

Analysis Of Knowledge And Perceptions About The Dangers Of Hypertension With Prevention Behaviors Of Hypertension Complications In The Elderly At Wahyu Husada Gurah Clinic

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ABSTRACT

Hypertension is a non-communicable disease that can become a big and serious problem because of the high prevalence of hypertension and tends to increase. The purpose of this study was to analyze the relationship between knowledge and perceptions about the dangers of hypertension with behavior to prevent complications of hypertension in the elderly at the Wahyu Husada Gurah Clinic. The design of this study was a quantitative observational study with a cross-sectional approach with a research focus aimed at analyzing the relationship between knowledge and perceptions about the dangers of hypertension and behavior to prevent complications of hypertension in the elderly at the Wahyu Husada Gurah Clinic. Total population of 86 respondents and a sample of 71 respondents were taken by Simple Random Sampling technique. The findings found that almost half of the respondents had moderate category knowledge of 31 respondents (44%). Nearly half of the respondents had a sufficient category perception of 32 respondents (45%). Almost half of the respondents had less category behavior as many as 30 respondents (42%). Based on the results of the Spearman Rank analysis it showed that the knowledge variable had a p-value of 0.008 and the perception variable had a p-value of 0.001 <0.05, so H1 was accepted so it was concluded that partially there is a relationship between knowledge and perceptions about the dangers of hypertension with behavior to prevent complications of hypertension in the elderly at the Wahyu Husada Gurah Clinic.

Keywords : Behavior, Knowledge, Perception

INTRODUCTION

Hypertension is a non-communicable disease that can become a big and serious problem because of the high prevalence of hypertension and tends to increase. In 2018 there was an increase in the prevalence of hypertension based on interviews (has it ever been diagnosed by a health worker and taking hypertension medication) from 7.6% in 2012 to 9.5% (Risikesdas, 2018).

Most of the prevalence of hypertension occurs in the elderly group, however, it turns out that the prevalence of hypertension in the productive age group tends to increase from year to year. According to the Ministry of Health of the Republic of Indonesia (2017) based on the results of the 2012 Basic Health Research (Risikesdas) it shows that most cases of hypertension in the community have not been diagnosed. This can be seen from the results of blood pressure measurements at the age of 18 years and over, it was found that the prevalence of hypertension in Indonesia was 31.7%, where only 7.2% of the population knew that they had hypertension. And 76% of cases of hypertension in the community have not been diagnosed or the people do not know that they have hypertension.

The prevalence of hypertension in Kediri Regency in 2016 was 6.73%, 7.41% in 2017 and 5.89% in 2018. Whereas in 2019 based on reports from the puskesmas the number of hypertension sufferers in Kediri Regency was 25,916 cases, in 2020 there were 22,582 cases and in 2021 there were 37,527 cases. Based on the results of a preliminary study conducted by researchers on July 6 2022 for 10 elderly people with hypertension, it was found that 7 elderly people (70%) had poor behavior in treating hypertension and even the elderly felt that there was nothing to worry about from the hypertension they experienced when they this. Where the elderly assume that hypertension is a disease that is not dangerous. So the elderly only take medication only when the pain is very severe and they don't do sports, the elderly also don't restrict foods that are high in sodium and fat.

There are several factors that can increase a person's risk of suffering from hypertension. According to Sigarlaki (2016) the trigger factors for hypertension can be divided into 2, namely factors that cannot be controlled (such as gender, genetics, and age) and factors that can be controlled (non-adherence to taking medication, lack of exercise, smoking, consumption of salt and excess fat).

This condition causes hypertension in society as a silent killer, because hypertension generally occurs without any symptoms or is asymptomatic. Hypertension develops slowly, but is potentially very dangerous because it is a major risk factor for the development of heart disease and stroke (Dalimarta et al., 2013).

Because hypertension is a silent killer, the only way is to prevent and control hypertension. Efforts to prevent and treat hypertension must begin by increasing public awareness and making lifestyle changes towards a healthier one. To understand and practice the right lifestyle and avoid disease, individuals and society need to learn the right behavior (Miller, 2014).

The perspective or perception of a person will affect behavior both consciously and unconsciously. As is the case with prevention of complications of hypertension, it can be influenced by the perception that this disease is not dangerous and the therapy is not important, and many even believe in mystical treatment. Trust itself can influence behavior because basically someone will do something because someone believes in it (Brenda, 2011).

Based on the conditions above, the authors are interested in researching the analysis of knowledge and perceptions about the dangers of hypertension with prevention behavior for hypertension complications in the elderly at the Wahyu Husada Gurah Clinic.

METHOD

In this study, researchers used a quantitative analytic design with a cross-sectional approach, namely a study to study the dynamics of the correlation between risk factors and effects, by way of approach, observation or data collection at one time (point time approach), that is, each subject the study was only observed once and measurements were made of the character status or subject variables at the time of examination. This does not mean that all research subjects are observed at the same time (Soekidjo, 2017). This study will analyze the relationship between knowledge and perceptions about the dangers of hypertension with behavior to prevent complications of hypertension in the elderly at the Wahyu Husada Gurah Clinic with a population of 86 respondents and a sample of 71 respondents taken by Simple Random Sampling technique.

RESULT

A. Variable Characteristics

1. Characteristics Knowledge

Table 1. Frequency distribution of respondents based on respondent's knowledge at the Wahyu Husada Gurah Clinic which was held on September 13-24 2022 with a total of 71 respondents.

Criteria	Frequency	Percent (%)
Tall	14	20%
Currently	31	44%
Low	26	37%
Total	71	100%

Based on table 1 above, it is known that almost half of the respondents have moderate category knowledge of 31 respondents (44%).

2. Characteristics of Perception

Table 2 Distribution of the frequency of respondents based on respondent's perception in Wahyu Husada Gurah Clinic which was held on 13-24 September 2022 with a total of 71 respondents

Criteria	Frequency	Percent (%)
Well	16	23%
Enough	32	45%
Not enough	23	32%
Total	71	100%

Based on table 2 above it is known that almost half of the respondents have sufficient category perception as many as 32 respondents (45%).

3. Behavioral Characteristics

Table 3 Distribution of the frequency of respondents based on behavior respondent in Wahyu Husada Gurah Clinic which was held on 13-24 September 2022 with a total of 71 respondents

Criteria	Frequency	Percent (%)
Well	13	18%
Enough	28	39%
Not enough	30	42%
Total	71	100%

Based on table 3 above it is known that almost half of the respondents have less category behavior as many as 30 respondents (42%).

B. Statistical Test Results

Table 4 Spearman Rank Analysis Results knowledge analysis and perceptions about the dangers of hypertension with behavior to prevent complications of hypertension in the elderly at the Wahyu Husada Gurah Clinic which was held on 13-24 September 2022 with a total of 71 respondents.

No	Variable	Sig
1	Knowledge	0.000
2	Perception	0.001

1. Knowledge

Based on the results of the Spearman Rank analysis, it shows that the p-value is 0.000 <0.05, so H1 is accepted, so it can be concluded that partially Relationship between knowledge about the dangers of hypertension and behavior to prevent complications of hypertension in the elderly at the Wahyu Husada Gurah Clinic.

2. Perception

Based on the results of the Spearman Rank analysis, it shows that the p-value is 0.001 <0.05, so H1 is accepted, so it can be concluded that partially Correlation between perceptions about the dangers of hypertension and behavior to prevent complications of hypertension in the elderly at the Wahyu Husada Gurah Clinic.

DISCUSSION

A. Knowledge about the dangers of hypertension in the elderly at the Wahyu Husada Gurah Clinic

The results showed that almost half of the respondents had medium category knowledge of 31 respondents (44%). In addition, a number of 26 respondents (37%) have low category knowledge. While a number of 14 respondents (20%) have high category knowledge.

Hypertension is a serious public health problem, because if it is not controlled it will develop and cause dangerous complications. The result can be fatal because complications often arise, such as Diabetes Mellitus, stroke (brain hemorrhage), coronary heart disease, and kidney failure. This age-related condition is a by-product of decreased atherosclerotic function of the major arteries, especially the aorta, and a result of reduced flexibility. As these arteries harden and become stiffer, they and the aorta lose their adaptability. The walls, now inelastic, can no longer convert the blood leaving the heart into a smooth flow. The result is a continuous pulse wave with high peaks (systolic) and deep valleys (diastolic).

hypertension but the prevalence of hypertension has not decreased, this is because hypertension is influenced by various factors including knowledge (Asli, 2011). Knowledge is the result of remembering something, meaning recalling events that have been experienced either intentionally or unintentionally and this occurs after people make contact or observe certain objects (Wahit, 2016).

Based on language, knowledge is an impression in the human mind as a result of using the five senses (Mubarak, et al. 2014). Knowledge is the result of human sensing, or the result of knowing someone about an object through the senses they have (eyes, nose, ears, and so on) (Notoatmodjo, 2013).

One's knowledge can determine behavior in a healthy life to avoid the occurrence of certain diseases including hypertension, due to one's lack of knowledge about hypertension is thought to cause hypertension. The increasing number of hypertension sufferers in the elderly from years due to lack of knowledge of the elderly and decreased memory due to age so that it can have an impact on the emergence of various diseases in the form of hypertension in the elderly so that special treatment needs to be done to reduce the number of sufferers of hypertension. Elderly people who are diagnosed by doctors who suffer from hypertension are advised to do health education to be able to provide information as a refresher in the form of knowledge due to decreased memory in the elderly.

B. Perceptions of the Dangers of Hypertension in the Elderly at the Wahyu Husada Gurah Clinic

The results showed that almost half of the respondents had a sufficient category perception of 32 respondents (45%). In addition, a number of 23 respondents (32%) had a less category perception. While a number of 16 respondents (23%) have a good category perception.

According to Herri Zan Pieter (2015) perception is related to phenomena where the relationship between stimulus and experience is more complex than the phenomena that exist in sensation. The phenomena of perception depend on higher level processes.

Generally the term perception is used in the field of psychology. In terms of terminology as stated by Purwodar Minta (2011), the notion of perception is a direct response from an uptake or a person's process of knowing several things through sensing. Meanwhile, in the Big Psychology Dictionary, perception is defined as a process of observing a person's environment by using his senses so that he becomes aware of everything in his environment.

According to Ali and Asrori (2014) the notion of perception is an individual's process of interpreting, organizing and giving meaning to stimuli originating from the environment in which the individual is located which is the result of a process of learning and experience. In terms of perception, there are two important elements, namely interpretation and organization. Interpretation is an effort to understand the individual's information obtained. Meanwhile, organization is the process of managing certain information so that it has meaning.

Perception is a process that is learned through interaction with the surrounding environment. A person's perception arises from childhood through interaction with other humans. In line with this, Rakhmat (2012) defines the notion of perception as: "experience of objects, events or relationships obtained by inferring information and interpreting messages". This similarity of opinion can be seen from the meaning of concluding information and interpreting messages that are related to the process of giving meaning.

Eysenck in Asrori (2014) states that perception actually requires a process of learning and experience. The results of the learning process and one's interaction will provide experience for him to be able to compare the circumstances at hand.

According to researchers, perception is the process of receiving, discriminating, and giving meaning to the stimulus received by the sensory organs, so that it can draw conclusions and interpret the particular object it observes. The perception of a hypertensive patient in assessing his disease is quite diverse. Many patients judge that hypertension is not a dangerous disease. Where respondents assess hypertension can heal by itself, so there is no need to worry about having to limit eating until you have to do regular exercise.

C. Prevention Behavior of Hypertension Complications in the Elderly at Wahyu Husada Gurah Clinic

The results showed that almost half of the respondents had less category behavior as many as 30 respondents (42%). In addition, a number of 28 respondents (39%) had sufficient category behavior. While a number of 13 respondents (18%) have good category behavior.

Human behavior is the result of all kinds of experiences and human interactions with their environment which are manifested in the form of knowledge, attitudes and actions. In other words, behavior is a response/reaction of an individual to stimuli that come from outside or from within him. This response can be passive (without action: thinking, opinion, behaving) or active (taking action). In accordance with this limitation, behavior can be formulated as a form of individual experience and interaction with their environment, especially regarding knowledge and attitudes about themselves. Active behavior can be seen, while passive behavior is not visible, such as knowledge, perception, or motivation. Some experts distinguish forms of behavior into three domains, namely knowledge, attitudes,

From a biological point of view, behavior is an activity or activity of the organism in question, which can be observed directly or indirectly. Human behavior is a human activity itself (Notoadmodjo, 2013). The American Encyclopedia, behavior is defined as an action-reaction of organisms to their environment. New behavior occurs when there is something needed to cause a reaction, which is called a stimulus. Means that certain stimuli will produce certain reactions or behaviors (Notoadmodjo, 2013).

As quoted by Notoatmodjo (2013), behavior is an action or behavior of an organism that can be observed and can even be learned. In general, human behavior is essentially a process of individual interaction with the environment as a biological manifestation that he is a living being (Kusmiyati and Desminiarti, 2011). According to the author, what is called human behavior is an activity that arises because of a stimulus and response and can be observed directly or indirectly.

The process of forming or changing behavior can be influenced by several factors both from within and from outside the individual. Aspects within the individual that play a role/influence in behavior change are perception, motivation and emotion. Perception is observation which is a combination of sight, hearing, smell and past experience. Motivation is the urge to act to satisfy a need. The impetus in motivation is manifested in the form of action (Sarwono, 2013).

According to researchers, behavior is a person's response or reaction to external stimuli. Behavior is an action or activity of the human being itself which has a very broad expanse such as walking, talking, crying, working and so on. Behavior in preventing the occurrence of complications of hypertension in patients can be done by adhering to the treatment program and also limiting consumption of foods that can exacerbate hypertension. Based on the results of the study it was found that the majority of respondents had behavior in the less category where this was due to the perception of the patient itself where the patient thinks that hypertension will heal itself without having to be treated and is not a dangerous disease so there is no need to worry about this disease. In addition, it is also caused by low motivation to want to heal properly. Then there is also the lack of patient trust in health workers.

D. Correlation between Knowledge about the Dangers of Hypertension and Prevention Behavior of Hypertension Complications in the Elderly at Wahyu Husada Gurah Clinic

Based on the results of the Spearman Rank analysis, it shows that the p-value is $0.000 < 0.05$, so H_1 is accepted, so it can be concluded that partially Relationship between knowledge about the dangers of hypertension and behavior to prevent complications of hypertension in the elderly at the Wahyu Husada Gurah Clinic.

Hypertension is a non-communicable disease that can become a big and serious problem because of the high prevalence of hypertension and tends to increase. In 2018 there was an increase in the prevalence of hypertension based on interviews (has it ever been diagnosed by a health worker and taking hypertension medication) from 7.6% in 2012 to 9.5% (Risksdas, 2018).

There are several factors that can increase a person's risk of suffering from hypertension. According to Sigarlaki (2016) the trigger factors for hypertension can be divided into 2, namely factors that cannot be controlled (such as gender, genetics, and age) and factors that can be controlled (non-adherence to taking medication, lack of exercise, smoking, consumption of salt and excess fat).

This condition causes hypertension in society as a silent killer, because hypertension generally occurs without any symptoms or is asymptomatic. Hypertension develops slowly, but is potentially very dangerous because it is a major risk factor for the development of heart disease and stroke (Dalimarta et al., 2013).

Because hypertension is a silent killer, the only way is to prevent and control hypertension. Efforts to prevent and treat hypertension must begin by increasing public awareness and making lifestyle changes towards a healthier one. To understand and practice the right lifestyle and avoid disease, individuals and society need to learn the right behavior (Miller, 2014).

Knowledge of a person will influence behavior both consciously and unconsciously. As is the case with prevention of complications of hypertension, it can be influenced by the

perception that this disease is not dangerous and the therapy is not important, and many even believe in mystical treatment. Trust itself can influence behavior because basically someone will do something because someone believes in it (Brenda, 2011).

E. Relationship between perceptions about the dangers of hypertension and prevention behavior of hypertension complications in the elderly at Wahyu Husada Gurah Clinic

Based on the results of the Spearman Rank analysis, it shows that the p-value is 0.001 <0.05, so H1 is accepted, so it can be concluded that partiallyCorrelation between perceptions about the dangers of hypertension and behavior to prevent complications of hypertension in the elderly at the Wahyu Husada Gurah Clinic.

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Because hypertension is a silent killer, the only way is to prevent and control hypertension. Efforts to prevent and treat hypertension must begin by increasing public awareness and making lifestyle changes towards a healthier one. To understand and practice the right lifestyle and avoid disease, individuals and society need to learn the right behavior (Miller, 2014). In this regard, the health belief model (HBM) is the first theory in the field of health related to health behavior. HBM can explain prevention behavior and individual response to disease.

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According to researchers, the patient's perception of the dangers of hypertension is closely related to the patient's behavior in carrying out treatment. Where many patients consider hypertension to be harmless and believe more in traditional therapy, and many still believe in spiritual medicine. This can increase the possibility of complications of hypertension becoming other dangerous diseases such as stroke.

CONCLUSION

Nearly half of the respondents have medium category knowledge as many as 31 respondents (44%). Nearly half of the respondents have sufficient category perception as many as 32 respondents (45%).

Nearly half of the respondents have less category behavior as many as 30 respondents (42%). There is a relationship between knowledge about the dangers of hypertension and behavior to prevent complications of hypertension in the elderly at the Wahyu Husada Gurah Clinic. Correlation between perceptions about the dangers of hypertension and behavior to prevent complications of hypertension in the elderly at the Wahyu Husada Gurah Clinic.

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