

Relationship of Self Efficacy and Family Support with Compliance Undergoing Therapy for Hypertension Patients in the Work Area of Baumata Publik Health Center

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ABSTRACT

Hypertension is a blood pressure disease in which an individual's blood pressure is above normal values, a condition in which blood vessels are persistently pressurized. The purpose of this research was to analyze the relationship of self efficacy and family support with compliance undergoing therapy for hypertension patients in the work area of Baumata Publik Health Center. This research design uses descriptive analytics with a cross sectional approach. The research was conducted on 173 respondents. The results showed that there was a relationship between self-efficacy and compliance to therapy in patients with hypertension, as evidenced by the results of the Chi-square test, a p-value of $0.003 < 0.05$. As well as a relationship between family support and compliance to therapy in patients with hypertension, it was proven by the results. Chi-square test obtained p-value $0.000 < 0.05$. Conclusion: Based on the results of the research, it shows that there is a relationship of self efficacy and family support with compliance undergoing therapy for hypertension patients.

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1. INTRODUCTION

Hypertension is a blood pressure disease in which an individual's blood pressure is above the normal value, a condition in which the blood vessels persistently rise in pressure. Blood is transported from the heart to all organs of the body through blood vessels. Every time the heart beats is to pump blood into the blood vessels. Blood pressure is formed by the pressure of the blood pushing against the walls of the arteries pumped by the heart. The higher the pressure the harder the heart has to pump [1].

Based on the classification of hypertension, there are two risk factors that cause hypertension, namely non-modifiable risk factors and modifiable risk factors. Non-modifiable risk factors are family history, age, gender, and ethnicity. Non-modifiable risk factors are stress, obesity, food substances and substance abuse [2].

According to the World Health Organization in 2018 worldwide about 40% of adults aged 25 years and over have been diagnosed with hypertension with prevalence increasing from 600 million in 1980 to 1 billion in 2008. The highest prevalence of hypertension occurs in the African region at 46% while the lowest prevalence occurs in the Americas at 35% [1].

Data on the prevalence of hypertension in Indonesia according to the Ministry of Health of the Republic of Indonesia (2019) amounted to 65,048,110 people (34.1%), while according to data from Basic Health Research in Indonesia there was an increase in the prevalence of people with hypertension from 2013-2018. The measurement results in 2013 the prevalence of hypertension based on the population over 18 years of age was 25.8% and an increase in 2018 to 34.1% [3].

Basic Health Research (Riskesdas) 2018 shows that the prevalence of non-communicable diseases has increased when compared to Riskesdas 2013, including cancer, stroke, chronic kidney disease, diabetes mellitus and hypertension. The prevalence in NTT according to the 2018 Riskesdas results reached 7.2% or 76,130 cases where hypertension is the fourth highest disease in NTT Province. Kupang Regency reached a rate of 6.38% or 1,855 cases of hypertension in 2018 and this result is higher than several cities / districts in East Nusa Tenggara Province [4].

Based on these data, the problem of hypertension increases every year. Hypertension is one of the chronic diseases that requires high costs in management, long-term therapy programs even for life and continuation of continuous home care. Compliance and cooperation from hypertensive patients

are needed in therapeutic programs such as hypertension medication, diet patterns, activity and exercise to avoid increasing the incidence of recurrence in hypertensive patients. Therefore, in the management of hypertension patients, patient compliance with therapy is very important to note so that hypertension management can be successful. Long-term disease management can lead to burnout and frustration in sufferers. The impact of poor disease management can result in all aspects of life including physical, psychological, social and economic. Several studies have identified the importance of self-care management in chronic disease patients. Preventing and minimizing the risk of complications [5].

One of the main strategies that can be done to improve compliance is in terms of the patient himself by increasing self-efficacy. Someone who has a strong belief in himself and sticks to his beliefs will have better behavior towards treatment recommendations and restrictions [6]. Self efficacy is a person's belief that becomes an important reference in being obedient. Complex treatment will be able to be carried out properly if a person is able to have strong self-efficacy [7].

Self efficacy is a person's belief that becomes an important reference in being compliant. Self-efficacy in each individual will differ from one individual to another based on three dimensions of self-efficacy, namely level, strength dimension, and generality dimension. Complex treatment will be able to be carried out well if a person is able to have strong self-efficacy [7]. Social support is needed in maintaining the stability of one's therapy compliance . This is necessary to minimize the negative effects of stressors such as loneliness depression, disease burden, and acceptance of the disease.

Family support is a form of interpersonal relationship that includes attitudes, actions and acceptance of family members, so that family members feel that someone cares about them. So family social support refers to social support that is seen by family members as something that can be accessed or held for families who are always ready to provide help and assistance if needed [8]. Family support has four dimensions of support, namely emotional support, information support, instrumental support and appreciation support [9].

Family support is needed by people with hypertension so that they can carry out a predetermined treatment plan and can fulfill their therapy rules, family support can also support the success of hypertension therapy [10].

Based on preliminary studies, the prevalence of people with hypertension at the Baumata Health Center in 2021 was 3,542 or 44.2% of people with hypertension. Based on the above background, researchers are interested in conducting research on “how is the relationship of self efficacy and family support with compliance undergoing therapy for hypertension patients in the work area of Baumata Publik Health Center”.

2. METHOD

The research design used in this study is descriptive analytic with a cross sectional approach, to identify the relationship of self efficacy and family support with compliance undergoing therapy for hypertension patients in the work area of Baumata Publik Health Center. The sampling technique in this research was Random Sampling, namely randomizing the group instead of individual subjects with a total of 173 respondents. Analysis in this research using the chi Square test the confidence used is 95% or the limit of meaning 0.05.

3. RESULTS AND DISCUSSION

Table 1. Distribution of Respondent Characteristics Based on Self Efficacy of Hypertension Patients in the Baumata Health Center Working Area (n = 173)

Self Efficacy	n	(%)
less	64	37
Good	109	63
Total	173	100%

Based on table 1 above, it is known that the most respondents have good Self Efficacy, namely 109 respondents (63%).

Table 2. Distribution of Respondent Characteristics Based on Family Support for Hypertension Patients in the Baumata Health Center Working Area (n = 173)

Family Support	n	(%)
less	37	21,4
Enough	69	39,9
Good	67	38,7
Total	173	100

Based on table 2 above, it is known that the most respondents were enough family support with a total of 69 respondents (39.9%).

Table 3. Distribution of Respondent Characteristics Based on Compliance of Hypertension Patients in the Baumata Health Center Working Area (n = 173)

Compliance	n	(%)
Low compliance	39	22,5
Medium compliance	78	41,1
High compliance	56	32,4
Total	173	100

Based on table 3 above, it is known that the most respondents have Medium compliance, namely 78 respondents (41.1%).

Table 4. Relationship of Self Efficacy with Compliance Undergoing Hypertension Therapy in the Baumata Health Center Working Area (n = 173)

Self Efficacy	Compliance in hypertension therapy						Total	P-Value
	Low		Medium		High			
	n	%	n	%	n	%	n	%
Less	15	8,6	38	21,9	11	6,3	64	37
Good	24	13,8	40	23,1	45	26,0	109	63
Total	39	22,5	78	45,1	56	32,4	173	100

Based on the table above, it is known that there is a relationship of self efficacy with compliance undergoing therapy for hypertension patients in the work area of Baumata Publik Health Center as evidenced by the Chi-square test results obtained a p-value of 0.003 or <0.05.

Table 5. Relationship of Family Support with Compliance Undergoing Hypertension Therapy in the Baumata Health Center Working Area (n = 173)

Family support	Compliance in hypertension therapy						Total	P-Value
	Low		Medium		High			
	n	%	n	%	n	%	n	%
less	6	3,4	23	13,2	8	9,6	37	21,4
Enough	21	12,1	16	9,2	32	18,4	69	39,9
Good	12	6,9	39	18,4	16	9,2	67	38,7
Total	39	22,5	78	41,5	56	32,4	173	100

Based on the table above, it is known that there is a relationship of family support with compliance undergoing therapy for hypertension patients in the work area of Baumata Publik Health Center, as evidenced by the Chi-square test results obtained a p-value of 0.000 or <0.05.

Self Efficacy of Hypertension patients

The results of the analysis of Self Efficacy of hypertensive patients show that respondents have good Self Efficacy with a total of 109 people (63%). This shows that people with hypertension in the Baumata Health Center working area have good self-efficacy.

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According to Bandura (2004) in Permatasari, et. al. (2014) Self efficacy is a person's belief about their ability to produce actions to be achieved and have an influence on their lives. Beliefs about self-efficacy will provide the basis for motivation, well-being and achievement. Self efficacy will determine how a person feels, thinks, motivates himself and behaves [11].

These results are in accordance with research conducted by Nurdiana, et. al. (2022) regarding the self efficacy of hypertensive patients at the Gorontalo South City Health Center with 80 respondents. This study used a descriptive survey research design. The results showed 53 or about 52% of respondents had good self efficacy [12].

According to researchers, most hypertensive patients have good self-efficacy, this is because respondents get a good understanding of the disease when visiting service facilities so that respondents have good motivation and are able to adapt and comply with the treatment they undergo.

Self-efficacy is one of the most important psychological factors that have an impact on compliance to treatment. patients who have strong self-efficacy will tend to adhere to the therapy they are undergoing so that they are able to make the right decisions in determining their actions. A person who has a strong belief in himself and sticks to his beliefs will have better behavior towards treatment recommendations and restrictions Bandura, A. (1986). Social foundations of thought and action. Englewood Cliffs, NJ, 1986(23-28) [13].

According to researchers, respondents who have insufficient self-efficacy in the Baumata Health Center working area are influenced by cultural factors through the belief that people with hypertension comply with the recommendations given by health workers.

Family support for people with hypertension

The results of the analysis of family support for patients with hypertension that respondents who had sufficient family support amounted to 69 people (39.9%).

Family support is the attitude, action of family acceptance of family members in the form of informational support, assessment support, instrumental support and emotional support [14].

These results are in accordance with research conducted by Yeni, et al (2016) regarding family support affecting hypertension patient compliance with a total of 59 respondents. This study used a cross sectional research design. The big results of respondents having high family support amounted to 7 respondents (12%) and respondents who had moderate family support 32 respondents (54%) and less family support amounted to 20 respondents (34%) [15].

According to the researcher's assumption, most of the hypertensive patients who have sufficient family support are caused by respondents who suffer from hypertension who are married so that hypertensive patients get family support and motivation in undergoing therapy and recommendations given by health workers.

Family support is needed by people with hypertension so that they can carry out a predetermined treatment plan and can fulfill their therapy rules, family support can also support the success of hypertension therapy [10]

Compliance Undergoing Hypertension Therapy

The results of the analysis of compliance undergoing hypertension therapy that respondents who have moderate compliance amounted to 78 people (41.1%).

Compliance is an individual behavior that carries out therapy or treatment according to the recommendations and advice obtained from a health practitioner. Compliance can be influential in determining the success of treatment up to 100% [16].

These results are in accordance with research conducted by Listiana, et al (2020) on factors related to compliance with hypertension patients at the Karang Dapo Health Center with 38 respondents. This study using a cross sectional approach found results based on measuring the level of compliance in undergoing treatment from 38 respondents, 14 respondents (36.8%) had high compliance, 13 respondents (34.2%) had a moderate level of compliance and 11 respondents (28.9%) had low compliance [17].

According to the researcher, this shows that the higher a person's level of compliance with hypertension, the higher the level of compliance in undergoing treatment.

The results of the analysis of the level of compliance with undergoing therapy in patients with hypertension in the Baumata Health Center working area showed that respondents who had moderate compliance were 78 respondents (41.1%).

Factors that influence compliance are beliefs and family support. Where complex treatment will be able to be carried out properly if a person is able to have strong beliefs and family support needed by people with hypertension in order to carry out a predetermined treatment plan and be able to fulfill recommendations in undergoing therapy so that it can support the success of therapy for people with hypertension [7],[10].

The relationship of self efficacy with compliance undergoing therapy for hypertension patients

Based on the statistical results, it shows that there is a The relationship of self efficacy with compliance undergoing therapy for hypertension patients in the Baumata Health Center working area as evidenced by the results of the Chi-square test obtained a p-value of 0.003 <0.05. This is in accordance with the theory put forward by Bandura (2010) Self efficacy has been considered the most prominent predictor of health behavior changes such as compliance to treatment in patients [7].

According to research by Ida et al (2020) on the effect of self efficacy and family support on compliance to therapy in hypertensive patients in Penimbung Village, West Lombok with a research design using cross sectional with 167 respondents. The results of this study using the chi square test with the results obtained between self efficacy and family support with compliance to therapy in hypertensive patients obtained p value = 0.000 (< α (0.05) which means that there is a relationship between self efficacy and family support with compliance to therapy in hypertensive patients [18].

According to the researcher, it can be concluded that there is a relationship between self-efficacy and compliance to therapy in hypertensive patients in the Baumata Health Center working area because most respondents have good beliefs. As well as being able to adapt by having better behavior towards recommendations or prohibitions so as to achieve success in undergoing therapy.

The relationship of family support with compliance undergoing therapy for hypertension patients

Based on the statistical results, it shows that there is a relationship of family support with compliance undergoing therapy for hypertension patients in the Baumata Health Center working area as evidenced by the results of the Chi-square test obtained a p-value of 0.000 <0.05. This is in accordance with Pratiwi (2012) saying that family support greatly contributes to patient compliance in complying with the therapy being undertaken [19].

According to research conducted by Dewi et al (2018) on the relationship between family support and treatment compliance in the work area of the Malang Regency Dau Health Center with a cross sectional research design, the number of respondents was 30 people. The results of this study using the chi square test obtained the relationship between family support and treatment compliance in the Malang Regency Dau Health Center work area with a p value = (0.001) \leq (0.05) [20].

According to the researcher, it can be concluded that there is a relationship between family support and compliance to therapy in hypertensive patients in the Baumata Health Center working area due to the age characteristics of hypertensive patients who are on average at an adult or productive age to elderly age with an average family, this allows patients to get support from their family members in the form of informational support, emotional support, instrumental support and appreciation support so that hypertensive patients get motivation and are confident in their ability to undergo therapy.

4. CONCLUSION

Self Efficacy has an influence on compliance to therapy in patients with hypertension. Patients with good self-efficacy have compliance with hypertension therapy. For health workers in providing interventions or health services, especially for hypertensive patients, it is hoped that they can provide health education that can increase Self Efficacy. Good self-efficacy affects the compliance of hypertensive patients in trying therapy.

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