

Compliance of Prolanis Gymnastics Participants Against Hypertension Prevention at Johan Pahlawan Health Center, West Aceh District

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ABSTRACT

Keywords: Prolanis Gymnastics, Hypertension, Johan Health Center.

Hypertension is a circulatory system disorder that causes an increase in blood pressure above the normal value, which exceeds 140/90 mmHg. This hypertension can also cause damage to the body's organs, either directly or indirectly. This study uses a quantitative method with a cross-sectional approach and is analyzed analytically. The population in this study were all prolanis gymnastics participants at the Johan Pahlawan Health Center club, totaling 33 people, namely 27 women and 6 men. The sampling technique is to use total sampling technique. This research was conducted at the Johan Pahlawan Health Center which is located at Jalan Rundeng Village, Johan Pahlawan District, West Aceh Regency. Which was done on January 18, 2023. The results of the study using the chi-square test found that there was a relationship between distance (0.044<0.05) time (0.001<0.05) motivation (0.008<0.05) with the adherence of prolanis gymnastics participants to the prevention of hypertension at the Johan Pahlawan Health Center, West Aceh District. The conclusion in this study is that there is a relationship between distance, time, motivation with the adherence of prolanis exercise participants to the prevention of hypertension at the Johan Pahlawan Health Center, West Aceh District. Suggestions are expected for health workers, especially the Johan Pahlawan Health Center to be able to provide counseling or information related to the importance of participating in prolanis gymnastics as a form of prevention against hypertension. 05) with the adherence of prolanis gymnastics participants to the prevention of hypertension at the Johan Pahlawan Health Center, West Aceh District. The conclusion in this study is that there is a relationship between distance, time, motivation with the adherence of prolanis exercise participants to the prevention of hypertension at the Johan Pahlawan Health Center, West Aceh District. Suggestions are expected for health workers, especially the Johan Pahlawan Health Center to be able to provide counseling or information related to the importance of participating in prolanis gymnastics as a form of prevention against hypertension. 05) with the adherence of prolanis gymnastics participants to the prevention of hypertension at the Johan Pahlawan Health Center. Suggestions are expected for health workers, especially the Johan Pahlawan Health Center to be able to provide counseling or information related to the importance of participating in prolanis gymnastics as a form of prevention against hypertension.

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1. INTRODUCTION

According to (Rahmawati & Nailul Aizza, 2018) Hypertension is a circulatory system disorder that causes an increase in blood pressure above the normal value, which exceeds 140/90 mmHg. This hypertension can also cause damage to the body's organs, either directly or indirectly. Target organ damage that is commonly found in hypertensive patients includes chronic kidney disease, heart, brain, peripheral arterial disease, and retinopathy.

Based on the results of research from (Gili & Serlibrina W. Turwewi, 2019) RI, 2013, several risk factors that can cause hypertension include age, gender, family history, genetics (a risk factor that cannot be changed/controlled), and also habits smoking, consuming excessive salt, consuming saturated fat, consuming drinks containing alcohol, obesity (overweight), lack of physical activity, stress, use of estrogen (risk factors that can be modified/controlled).

According to (Soesanto & Riski Marzeli, 2020) Hypertension is a disease that is a health problem throughout the world. Based on WHO results in 2025, the world's hypertension rate in adults alone reaches 29.2%. Hypertension every year has increased worldwide. This can be seen from the results of the prevalence of hypertension in Indonesia based on the results of measurements from 2013 to 2018 which were carried out on residents aged over 18 years which experienced a significant increase of 25.8% to 34.1%, while the prevalence is based on age, hypertension is the highest. mostly suffered by the elderly, namely between 45-75 years and over. (Ministry of Health RI, 2018) Increasing age will cause an increase in blood pressure.

According to the (Rikesdas Team 2018, 2019) hypertension in Aceh is 9.32% or 492,000 people living with hypertension sufferers obtained from blood pressure measurements at the age of over 18 years. Based on these results, West Aceh occupies the fourth position as a district with the highest number of hypertension sufferers, namely 20,000 people, while in one of the health centers in West Aceh, namely the Johan Pahlawan Health Center, there are 155 sufferers. Therefore, hypertension in West Aceh needs to get special attention in order to reduce the rate of hypertension, one of which is at the Johan Pahlawan health center in West Aceh (Andriani & Anita Tiara, 2022).

One way to reduce hypertension is by exercising, namely gymnastics, gymnastics is a regular and well-directed tone movement that is followed according to the tone that is carried out with the intention of increasing the functional abilities of the body to achieve the desired goals. Gymnastics also includes light exercise that is easy to follow, and not difficult if done every day. This sport itself can help the body to stay fresh because it can train the bones to stay strong, and can also encourage the heart to work optimally and help eliminate free radicals in the body. The following are the results of research from (Legi & Ariska, 2019).

Based on the results of research (Ulfa & Riyan Mulfianda, 2019) which explains one of the government's programs in reducing hypertension rates is to organize prolanis gymnastics (chronic disease management program) which is aerobic physical exercise. This exercise is also a government program implemented by the Social Security Agency (BPJS) starting in 2014. Prolanis is a health service system that involves participants, health facilities and BPJS (Social Security Organizing Agency) which aims to encourage patients with chronic diseases to achieving optimal quality of life with effective and efficient health care costs.

The government through BPJS Health in collaboration with health service providers designed a program that is integrated with the chronic disease management model for participants with chronic diseases as PROLANIS or "Chronic Disease Management Program". PROLANIS uses a proactive approach involving participants, health facilities, and health BPJS with the aim of preventing the emergence of ongoing complications, especially hypertension, following research results from (Pebriyani & Rakhmi Rafie, 2022).

The success of a program implementation is influenced by the compliance of hypertension sufferers in carrying out therapy. According to Blass in (Amsari & Rr. Dini Diah Nurhadiani, 2020), obedience is the attitude and behavior of an individual obeying in the sense of trusting, accepting and carrying out other people's requests and orders or carrying out established rules. From the background above, the researcher is interested in taking the research title on the adherence of Prolanis exercise participants to the prevention of hypertension in the Johan Pahlawan Health Center, West Aceh district.

Based on the results of the author's initial survey on 5 gymnastics participants at the Johan Pahlawan Health Center, 1 of them stated that the distance was too far from home to go to the gymnastics venue, so they could not take part in the gymnastics, as for statements from respondents 2, 3 and 4 who thought the same, that is, they don't take part in gymnastics sometimes because there is a lot of homework that cannot be left behind, and also the statement from the next respondent, namely because there are no friends who take part in gymnastics so they are not motivated to take part in gymnastics and other factors are laziness, in the end it becomes a problem of participant compliance in participating in gymnastics at the Johan Pahlawan Health Center. Based on the description above, the author summarizes it in a scientific work entitled "Prolanis exercise participant compliance with the prevention of hypertension at the Johan Pahlawan Health Center in West Aceh district".

2. METHODS

This study uses a quantitative method with a cross-sectional approach and is analyzed analytically. A cross-sectional approach is a study that simultaneously observes one subject for a certain period of time to get an overview. Observers make observations in the field with systematic observations that use guidelines as observation instruments (Anugrah, 2021). While analytic research is research that aims to Variables in this study are distance, motivation and time of participants in participating in gymnastics.

3. RESULTS AND DISCUSSION

Characteristics of Respondents

olda	f	%
19 years > 30 years	9	27,3
31 years - < 35 years	24	72,7
Mother's Education Level		
Low (no school, SD, SMP)	7	23,8
Tihigh school (high school graduate and	26	76,2
Work		
IRT	21	63,6
Civil Servants / Private Employees	12	36,4

Based on the table, it is known that most of the respondents are over 31 years old, with a high school graduate education level and work as housewives.

Univariate analysis

Table 1. Frequency Distribution of Compliance of Prolanis Gymnastics Participants Against Hypertension Prevention at Johan Pahlawan Health Center, West Aceh District.

Variable	Frequency	Percentage
Distance		
Near	9	27.3
Far	24	72.7
Time		
Available	8	24.2
Not available	25	75.8
Motivation		
Good	16	48.5
Not good	17	51.5
Prolanis Gymnastics		
obey	12	36.4
Not obey	21	63.6
Total		100

Source: Primary Data (Processed, 2023)

Based on table 1, it can be seen that 9 (27.3%) participants in prolanis gymnastics who are close and 24 (72.7%) are far away. Prolanis exercise participants who had available time were 8 (24.2%) and those who had no time were 25 (75.8%). Prolanis gymnastic participants who had good motivation were 16 (48.5%) and those who had poor motivation were 17 (51.5%). Prolanis gymnastics participants who obeyed to take part in the exercises were 12 (36.4%) and prolanis gymnastics participants who did not comply were 21 (63.6%)

Bivariate Analysis

Table 2. The relationship between distance and compliance with Prolanis gymnastics participants towards the prevention of hypertension at the Johan Pahlawan Health Center, West Aceh District

Distance	Prolanis Gymnastics Compliance						Pvalue
	obey		Not obey		Total		
	F	%	F	%	F	%	
Near	6	33	3	57	9	100	0.044
Far	6	87	18	15.3	24	100	

Source: Primary Data (Processed, 2023)

Based on table 2. It can be seen that 9 respondents who participated in prolanis gymnastics who were obedient and had short distances were 6 (33%) and prolanis gymnastics participants who were disobedient but had short distances were 3 (57%). Meanwhile, 24 respondents who participated in prolanis gymnastics who obeyed and had long distances were 6 (87%) and 18 (15.3%) participants who were not obedient and had long distances. Statistical analysis using the chi-square test between distance and prolanis exercise compliance obtained a Pvalue of 0.044 <sign value. (0.05) so that it can be said that there is a relationship between distance and prolanis exercise participants' compliance with the prevention of hypertension at the Johan Pahlawan Health Center, West Aceh District.

Table 3. The relationship between time and compliance with Prolanis gymnastics participants towards the prevention of hypertension at the Johan Pahlawan Health Center, West Aceh District.

Time	Prolanis Gymnastics Compliance						Pvalue
	obey		Not obey		Total		
	F	%	F	%	F	%	
Available	7	2.9	1	5.1	8	100	0.001
Not available	5	9.1	20	15.9	25	100	

Source: Primary Data (Processed, 2023)

Based on table 3. It can be seen that 8 respondents who participated in the prolanis exercise were obedient and had as much as 7 (2.9%) time and prolanis participants who were disobedient but had as much as 1 (5.1%) time. Meanwhile, 25 respondents who participated in prolanis gymnastics who obeyed but had as much as 5 (9.1%) time and 20 participants who did not have time for prolanis gymnastics (15.9%). Statistical analysis using the chi-square test between time and prolanis exercise compliance obtained a Pvalue of 0.001 <sign value. (0.05) so that it can be said that there is a relationship between time and prolanis exercise participants' compliance with the prevention of hypertension at the Johan Pahlawan Health Center, West Aceh District.

Table 4. The relationship between motivation and compliance with Prolanis gymnastics participants towards the prevention of hypertension at the Johan Pahlawan Health Center, West Aceh District.

Motivation	Prolanis Gymnastics Compliance						Pvalue
	obey		Not obey		Total		
	F	%	F	%	F	%	
Good	10	83.3	2	16,6	12	100	0.008
Not good	6	28.57	15	71,43	21	100	

Source: Primary Data (Processed, 2023)

Based on table 4. It can be seen that 12 respondents who participated in prolanis gymnastics who were obedient and had good motivation were 10 (83.3%) and prolanis gymnastics participants who were disobedient but had good motivation were 2 (16.6%). Meanwhile, 6 (28.57%) of the 21 prolanis participants who obeyed but had poor motivation and 15 (71.43%) prolanis participants who were disobedient and did not have good motivation. Statistical analysis using the chi-square test between time and prolanis exercise adherence obtained a Pvalue of 0.008 <sign value. (0.05) so that it can be said that there is a relationship between motivation and prolanis exercise participants' compliance with the prevention of hypertension at the Johan Pahlawan Health Center, West Aceh District.

The Relationship between Distance and Compliance with Prolanis Gymnastics Participants Against Hypertension Prevention at the Johan Pahlawan Health Center, West Aceh District

Based on the results of statistical analysis using the chi-square test, a Pvalue of $0.044 < 0.05$ was obtained, which could mean that there was a relationship between distance and prolanis exercise participants' compliance with the prevention of hypertension at the Johan Pahlawan Health Center.

Access to prolanis services also includes the distance from the participant's house to the prolanis service. Distance requires travel time and costs even though adequate health services are available. However, using it depends on the accessibility of the community, especially prolanis participants (Nenny et al, 2022).

From the results of the interviews and questionnaires, the researchers found that the majority of prolanis exercise participants had problems with the distance between their house and the location of the prolanis exercise. The long distance to be at the Prolanis gymnastics location makes the gymnastics participants, who are mostly aged 45 years and over, feel reluctant or lack interest in participating, especially for women gymnastics participants who find it difficult to arrive on time because they have other activities and are far away from their homes. make them unable to follow prolanis gymnastics correctly. The elderly participants find it difficult to take part in the prolanis exercise because they need family support to be able to take them to the prolanis exercise location.

The researcher's assumption is that the distance from the community to health facilities is a factor in the frequency of patient visits to health facilities. The closer the distance between the respondent's residence and the place of prolanis activities, namely the Johan Pahlawan Health Center, the easier or closer it is for the respondent to carry out examinations in managing chronic diseases so as to reduce the incidence of chronic diseases in the community.

This research is in line with research conducted by Novia (2022) which said there was a relationship between mileage and adherence of hypertensive patients in prolanis at the Scissors Health Center, Labuhanbatu Utara Regency with the acquisition of a statistical value Pvalue = $0.004 < 0.05$. According to Nenny Parinussa's research (2022) with the title factors related to prolanis visits at the Waai Nursing Health Center in Central Maluku which says there is a significant relationship between distance and prolanis visits Pvalue = $0.001 < 0.05$.

Correlation between Time and Compliance with Prolanis Gymnastics Participants Against Hypertension Prevention at Johan Pahlawan Health Center, West Aceh District

Based on the results of statistical analysis using the chi-square test, a Pvalue of $0.008 < 0.05$ was obtained, which could mean that there was a relationship between time and prolanis exercise participants' compliance with the prevention of hypertension at the Johan Pahlawan Health Center.

According to Kasmana in Kiki's research (2022), physical exercise is very influential for people with hypertension in increasing body immunity after regular exercise, regulating blood glucose levels, preventing obesity, increasing insulin receptor sensitivity, normalizing blood pressure and increasing work ability. Aerobic exercise can help improve blood fat profiles, reduce total

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cholesterol, Low Density Lipoprotein (LDL), triglycerides and increase High Density Lipoprotein (HDL) as well as improve the hemostatic system and blood pressure. Sports exercises are carried out so that they can affect the work efficiency of the heart. We recommend that you exercise at moderate intensity, namely a heart rate of 150-170/minute. Moderate intensity $\leq 70-80\%$ of maximal aerobic capacity. The intensity of the exercise is the duration it is performed, especially aerobic exercise and the most important exercise intensity must be met. The frequency of exercise is 3-5 times a week with a duration of 20-60 minutes each exercise. Exercise can cause dilatation of blood vessels so that blood pressure decreases. People who exercise 3 times a week will experience an increase in cardiorespiratory endurance and regular exercise can reduce the risk of heart disease.

However, based on the results of interviews and questionnaires, the researchers found that the majority of respondents said they did not have time to be able to take part in prolans exercises. This is because some respondents feel that taking the time to participate in gymnastics which only takes about 1 hour is a waste of time because they feel there are more important things to do than gymnastics. Especially for respondents who are still working it will be very difficult to take part in gymnastics even though the gymnastics schedule is carried out on holidays.

This research is in line with Kiki (2022) who said there is a relationship between prolans exercise time and the quality of life of hypertensive patients at the Kalitanjung Prosecutor's Health Center, Cirebon City, with a Pvalue = 0.004 <0.05.

The Relationship between Motivation and Prolans Gymnastics Compliance with the Prevention of Hypertension at the Johan Pahlawan Health Center, West Aceh District

Based on the results of statistical analysis using the chi-square test, a Pvalue of 0.008 <0.05 was obtained, which means that there is a relationship between motivation and prolans exercise participants' compliance with the prevention of hypertension at the Johan Pahlawan Health Center.

Basically, motivation is a person's relationship with a particular situation he faces. Motivation in a person can be generated, developed and strengthened. The stronger a person's motivation, the stronger the effort he wants to achieve. Likewise in the patient's condition where if someone knows the goals he is achieving are considered important, the better the motivation of prolans patients to visit the Puskesmas (Notoadmotjo, 2018).

According to Jowsey et all (2014), patient motivation is the encouragement that arises in the patient towards the desire to recover and prevent complications from suffering from chronic diseases. In this case, patients will always take the initiative to seek information about their disease, follow the advice of health workers by visiting health services regularly to check their health.

Based on the results of interviews and questionnaires, researchers found that the majority of respondents had bad motivation. This is because there is no encouragement from within the respondent himself or those closest to him. Respondents received less information regarding the benefits of gymnastics that they found, respondents felt there was no point in participating in gymnastics and from the family there were still many who were not happy when their parents took part in gymnastics.

The researcher's assumption is that the respondent's motivation can be carried out by approaching prolans gymnastics participants by close people or health workers to provide health education about the importance of doing gymnastics so that apart from keeping their blood pressure under control it also has an impact on improving quality of life and life expectancy. This research is also in line with Risda Lubis (2020) which states that there is a relationship between motivation and active participation in prolans gymnastics at the Batunaga Health Center with a statistical value of $Pvalue = 0.001 < 0.05$. According to Dwi Nurcahyanti's research (2020) with the title the relationship between motivation and adherence to participating in the prolans program at the Muara Teweh Community Health Center, which obtained a $Pvalue = 0.019 < 0.05$.

4. CONCLUSION

There is a relationship between the distance and the adherence of prolans exercise participants to the prevention of hypertension at the Johan Pahlawan Health Center, West Aceh District. There is a relationship between time and the adherence of prolans gymnastics participants to the prevention of hypertension at the Johan Pahlawan Health Center, West Aceh District. There is a motivational relationship with the adherence of prolans gymnastics participants to the prevention of hypertension at the Johan Pahlawan Health Center, West Aceh District.

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