

## Analysis of Health Seeking Behavior in Hypertension Sufferers

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### ABSTRACT

A healthy person is not only free of illness or weakness, but also maintains a healthy balance between their mental, physical, and social functions. People who have a disease engage in health seeking behavior in an effort to find relief. The purpose of this study is to ascertain how hypertensive patients seek medical attention, because hypertension is still known as the silent killer up until this point. With a prevalence of 22% of the world's population, hypertension is a non-communicable disease that is one of the leading causes of premature death worldwide. A literature review study with a library of 12 domestic and 1 international journals is the approach taken. The Ministry of Health database and Google Scholar are used for the source search. The pattern of behavior that hypertensive patients exhibit when seeking treatment is described in the literature review's findings.

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## 1. INTRODUCTION

According to the 1945 Constitution of the Republic of Indonesia, Article 28 H paragraph 1 states that everyone has the right to health care. This shows that one of the most basic human rights is everyone's right to health. In addition, it is our shared responsibility to achieve the highest possible health status. Many factors affect the degree of public health, including but not limited to the availability of health facilities and infrastructure, economic factors, education, social environment, and heredity. (Adi Nur Rahman, 2016).

The World Health Organization (WHO) defines health as a state of being free from disease or infirmity and maintaining a healthy balance. The physical, mental and social functions of a person are in a healthy balance, so that the measurement of health-related quality of life includes three functions: mental, social, (both mental and emotional), social, mental (cognitive and emotional), and physical. Human life is greatly influenced by health. The focus of health issues is on the diseases that people have and how to treat and recover from them. Home remedies, also known as self-medication, traditional medicine, and medical care provided by nurses, doctors, health centers, or hospitals are three interconnected sources of medicine worldwide. (Dyah Putri Pertiwi, 2018).

Hypertension is currently the most common non-communicable disease in the world. This can lead to a variety of problems and complications, including heart, kidney, and peripheral vascular disease, and premature death. According to Riskesdas (2018), hypertension, also known as "The Silent Killer" is responsible for complications such as stroke (36%), heart disease (54%), and kidney failure (32%). People with high blood pressure do not treat their condition with medication (Ministry of Health, 2017). According to Riskesdas data (2018), 13.3% of patients with hypertension do not take any medication. This suggests that, despite the fact that people with hypertension require long-term medication to control blood pressure and avoid complications, most people are not aware of the condition and do not seek treatment. (Irman, O, 2021).

Around 22% of people over the age of 18 worldwide suffer from hypertension, which is responsible for 9.4 million deaths each year. It is estimated that around 1.13 billion people worldwide suffer from hypertension, and the prevalence of this condition is increasing in both the lower and middle income countries. In 2019, hypertension was responsible for 10.8 million deaths, fifty percent of which were caused by cardiovascular disease and 51 percent by stroke. A person suffers from hypertension when his blood pressure is above 140/90 mmHg. South Kalimantan has the highest prevalence of hypertension (44.13%), while Papua has the lowest prevalence of hypertension (22.22%), according to the results of measurements of people over the age of 18 years. The prevalence rate of hypertension in Riau Province is still high compared to Indonesia (prevalence rate of 29.14%). The prevalence of hypertension in Pekanbaru City is 28.20% or 2.814. Because of its high prevalence, hypertension is often referred to as a lethal non-communicable disease. (Arisa Salasi, 2021).

Behaviors performed by people, groups, or residents to find healing are known as treatment-seeking behaviors. There are various seeking behaviors in society, and when someone is sick, they may choose to self-medicate. treatment), seek treatment at traditional medicine facilities (traditional medicine), or buy drugs at drug stores (pharmacies), seek treatment at modern health facilities provided by private medicine or those provided by public or non-public institutions (public medicine). the risk of receiving wrong treatment and delaying diagnosis, seeking treatment must be approached with caution. Traditional medicines made from plant extracts are used by up to 80% of the world's population for health care, and 20% of them are purchased at pharmacies or stalls.(Arisa Salasi, 2021).

## 2. METHOD

The research method used is Literature Review with sources obtained from the literature consisting of 10 national journals and 5 international journal. The source tracing process was carried out with the theme "Health Seeking Behavior" Hypertension characteristics", "Hypertension". And other keywords that are still related to Health seeking behavior.

Data collection was reviewed from the title of the abstract, and the results regarding treatment-seeking behavior, the factors that determine treatment-seeking behavior carried out by people with hypertension. The search for sources was carried out on the Google Scholar web with a maximum publication time span of 1 year back, namely from 2012-2022. And also several sources from the website of the Ministry of Health of the Republic of Indonesia. The keywords entered resulted in many journals which can be said to be sufficient to continue the literature review of this research.

By summarizing the published material, by presenting the data and expanding our knowledge of the characteristics and behavior of treatment-seeking hypertensive patients, an analysis of the articles can be carried out. Additionally, new analyzes and additional factual information from the literature review were added, and the results were compared with the articles.

## 3. RESULTS AND DISCUSSION

The behavior of hypertension sufferers in seeking treatment is influenced by several factors, including attitudes and knowledge about hypertension. According to research on the population of Ghana, more people with hypertension than those who choose to visit health services do not take action or seek treatment after they become aware of their condition.

Table 1. Health Seeking Behavior

- Not doing anything
- Visit medical services
- Visit traditional services
- Using herbal services
- Buy medicine at the pharmacy
- Treat yourself
- Ask a religious leader for help
- Complementary and alternative medicine

Based on the actions taken, the forms of treatment-seeking behavior mentioned above can be divided into poor, sufficient, and good treatment-seeking behavior.

A person's willingness to seek treatment can help them overcome health problems. Self-medication, using alternative medicine (CAM, or Complementary and Alternative Medicine), seeking medical help, or a combination of two or three options are all forms of treatment-seeking behavior. Afterward, massages and scrapings are offered at traditional healing facilities such as dukuns. The next option is to buy medicine from a pharmacy or similar place. The next treatment action is to visit treatment centers, health centers, and hospitals, as well as other conventional health facilities belonging to government or private health agencies. (Husaini, 2017).

As a health problem that is still referred to as "The Silent Killer", hypertension is characterized by a continuous increase in blood vessel pressure, as measured by repeated resting systolic and diastolic pressures of more than 90 mmHg. According to the findings of a number of studies, a person's age, gender, education, work, and place of residence are all associated with hypertension. (Riskseddas, 2018).

According to research, when people with hypertension are given choices to deal with health problems, many of them tend to ignore their condition. Based on the course of action chosen, treatment-seeking behavior can generally be divided into three categories: poor, moderate, and good. A person is included in the "deficient category" if he does not take any action related to his health problems, control his blood pressure, or take antihypertensive drugs. The term "sufficient" refers to individuals with hypertension who undertake treatment efforts such as self-medication, buying drugs at pharmacies without a doctor's approval, or taking herbal or traditional medicines. Conversely, hypertensive patients are included in the "good" category if they use complementary and alternative medicine (CAM) to complement their treatment.

Predisposing factors, such as values, attitudes, and knowledge related to one's health, are related to matters that influence decision making regarding treatment behavior. Supporting and reinforcing factors are additional factors. If these factors promote positive behavior change, they can have a positive impact. side effects, and vice versa. Since it will require continuous treatment and monthly monitoring, hypertensive patients who do not get adequate treatment will definitely have a negative impact on their health. Integrated health promotion is needed to support changes in health behavior, especially treatment-seeking behavior. People with hypertension can improve their quality of life by seeking treatment.

#### 4. CONCLUSION

People with certain characteristics, such as being female, having a low level of education, or living in an urban area, are more likely to develop hypertension. It takes a lifetime to treat hypertension and keep blood pressure under control to avoid complications. Predisposing, enabling, and enabling factors all impact how hypertensive patients seek treatment. The way to behave in seeking therapy is to sit still, heal yourself, take clinical, natural, conventional, otherworldly, and reciprocal medicine. The way hypertension patients are treated, according to previous studies, is to do nothing. Given that there are still many complications associated with hypertension, it is necessary to do more extensive health promotion to encourage patients to seek treatment.

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