

Research Article



The Relationship Between Self-Management and Health Behavior of Hypertension Patients in Romana Tanjung Anom Clinic

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ABSTRACT

Background: Health problems in patients at the Romana Tanjung Anom clinic arise as a result of health behaviors that have a negative impact. Health problems are the result of human behavior in interacting with themselves and their environment, both biological, psychological, socio-cultural, and even political environments. Efforts to overcome health problems are by changing health behavior in self-management. This study aimed to find out whether there is a relationship between self-management and health behaviour behavior of hypertensive patients.

Methods: Methods of the research conducted was correlational with a cross-sectional approach, involving 79 respondents. The sampling method employed was purposive sampling. Researchers used the first 2 questionnaires, namely self-management with 40 questions. The second questionnaire is behavior with 17 questions. Questionnaires are filled out and submitted offline or directly at the place of research. This study used bivariate analysis and with statistical tests of spearman rank.

Results: The result of the study were obtained Self-management of hypertensive patients at Romana Tanjung Anom Clinic had good self-management of 47 respondents (59.5%) from 79 respondents. The health behavior of hypertensive patients at Romana Tanjung Anom Clinic in 2023 has good health behavior of 68 respondents (86.1%) from 79 respondents. There is a significant relationship between self-management and health behavior hypertensive patients at Romana Tanjung Anom Clinic in 2023 with p-value=0.019 ($p < 0.05$) and a correlation of 0.264.

Conclusion: The conclusion of this study is that there is a significant relationship between self-management and health behavior of hypertensive patients at Romana Tanjung Anom Clinic and have good health behaviors

Keywords : *Relationship, Self Management, Health behavior, Hypertension, Patients*

INTRODUCTION

Health behaviour behavior is any movement carried out by somebody who accepts himself to be solid, for the reason of anticipating infection or recognizing it at an asymptomatic organize (1). Upheld by (2), health behaviour behavior is any movement carried out for the reason of avoiding and identifying malady or to make strides health behaviour. Health is a need for every individual. The fulfillment of health needs can be influenced by host factors, disease agents (agents), and environment (environment). The balance of these three factors can change according to the circumstances of each factor. Basic factors that influence and determine health include health care and family welfare, patterns and ways of life (life style), social and economic conditions, and environmental factors (3)

Endeavors to overcome health behaviour issues are moreover the result of person intuitive with themselves and with their environment, which is able ended up health behaviour issues in case these intelligent have a negative effect and ended up a victory in endeavors to overcome health behaviour issues in the event that these intelligent have a positive effect (4)

Based on preparatory information collection conducted by analysts, the number of hypertensive patients going by the Romana Tanjung Anom Clinic within the January 2023 period measured to 420 patients. Researchers found several patient behaviors that affect his health with self-management, and the relationship between them is not yet known and the researchers chose this research place because no one had examined the relationship between health

behavior and self-management in hypertensive patients at the Romana Clinic in the sense that there were still no results at all, therefore the researchers chose the urgency of the Romana Clinic as a place of research.

Patients who come and seek treatment at Romana Tanjung Anom clinic have several health problems stemming from patient health behavior and poor self-management that can cause hypertension in patients at Romana Tanjung Anom clinic. Around 1.13 billion individuals within the world are affected by hypertension, which suggests that 1 in 3 individuals within the world are analyzed with hypertension and as it were 1 in 5 individuals with hypertension routinely check their condition(5). One of the most common and most common and most common non-communicable diseases (NCDs) in the community is hypertension(6). Bad individual behavior often causes uncontrolled blood pressure, resulting in complications (7)

It is assessed that by 2025 there will be an increment within the number of individuals with hypertension of around 1.5 billion individuals and an assessed 10.44 million individuals will pass on from hypertension and its complications (5). Based on the comes about of the Fundamental Health behaviour Inquire about (Risksdas) conducted in Indonesia, it appears that the predominance of hypertension in Indonesia based on estimations at the age of ≥ 18 years is 25.8% (8). Great and successful self-management can offer assistance patients to effectively control the behavior, conditions, feelings, and quality of life of hypertensive patients.

Self-management could be a energetic prepare of a individual effectively applying cognitive and behavioral methodologies to oversee their claim contemplations, feelings, and behavior (9). Anticipation endeavors that can control hypertension are to improve people's behavior to be able to act in a sound way, counting maintaining a strategic distance from smoking, constant work out and action, a sound slim down, and satisfactory rest.

Endeavors to treat hypertension or tall blood weight can be done by keeping up dietary behavior such as not eating salty nourishments or containing a part of salt and not eating greasy nourishments. Great dietary behavior for individuals with hypertension is to devour nourishments that contain sufficient potassium, dodge prepared nourishments in canned and ready-to-eat shapes, and devour natural products and vegetables (10)

The level of mindfulness and person behavior to control and oversee hypertension must be expanded so that hypertension can be recognized and treated promptly so as not to cause complications and indeed passing (11). The adequacy of person self-care in controlling and maintaining a strategic distance from complications of hypertension is one of the victories in hypertension self-management. To avoid complications emerging from hypertension, normal self-care ought to be carried out (12)

Based on this foundation, the researcher is interested in conducting inquire about with the title of the relationship between self-management and the health behaviour behavior of hypertensive patients at the Romana Tanjung Anom Clinic in 2023.

METHOD

The type of design used in this thesis is Cross Sectional research. The population in this study is patients with hypertension who visit the Romana Tanjung Anom Clinic for the January 2023 period totaling 420 people. The technique used to find samples in this proposal is probability sampling, namely by purposive sampling techniques. The inclusion criteria set by the authors are respondents aged ≥ 18 years and Respondents who did not experience verbal impairment. In this type of sampling the sample size is calculated based on Vincent's formula. Based on Vincent's Formula the calculations, a sample of 79 respondents was obtained (13). The independent variable in this research is self-management. The dependent variable in this research is health behaviour behavior.

The instruments used in this study are management instruments to determine class length or intervals and behavioral instruments to determine the category of values answered by respondents. Management instruments to determine the length of a class (interval) using the formula So we get Class length = 40 and many classes there are 3 (good, enough, less) with the highest value = 160 and the lowest value = 40. By using $P = 40$, a category of values is obtained if answered by respondents, namely: Good = 120-160 Sufficient = 80-119 Less = 40-79. Behavioral Instruments To determine the length of a class (interval) using the formula, So we get Class length (P) = 9 and many classes there are 2 (good and sufficient) with the highest value = 17 and the lowest value = 0. By using $P = 9$ obtained value categories if answered by respondents, as follows: Good = 9-17 Sufficient = 0-8. This research was

conducted at Romana Tanjung Anom Clinic located on Jl. Besar Tj. Anom, Durian Jangak, Pancur Batu District, Deli Serdang Regency. Researchers conducted the study on April 6-May 10, 2023.

The data collection used by researchers is with primary and secondary data. Primary data is data obtained directly by researchers from research subjects through questionnaires. There are two variables in this study, namely the independent variable and the dependent variable. Independent Variable is self-management which contains self-integrity, self-regulation, interaction with health workers, blood pressure monitoring and adherence to the required recommendations. Then on the dependent variables, namely Health Behaviors related to Physical Activity, Diet, Rest Habits, and Smoking Habits.

Secondary data is data obtained from Romana Tanjung Anom Clinic, including such as patient administration data, number, and what is the history of patients who come to Romana clinic.

Research used two questionnaires, the first namely Questionner self-management with 40 questions, In the Self-Management Questionnaire, researchers had several questions given to respondents as follows: I consider portions and food choices when I eat, I reduce foods that contain fat (e.g. cheese, coconut oil, mutton, etc.) since being diagnosed with hypertension, and I do my routine according to the things I do to control my hypertension (e.g. work and see a doctor).

Then in the Health Behavior Questionnaire, researchers asked several questions, one of which was as follows: Do

you enjoy exercise activities >30 minutes in day, aerobic exercise, cycling, jogging, etc. (mention), Do you eat high-fat foods (eg: coconut milk, offal) < 3 times a week and Do you smoke 20 cigarettes a day? As well as several other questions that have been prepared by researchers in questionnaire sheets.

This instrument was not tested for validity and reliability because researchers adopted this instrument from (14) research with a Content Validity Index value of 1. The second questionnaire is about health behavior with 17 questions. This instrument was not tested for validity and reliability because the author adopted this instrument from Sirait's (2021) research with a calculated r value $> r$ table = 0.861. Researchers calculate the scores that have been obtained from each respondent based on answers to questions asked by researchers to respondents. The independent variables are self-management with a good score = 120-160, sufficient = 80-119, and less = 40-79. The dependent variable is health behavior with a score of good = 9-17 and sufficient = 0-8.

The analysis in this study is a bivariate analysis. Bivariate analysis is used on two variables that are thought to be related or correlated (15) This study used a statistical test of spearman rank test. This test helps in knowing whether or not the relationship between self-management and health behavior of hypertensive patients at Romana Clinic is strong with Coefficient and Correlation alpha 0,264 with p-value 0,19 and H_a = there is a relationship between self-management and health behavior of hypertensive patients at Romana Tanjung Anom Clinic in 2023. Researchers used

Microsoft Exel 2011 and SPSS applications. After all the data is collected, the first stage is to check the data that has been obtained through the questionnaire. If all data is complete, researchers thicken the data in Microsoft Exel 2011 according to the predetermined code. After all the codes are entered into the master data. After that, researchers entered demographic data into SPSS. First choose analyze, then descriptive statistics, then frequencies. Then move the data to the variable after that click on the statistic and choose the necessary options such as mean, median, variance, range, minimum and maximum. Next, to see the relationship between the two variables, researchers entered questions from the coded questionnaire into SPSS. Then click analyze and correlate then choose bivariate correlations, then move the data to the variable and choose spearman rank then click OK. This test helps in determining whether or not the relationship between self-management and health behavior of hypertensive patients at Romana Clinic in 2023 is strong. This test has ordinal-scale data requirements and data groups must be interconnected (16)

The researcher conducted an moral achievability test from the Health behaviour Inquire about Commission of Sekolah Tinggi Ilmu Kesehatan Elisabeth Medan with letter number No. 046/KEPK-SE/PE-DT/III/2023.

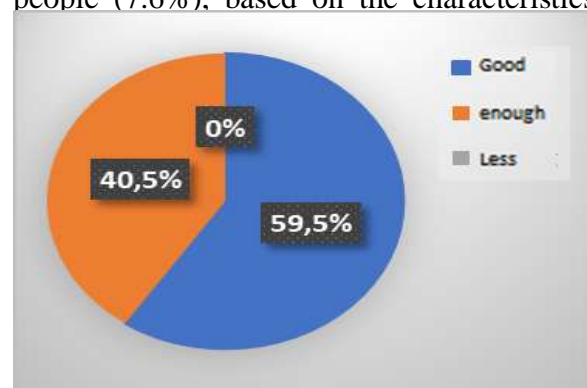
RESULTS

Demographic data of hypertensive patient respondents at Romana TanjungAnom Clinic year 2023

Table 1 Distribution of Respondents Based on Age, Education, and Gender at Romana Tanjung Anom Clinic in 2023

No	Characteristics	f	%
1	Age		
	Young	6	7,6
	Young Adults	10	12,7
	Middle Age	23	29,1
	Elderly	22	27,8
	Young Old	19	22,8
	Total	79	100
2	Education		
	Not in school	3	3,8
	Elementary	15	19,0
	Junior High	10	12,7
	High School	37	46,8
	Diploma	3	3,8
	Bachelor	11	13,9
	Total	79	100
3	Gender		
	Female	67	84,8
	Male	12	15,2
	Total	79	100

Based on table 1 above, of the 79 respondents, it shows that the age characteristics of the respondents were mostly aged 46-55 years (early elderly), namely 23 people (29.1%) and the least aged 26-35 years (early adulthood), namely 6 people (7.6%), based on the characteristics



Based on Self-Management of Hypertension Patients at Romana Clinic Tanjung Anom in 2023

Diagram 1 states that based on the frequency distribution of self-management, the number of respondents with the most self-management is self-management in the good 47 people (59.5%) and 32 people (40.5%). Health behavior in hypertensive patients at Romana Clinic Tanjung Anom in 2023. The results of this study showed the patient's self-management in the good category.

This is because many respondents have done good self-management such as taking recommended medications, monitoring blood pressure, reducing alcohol and quitting smoking. In addition, social support from family or others can improve compliance in the treatment of hypertension.

Diagram 2. Distribution of Respondents Based on Health Behavior of Hypertension Patients at Romana Clinic Tanjung Anom in 2023

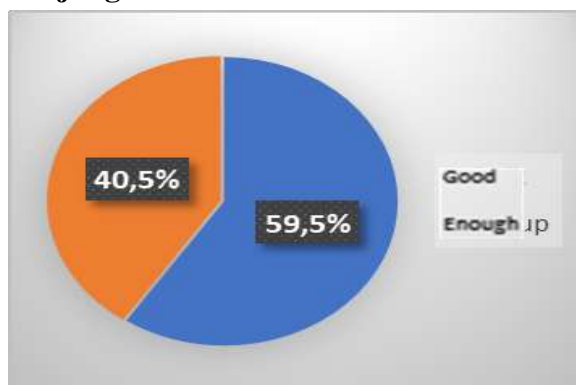


Diagram 2 states that based on the frequency distribution of health behavior of hypertensive patients at Romana Clinic Tanjung Anom in 2023, The results of a study conducted by researchers at the Romana Tanjung Anom Clinic in 2023 showed that the health behavior of hypertensive patients in the good category was 68 respondents (86.1%) and quite a

number of 11 people (13.9%). Based on the results of research conducted shows that health behavior is good.

DISCUSSION

That the results of the correlation test using Spearman Rank show that the p-value = 0.019. The correlation coefficient is a value used to measure the degree of closeness or strength of the relationship between two variables.

The relationship coefficient in this consider is 0.264, which implies that the relationship is positive which shows the course of the relationship is unidirectional with sufficient strength of the relationship, which suggests that the way better the self-management of hypertensive patients, the way better their wellbeing behavior.

Within the comes about of investigate conducted by researchers at the Romana Tanjung Anom Clinic in 2023 with respect to self-management carried out employing a survey appearing self-management of hypertension patients within the good category of 47 individuals (59.5%), and very a number of 32 individuals (40.5%). The comes about of this consider demonstrate persistent self-management within the great category.

Usually since numerous respondents have done great self-management such as taking prescribed drugs, checking blood weight, lessening liquor and stopping smoking. In expansion, social bolster from family or other individuals is able to extend compliance in hypertension treatment Putri.(10)

Analysts accept that in carrying out self-management, hypertension patients for the most part have great self-management. Usually due to tall consideration and mindfulness of the malady and schedule

blood weight control schedules. In expansion, numerous wellbeing specialists have given wellbeing instruction for hypertensive patients both in observing blood weight, adherence to prescribed drugs, and decreasing liquor and smoking. Analysts accept that victory in controlling blood weight depends on self-management or the ability and eagerness of hypertensive patients to preserve and alter their behavior. Behavior changes are made in arrange to get a sound way of life. Having a sound way of life trains self-management aptitudes. Concurring to analysts, self-management is carried out to direct oneself with changes in way of life designs or wellbeing behaviors for the avoidance of complications. In line with inquire about by Fauzia (2017), it states that self-management can progress the application of wellbeing behavior and control of blood weight in hypertensive patients.

The researcher's presumption is additionally supported by Putri (2020), which states that in progressing great self-management, one of them is by giving instruction around hypertension and social back from family, companions, or from other restorative work force in providing motivation or excitement to preserve a sound way of life such as standard work out, keeping up a slim down by not eating nourishments that are tall in fat or salt and prohibiting smoking.

The comes about of inquire about conducted by analysts at the Romana Tanjung Anom Clinic in 2023 showed that the wellbeing behavior of hypertensive patients within the great category was 68 respondents (86.1%) and 11 individuals (13.9%) were adequate. Based on the results of the investigate conducted, it appears that wellbeing behavior is within the great

category. Analysts accept that solid behavior can be done in the event that you have got information almost the significance of work out behavior and a solid slim down for the body and blood pressure in hypertensive patients.

Great wellbeing behavior is since respondents have gotten a part of instruction from wellbeing specialists approximately how to act well, both in terms of keeping up slim down, physical movement, rest propensities, and smoking propensities. For this reason, the part of medical caretakers is exceptionally critical to continuously teach patients, especially hypertensive patients, around healthy behavior. Behaviors related to a person's efforts to maintain and improve his health.(10) these behaviors include: Physical activity, diet DASH (Dietary Approach to Stop Hypertension), Rest habits, Smoke Habits. For example, the behavior of not smoking, reducing alcoholic beverages, getting enough sleep 7-8 hours, eating nutritious food, physical activity, maintaining ideal body weight, plays an important role in reducing morbidity and vice versa.

The researcher's suspicion is backed by Kurnia (11), which states that instruction approximately sound living behaviors in hypertensive patients by health specialists plays an vital part in making strides great wellbeing behaviors such as keeping up eat less and rest propensities.

Based on other research stated that self-efficacy or a person's belief in their ability to succeed in doing something can also affect the health behavior of people with hypertension.(12) Nurses can increase patient self-efficacy by building self-confidence, motivating patients to their ability to carry out healthy behaviors to control hypertension. Based on the results of

bivariate analysis between self-management and health behavior using the Spearman Rank test, the p-value = 0.019 ($p < 0.05$) with a sufficient correlatio relationship of 0.264.

The relationship coefficient in this ponder could be a positive relationship which appears the course of the relationship, the superior the self-management of hypertensive patients, the way better their wellbeing behavior. Good and effective self-management can help patients to actively regulate the behavior, condition, emotions, and quality of life of hypertensive patient. self-management is the dynamic process of a person actively applying cognitive and behavioral strategies to manage their own thoughts, emotions, and behaviors.

The implication of the results of this study is that it is hoped that the results of this study can be input for clinics to further improve counseling programs on how to organize strategies to be able to behave in a healthy life, especially in carrying out physical activity. Furthermore, hypertension that does not receive good treatment will encourage the emergence of chronic diseases, such as chronic kidney disease.(18-20)

CONCLUSION

Self-management of hypertension patients at Romana Tanjung Anom Clinic has good self-management. The health behavior of hypertensive patients at Romana Tanjung Anom Clinic in 2023 has good health behavior. There is a significant relationship between self-management and health ehavior of hypertensive patients at Romana Tanjung Anom Clinic in 2023.

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