyakarta, found that respondents who experienced mild anxiety were 57.7% and respondents who had high motivation were 70.5 %. Kendall's Tau analysis shows that at the significance level of $p = 0.05$, the value of $p = 0.005$ is obtained so that $p < 0.05$. The correlation coefficient value of 0.310 indicates that the relationship is low.

Research conducted by Puspita, (2016) on Factors Relating to Compliance with Hypertension Patients Undergoing Treatment (Case Study at Gunungpati Health Center Semarang City) found that the last education level factor ($p = 0.000$), length of suffering from hypertension ($p = 0.005$), level of knowledge about hypertension ($p = 0.000$), family support ($p = 0.000$), the role of health workers ($p = 0.000$), motivation to seek treatment ($p = 0.000$) had a relationship with adherence to treatment for hypertension. Pandemic caused by the spread of coronavirus disease 2019 (Covid-19) has changed the shape of a person's stigma against other people, society, the environment, or himself so that it requires proper handling. Some news, especially regarding the increase in the number of infections, deaths, the absence of medicine, the unavailability of adequate personal protective equipment or facilities also influenced the public's view of anxiety in taking treatment (Mujani & Irvani, 2020)

A preliminary study conducted by researchers on 10 Hypertension patients at Posbindu and Brangsong II Health Center on December 29, 2020 showed that 6 people expressed their anxiety about visiting the Puskesmas because of the pandemic season and 4 patients said that despite the pandemic situation they still came to the Puskesmas because hypertension medication was a necessity and If you don't take medication your blood pressure will go up. Data at the Brangsong II Health Center visited hypertension patients in 2019 as many as 1,321 while from 2020 to October

there were 685 patients. Hypertension patient visits before the pandemic period at the Brangsong II Health Center in 2020 in January as many as 106 patients, in February 108 patients, in March 108 patients, during the pandemic the number of Hypertension patients visiting the Puskesmas decreased, this is because Hypertension patients are anxious to take treatment, in March April 2020 as many as 38 patients, May 47 patients, June 40 patients, July 84 patients, August 62 patients, September 42 patients and October as many as 50 patients, November 64 patients, December 39 patients, the total visits of hypertension patients in 2020 were 788 patients, Hypertension patient visits in 2019 compared to 2020 there was a decrease of 40.3%. (SIMPUS, 2020). Based on this phenomenon and background, researchers are interested in conducting research on the relationship between the anxiety level of hypertensive patients with Covid-19 disease and re-visit of hypertensive patients during the Covid-19 pandemic at the Brangsong II Health Center.

METHOD

This type of research is a descriptive correlation study, namely the research is directed to explain the relationship between two variables, namely the independent variable and the dependent variable, using a cohort research design. This study was to find a relationship between the level of anxiety of hypertensive patients against Covid-19 disease and re-visit of hypertensive patients during the Covid-19 pandemic. The population in this study were 108 patients with hypertension at the Brangsong II Public Health Center, Kendal Regency. The sample in this study were 85 patients. The sampling technique in this research is Consecutive sampling. Test data analysis using chi-square. This research tool uses the Hamilton Rating Scale For Anxiety (HARS) questionnaire which has been tested for validity and reliability with valid and reliable results.

RESULTS AND DISCUSSION

Characteristics of Hypertensive

Table 1 shows the mean age of hypertensive patients is 54 years, the minimum age is 41 years and the maximum age is 59 years. The median length of patient suffering from hypertension is 5 years, a minimum of 2 years and a maximum of 20 years.

Table 1.
Description of age and duration of hypertension (n = 85)

Variabel	Median	Minimum	Maksimum	Interquartile Range
Age	54,00	41	59	6
Long suffering hypertension	5,00	2	20	3

The majority of respondents with primary school education are 39 (45.9%), female 56 (65.9%), working as farmers as many as 22 (25.9%) can be seen in table 4.2.

Table 2.
Description of the characteristics of patients with hypertension (n = 85)

Variabel	f	%
Education		
S1	2	2.4
D3	2	2.4
SMA	14	16.5
SMP	28	32.9
SD	39	45.9
Gender		
Male	29	34.1
Female	56	65.9
Profession		
Civil servant	5	5.9
Employee	14	16.5
Private	3	3.5
Trader	16	18.8
Farmer	22	25.9
IRT	19	22.4
Doesn't work	6	7.1

Anxiety levels and repeat visits

The majority of respondents experienced severe anxiety as much as 47.1% and respondents who experienced moderate anxiety as much as 16.5% and non-routine repeat visits as much as 63.5% and a small portion of routine repeat visits as much as 36.5% can be seen in table 3.

Table 3.

Distribution of the frequency of anxiety levels and repeat visits of hypertensive patients (n = 85)

Variabel	f	%
Anxiety level		
Currently	14	16.5
Heavy	31	36.5
So heavy	40	47.1
Hypertension patient re-visit		
Routine	31	36.5
Not a routine	54	63.5

The relationship between the level of anxiety of Hypertension patients with Covid-19 disease with Hypertension patient repeat visits

The relationship between the anxiety level of Hypertension patients with Covid-19 disease with Hypertension patient repeat visits during the Covid-19 pandemic at the Brangsong II Health Center can be seen in table 4.5.

Table 4.
Relationship of anxiety level to Covid-19 disease with hypertension patient repeat visits during the Covid-19 pandemic (n=85)

The level of anxiety	Hypertension patient repeat visits		Total	P value
	Routine (%)	Not a Routine (%)		
Currently	8 (9,4)	6 (7,1)	14 (36,5)	0,003
Heavy	16 (18,8)	15 (17,6)	31 (47,1)	
So heavy	7 (8,2)	33 (38,8)	40 (47,1)	

The results showed that 33 respondents (38.8%). The results of calculations using Chi-square obtained a p value of 0.003 ($P < 0.05$) indicating that there is a relationship between the level of anxiety of hypertensive patients against Covid-19 disease with re-visits of hypertensive patients during the pandemic, which means H_a is accepted, H_o is rejected.

Characteristics

Age

The results showed that the mean age of hypertensive patients was 54 years, the minimum age was 41 years and the maximum age was 59 years. According to Notoatmodjo, (2012) age is the number of years from birth to the last year a person performs an activity. With increasing age, there are changes in the arteries in the body to become wider and stiffer which results in reduced capacity and recoil of blood accommodated through blood vessels (Pratama, Fathnin, & Budiono, 2020). This reduction causes the systolic pressure to increase. Aging also causes disruption of neurohormonal mechanisms such as the renin-angiotensin-aldosterone system and also causes increased peripheral plasma concentrations and also the presence of glomerulosclerosis due to aging and intestinal fibrosis resulting in increased vasoconstriction and vascular resistance, resulting in increased blood pressure (hypertension) (Pratama et al., 2020)

The age of respondents in old age (51-60 years) is the largest number with a percentage of 68.2%. This is in accordance with the success of the government in national development, which has been able to achieve positive results in various fields, especially in the medical or health fields so that it can improve the quality of population health and increase human life expectancy (Nugroho & Fahrurrozi, 2020). The higher the level of welfare, the higher the life expectancy, so that the number of elderly people also increases. Age is associated with high blood pressure (hypertension). The older a person is, the greater the risk of developing hypertension (NOVITANINGTYAS, 2014). At that age the large arteries lose their flexibility and become stiff because of that blood at each heartbeat is forced to pass through the blood vessels that are narrower than usual and cause an increase in blood pressure (Sharma et al., 2021).

According to Princewel et al., (2019), there is a relationship between age and the incidence of hypertension. This is due to arterial pressure which increases with age, the occurrence of aortic regurgitation, and the presence of degenerative peruses, which is more common in old age. Research conducted by Elvira & Anggraini, (2019), The result of the study (46%) had age 35-55 years old (51%) had bad diet, (51%) had high stress and 51% respondents consumed cigarettes. The result of statistic test was found on the association of age factor with the incidence of

hypertension p-value 0.031, on the association of dietary factors with the incidence of hypertension obtained p-value 0.083, on the relationship of stress factor with hypertension occurrence obtained p-value 0.050 and on the relationship of smoking factor to the incidence Hypertension was obtained p-value 0.204, so it can be concluded from the four factors, only the age factor and stress factors that are related to the incidence of hypertension.

Research conducted by (Kolesnyk, Nadiuk, & Kosova, 2020) entitled The relationship between the degree of hypertension and the level of anxiety in multivariate correlation analysis showed that a high level of anxiety in middle-aged patients was associated with an earlier age of arterial hypertension verification, as well as with waist circumference increase and the waist/hip circumference ratio. According to the synthesis of researchers, the increased risk related to age factors mostly explains hypertension, so that hypertension has something to do with increasing patient age, with increasing age, degenerative processes occur which are more common in old age, with the degenerative process, the function of body organs decreases, immunity also decreases. decreases, so that at an increasing age the disease is easy to attack, with a reality like this of course it will cause anxiety in patients, especially during the Covid-19 pandemic it will increase anxiety in hypertension patients to visit the Puskesmas because they feel anxious that they can contract Covid-19.

Education

The results showed that most of the respondents had primary school education as many as 39 (45.9%). According to Putri (2018), with a high education, a person will be able to maintain his life longer and at the same time he can maintain his independence for longer because he tends to take care of his health. According to Notoatmodjo, (2007) said that a person's level of education affects a person's ability to receive information and process it before it becomes good or bad behavior so that it has an impact on his health status, this is reinforced by Rajkumar & Romate, (2020) research, which says that individual knowledge affects awareness of preventive behavior. Hypertension, in other words, the higher the individual's knowledge about the causes of hypertension, trigger factors, signs and symptoms, and normal and abnormal blood pressure, the individual will tend to avoid things that can trigger hypertension, such as smoking, drinking coffee, and obesity.

According to (Mudyahardjo, (2008) the meaning of education can be divided into three, namely the very broad, narrow and limited broad meaning. In a very broad sense, education is all learning experiences that take place in all environments and throughout life. In a narrow sense, education is schooling. The function of education itself is to eliminate people's suffering from ignorance and backwardness. The higher a person's education, the higher his knowledge, skills, and abilities are assumed (Suardi, 2020).

According to the research synthesis, educated people will avoid ignorance and poverty, because with the capital of knowledge and skills acquired through the educational process, people will be able to overcome the problems of life they face, including being able to overcome the anxiety caused by hypertension and anxiety. due to the Covid-19 pandemic because with good education a person can be wiser in making decisions to continue visiting or not to visit health services in order to get treatment for the hypertension he is suffering from.

Gender

The results of the study were 56 (65.9%). This is in accordance with research conducted by MacDonald et al., (2021) that women will experience an increased risk of hypertension after menopause, namely those aged over 45 years. Women who have gone through menopause have low levels of estrogen. Even though this estrogen functions to increase HDL levels, which plays a very important role in maintaining healthy blood vessels. So that in postmenopausal women, decreased estrogen levels will also be followed by a decrease in HDL levels if it is not followed by a good lifestyle. Respondents in this study may also experience the impact of a decrease in estrogen followed by a decrease in HDL levels. Because low HDL and high LDL will affect the occurrence of atherosclerosis so that blood pressure will be high (Sabbatini & Kararigas, 2020).

Gender is one of the factors that affect blood pressure. Research conducted by Novitaningtyas, (2014), namely that women tend to suffer from hypertension than men. Although gender is a factor that affects high blood pressure, this is probably due to many factors that affect blood pressure, especially the elderly, in addition to gender, such as age and physical activity. Someone who has hypertension and does not get regular treatment and regular control, this will bring the patient into serious cases such as heart disease, congestive heart failure, stroke, visual disturbances, kidney disease and even death (Prabandari, Sudaryanto, & Maliya, 2012). This is in line with research conducted by Aristoteles, (2018), regarding the relationship between age, gender, occupation and hypertension disease at the Emergency Installation of Siti Khodijah Islamic Hospital Palembang in 2018, it was found that there was a relationship between gender and hypertension with ($P=0.044$). According to the synthesis of researchers, there is a relationship between gender and hypertension. This is because the female sex, low HDL and high LDL will affect the occurrence of atherosclerosis so that blood pressure will be high. Women experience more anxiety than male patients. This is because physically women are weaker than men, this trait makes women respond more to things that are considered dangerous. Visiting health services during a pandemic is something that is considered dangerous, it greatly affects patient visits, especially hypertension patients.

Profession

The results showed that the majority of respondents worked as farmers as much as 22 (25.9%). In this study, work is related to the incidence of hypertension, because the respondents mostly work as farmers. Someone who works as a farmer has the possibility of getting hypertension due to lack of treatment and rarely controlling blood pressure. This research is in line with the results of research by Anggara & Prayitno, (2013), which states that most of the respondents work as farmers. One of the causes of hypertension is modern lifestyle factors, people are now busy prioritizing work to achieve success. Busyness and hard work and heavy goals lead to a sense of stress and cause high pressure. Feeling depressed makes blood pressure rise. In addition, busy people also do not have time to exercise. As a result, more and more fat in the body accumulates which can block blood flow. Vessels squeezed by fat deposits make blood pressure high. This is one of the causes of hypertension.

Research conducted by Nurazizah, Pradana, & Fauziyyah, (2020) in the journal *The Study of Epidemiology & Determinants of Hypertension in Urban Health Training Center (UHTC)* shows that physical activity has a relationship with hypertension, and respondents who have heavy work are at risk of developing hypertension. Some of the same findings were studied in the Chandigarh

urban area in 2018, there were 86.8% of hypertension in the group that often did physical activity & the risk of hypertension was 35% in the group that had less activity. According to the synthesis of researchers, respondents who do heavy physical work are at risk of developing hypertension more than those who do less physical activity. Farmers are jobs that use heavy physical activity, a farmer who has hypertension will experience anxiety due to lack of time for treatment and rarely control because it is too high. busy at work, especially during the Covid-19 pandemic.

Long time suffering from hypertension

The results showed that the majority of respondents had an average length of time suffering from hypertension for 5 years, with a minimum of 2 years and a maximum of 20 years. The researcher argues that the respondent's length of suffering from hypertension is the length of suffering from hypertension of medium duration (5 years). The beginning of Hypertension experienced by respondents on average at the age of 52 years. The degenerative factors that also affect respondents experiencing moderate duration hypertension include genetics, diet, and exercise.

The results of research conducted by Suciana, Agustina, & Zakiatul, (2020) regarding the duration of hypertension and anxiety scores are known to be 0.749 with a significance value of 0.000 (<0.05). The test results show a significance value of 0.000 and less than 0.05, so it can be interpreted that the relationship between the duration of hypertension and the level of anxiety is significant. It can be stated that there is a significant relationship between the duration of hypertension and the respondent's level of anxiety. According to the researcher's synthesis, there are several risk factors for long-standing hypertension that cannot be changed, one of which is family history. Families who have a history of hypertension will be the main trigger for hypertension in the long term. The longer you suffer from hypertension, the higher the patient's level of anxiety, with increased anxiety it will affect the repeat visits of hypertension patients to health services, especially during the Covid-19 pandemic.

The level of anxiety of hypertensive patients against the Covid-19 disease

The results showed that the majority of respondents experienced severe anxiety as many as 40 (47.1%) and a small proportion of respondents experienced moderate anxiety as many as 14 (16.5%). Anxiety (anxiety) is a natural feeling disorder (affective) which is characterized by feelings of fear or worry that are deep and ongoing (Papatzikis et al., 2020). Anxiety can trigger activation of the hypothalamus which controls two neuroendocrine systems, namely the sympathetic nervous system and the adrenal cortex. Activation of the sympathetic nervous system triggers increased activation of various organs and smooth muscles, one of which increases heart rate and the release of epinephrine and norepinephrine into the bloodstream by the adrenal medulla. Stimulation of sympathetic nerve activity will increase peripheral vascular resistance and cardiac output so that it will have an impact on changes in blood pressure, namely an intermittent or erratic increase in blood pressure (Sherwood, Farmer, & Clark, 2018).

Complications from hypertension are also a factor that causes anxiety in patients, this anxiety arises because of the fear of a worse condition that will occur, this makes patients experience severe anxiety, plus during the Covid-19 pandemic, Hypertension disease is a comorbid Covid-19, causing patients to experience severe anxiety. anxious to make repeat visits to health services.

The pandemic caused by the spread of coronavirus disease 2019 (Covid-19) has changed the shape of a person's stigma against other people, society, the environment, or himself so that it requires proper handling. Some news, especially regarding the increase in the number of infections, deaths, the absence of medicine, the unavailability of adequate personal protective equipment or facilities also influenced the public's view of anxiety in taking treatment (Mujani & Irvani, 2020). Stigma of the Covid-19 disease outbreak increases non-adherence to treatment steps, seeking treatment, transmission reduction strategies and increases the risk of failure of infection control measures (Astuti & Suyanto, 2020). According to the research synthesis, a person who has suffered from hypertension for a long time will become anxious due to hypertension which tends to require relatively long treatment and costs a lot of money, a disease that cannot be cured and must take medicine every day for life.

Revisit Hypertension patients during the Covid-19 pandemic

The results showed that the majority of respondents had 54 (63.5%) non-routine return visits and 31 (36.5%). Visits are not routine because hypertensive patients are afraid of contracting COVID-19. According to Tarigan, Zein, & Syamsul, (2018), repeat visits are behaviors that appear in response to objects that indicate the customer's desire to make repeat visits. The repeat visit decision process is formed after the patient has made a visit. There are two things that influence a patient to make a repeat visit, namely the post-visit evaluation and the decision to make a repeat visit. Patients consciously and unconsciously in the post-visit stage, will evaluate the services, transactions and results that have been obtained. The level of patient satisfaction or dissatisfaction that will influence his behavior to determine whether to visit again or not.

The magnitude of the problem of hypertension and the risk of severe complications that accompany it do not seem to be realized by most people. Low public awareness, asymptomatic clinical course and lack of knowledge play an important role in low adherence to hypertension treatment, non-adherence to hypertension treatment reaches 30-50%, due to fear of contracting COVID-19 (Darnindo & Sarwono, 2017). The results of the study using Chi-Square obtained a p value of 0.738 which indicates there is no relationship between the level of knowledge with medication adherence and a p value of 0.093 which indicates there is no relationship between financing facilities and the level of medication adherence of hypertensive patients. The results of the study said that there was a relationship if the p value < 0.05 and if it was more than 0.05 then there was no relationship so that it could be said that there was no relationship between, among others, the level of patient compliance in carrying out treatment and there was no relationship between facilities and the level of compliance of hypertension patients in undergoing treatment (Arisdiani, Asyrofi, & Sofiana, 2021).

The results of Wulandari, Trilestari, & Kusumawardani, (2021) research showed that the level of adherence to the use of antihypertensive drugs at the Bantul II Health Center was 36.8% in the low category, 12.3% in the medium category and 50.7% in the high category. The level of adherence for control back to the doctor was 4.6% in the non-adherent category, 24.6% in the less compliant category and 70.8% in the obedient category. According to the synthesis of researchers, the magnitude of the problem of hypertension and the risk of severe complications that accompany it do not seem to be realized by most of the people. Low public awareness, asymptomatic clinical course and lack of knowledge play an important role in the low adherence to hypertension treatment.

The relationship between the anxiety level of hypertensive patients with Covid-19 disease and repeat visits of Hypertensive patients during the Covid-19 pandemic

The results showed that 33 respondents (38.8%). There is a relationship between the level of anxiety of hypertensive patients against Covid-19 disease with repeat visits of hypertensive patients during the pandemic, which means that H_a is accepted by H_o and is rejected. Hypertension is caused by several factors such as drug selection, treatment costs, lack of family and social support, and socio-economic conditions (Darnindo & Sarwono, 2017). Medication irregularity has always been a common problem that causes hypertension treatment failure. The impact of the pandemic on the patient's psychology is feelings of fear, anxiety, worry, and even feeling threatened because of Covid-19.

Hypertension patients who do not perform follow-up visits properly can increase the occurrence of complications of cardiovascular disease that are more life-threatening, namely stroke, coronary heart disease, atherosclerosis, coronary arteries, left ventricular hypertrophy, heart failure, and disorders of the eyes and kidneys. Results of the Household Health Survey (SKRT, 2017). According to (Tarigan et al., 2018), repeat visits are behaviors that appear in response to objects that indicate the customer's desire to make repeat visits. The repeat visit decision process is formed after the patient has made a visit. There are two things that influence a patient to make a repeat visit, namely the post-visit evaluation and the decision to make a repeat visit. Patients consciously and unconsciously in the post-visit stage, will evaluate the services, transactions and results that have been obtained.

Research conducted by (Agustiana, 2017) on the relationship between anxiety and motivation to seek treatment for hypertension sufferers in the working area of the Mlati II Public Health Center, Sleman Yogyakarta, found that respondents who experienced mild anxiety were 57.7% and respondents who had high motivation were 70.5 %. Kendall's Tau analysis shows that at the significance level of $p = 0.05$, the value of $p = 0.005$ is obtained so that $p < 0.05$. The correlation coefficient value of 0.310 indicates that the relationship is low.

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The pandemic caused by the spread of coronavirus disease 2019 (Covid-19) has changed the shape of a person's stigma against other people, society, the environment, or himself so that it requires proper handling. Some news, especially regarding the increase in the number of infections, deaths, the absence of medicine, the unavailability of adequate personal protective equipment or facilities also influenced the public's view of anxiety in taking treatment (Mujani & Irvani, 2020). Stigma of the Covid-19 disease outbreak increases non-adherence to treatment steps, seeking treatment, transmission reduction strategies and increases the risk of failure of infection control measures (Astuti & Suyanto, 2020)

Research or pandemic research on comorbid non-communicable diseases (NCDs), including research (Ruiyun Li, Sen Pei, Bin Chen, Yimeng Song, Tao Zhang, Wan Yang, Jeffrey Shaman, 2020) found that hypertension as a comorbid covid 19 reached 21, 1%, as well as from research in Italy by Sandro Gentile (2020), the highest comorbid disease is the case of Arterial Hypertension reaching 73.8%, in Indonesia comorbid covid due to hypertension ranks first (Kementerian Kesehatan RI, 2020). According to the researcher's synthesis, compliance with hypertension sufferers in undergoing treatment and repeat visits is a behavior that appears in response to objects that indicate the customer's desire to make repeat visits. Hypertension is one of the comorbidities of Covid-19 disease, with a reality like this, hypertension patients will feel anxiety to make repeat visits to health services.

CONCLUSION

The results showed that the mean age of hypertension patients was 54 years, the minimum age was 41 years and the maximum age was 59 years, 45.9% elementary school education, 65.9% female, 25.9% working as farmers. The average length of time patients suffer from hypertension is 5 years, a minimum of 2 years and a maximum of 20 years. The majority of respondents experienced severe anxiety as much as 47.1%, non-routine repeat visits as much as 63.5% and there was a relationship between the level of anxiety of hypertensive patients with Covid-19 disease with repeat visits of Hypertensive patients during a pandemic with p value = 0.003 (P<0 ,05)

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