

Exploration of Hypertension Patient Experiences in Peer Group Support as an Effort to Increase the Success of Hypertension Treatment

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ABSTRACT

Hypertension is a chronic disease that requires special treatment to support the success of treatment. This study aims to analyze the role of peer group support in an effort to increase the success of treating hypertension patients in the work area of the Jenggawah Health Center. In this study, there were 15 informants who participated in data collection. Determination of informants using purposive sampling. This study uses a qualitative research design with a case study approach. This study uses 3 methods of data collection, namely in-depth interviews, focus group discussions (FGD), and observation. The results obtained: peer group support programs can increase knowledge about hypertension treatment; fostering motivation through sharing experiences, becoming friends, supporting treatment, and wishing for healing; establish effective communication between members through verbal and nonverbal; and increasing psychological support for self-confidence, stigma, and medication adherence. The conclusion of this study is that peer group support can help increase the success of treating hypertension patients through knowledge, motivation, communication, and psychological support. So it's hoped that a nurse can continue to support and be a facilitator in the peer group support program to increase the success of treating hypertension patient.

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1. INTRODUCTION

Heart and blood vessel disease (cardiovascular) is a major health problem in both developed and developing countries and is the number one cause of death in the world every year. Hypertension is one of the most common cardiovascular diseases and is widely used by the community. WHO data in 2015 showed that around 1.13 billion people in the world suffer from hypertension, meaning that 1 in 3 people in the world is diagnosed with hypertension. The number of people with hypertension continues to increase every year, it is estimated that by 2025 there will be 1.5 billion people affected by hypertension, and it is estimated that every year 10.44 million people die from hypertension and its complications [1].

The prevalence of hypertension sufferers in Indonesia according to the Health Research and Development Agency through data from the 2018 Basic Health Research is currently 34.1%, which has increased from the previous figure in 2013, which was 25.8%, the highest in South Kalimantan (44.1%), while the lowest was in Papua (22.2%). The estimated number of hypertension cases in Indonesia is 63,309,620 people, with (55.2%) hypertension occurring in the 55-64 year age group, then (45.3%) in the 45-54 year age group and (31.6%) in the age group 31-44 years [2].

Treatment of hypertensive patients has not been maximized due to long treatment and the lack of cooperation between patients and health workers. Hypertensive patients also often drop out of drugs

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because hypertension treatment takes a long time and continuously. So far, the hypertension treatment program has focused more on the individual as the center and only on pharmacology. The main problems experienced in hypertension services at the Jenggawah Health Center are medication adherence, affordability of health services, side effects of treatment, economic problems, availability of transportation, and boredom of hypertensive patients in long treatment periods [3].

Peer educator implementation is carried out by providing motivation and health education from patient to other patients. Support and information from groups is more effective and efficient in providing psychological support to patients so that they are more effective in treatment programs. The choice of the peer support method is considered better than other conventional methods such as the lecture method or individual counseling[4].

Treatment of hypertension takes a long time and is continuous. There needs to be support from the surrounding environment to help the success of treatment of hypertension patients. Patients who have been diagnosed with hypertension and are at the level of having to take medication every day, they often complain of being bored with having to take antihypertensive drugs every day[5]. Physical and psychological support is needed by hypertensive patients, especially those who are already in stage 2 and above and have had hypertension for more than two years. Support does not only come from family or health workers. However, some forms of support can be provided by other hypertensive patients. With the support of fellow hypertension patients, they can share experiences and treatment programs that have been undertaken both in the family and health programs that have been followed in the community.

Based on this background, the authors are interested in conducting research on exploring the experiences of hypertensive patients in participating in peer group support in an effort to increase the success of hypertension treatment at Jenggawah Health Center Jember, East Java.

2. METHOD

In this study using a qualitative research design with a case study approach. This study was conducted to analyze the role of peer group support in increasing the success of treating hypertension patients. The research activity was carried out at the Jenggawah Community Health Center, Jember Regency, East Java. Participants were taken from members of "POSBINDU PTM" (Integrated Non-Communicable Disease Development Post) who attended regularly every month. The study participants were taken by purposive sampling and obtained 15 participants, namely 12 hypertension patient informants, 2 Jenggawah Health Center nurse informants, 1 expert informant from the Jember District health office. Research activities were carried out in March-May 2022 for three months. Data collection was carried out using 3 data collection techniques, namely in-depth interviews, focus group discussions (FGD) and observation.

3. RESULTS AND DISCUSSION

The results of the research conducted on 15 participants obtained four major themes obtained based on the results of interviews, FGDs, and observations. The four themes are knowledge, motivation, communication, and psychological support. The four themes can be broken down into several sub-themes, namely: knowledge including definition, clinical manifestations, diagnosis, treatment, prevention and complications; Motivation includes the availability of participating in peer support, the benefits of peer support, the rewards received by peer support, and the desire to recover; Communication includes ways of providing information, relationships with health workers and government and non-government agencies, personal experiences, verbal and nonverbal communication; Psychological support includes being willing to be a storyteller during hypertension, sharing personal experiences about treatment, feeling comfortable and kinship.

Based on the results of in-depth interviews with peer group support informants, most of the informants already understand the definition and manifestations of hypertension, but do not really understand its management. Peer support informants generally understand information from personal experiences so far about what they feel about themselves and the treatment experiences they have had[6]. People who have suffered from a disease or are currently suffering from a disease will provide more knowledge than people who have never experienced the disease[7]. People who have suffered

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from a certain disease will undergo good treatment and prevention and be more careful in their daily lifestyle [8]. Knowledge in medicine is very important in the success of treatment because the patient is in the process of long-term treatment. Patients who do not have good knowledge about treatment have a very high risk of dropping out because the patient feels bored.

The results showed that the motivation of peer support members had increased the success of the treatment program for hypertension patients, prevented recurrence, provided information, motivated patients to seek treatment, shared experiences, and supported patients to recover. Motivation is a psychological concept in the form of behavior, feelings and words to achieve goals [9]. Peer support can share their experiences with other hypertensive patients. Competence factors that influence the success of persuasive communication are motivation, knowledge and skills [10]. The impact that occurs is that the patient drops out of treatment and causes cases of uncontrolled hypertension and falls in a condition of complications. In addition, environmental factors are an important motivation to support individuals who cause behavior change [11]. In addition, the same language in communication has more intimate relationships and interactions that help in behavior change. In this study, the benefits of being a peer support are social activities, making new friends, adding experience, being more confident, increasing knowledge and sources of information.

The peer support method used in this study is a good listener without judgment, heart to heart talk, counseling, sharing experiences, providing motivation and showing psychological support. In addition, peer support also provides assistance related to knowledge and skills about hypertension. This training is needed for peer support who have never experienced hypertension. Based on this thought, peer support efforts in providing health services to individuals, families and communities are very useful in increasing the success of hypertension treatment [12]. Informants provide motivation based on the knowledge gained during training and experience when treating hypertension [2]. Understanding in oneself and the needs of others and learning occurs in social settings. Peer support has influenced each member in behavior to respect, help and be responsible in the process of treating hypertension.

The communication process is the delivery of messages from the communicator through certain channels to the recipient which causes certain effects. Communication is important in the role of peer support in persuading hypertensive patients to complete treatment. Hypertensive patients are often sensitive to their feelings during treatment because of the side effects of drugs and the long treatment process [13]. The patients were given the opportunity to talk and complain about the problems encountered during the treatment of hypertension. Two-way communication with patients requires skills in handling patient complaints [14]. The ability to communicate provides productive input, mutual trust, acceptance and respect. The goal in effective communication is to produce the desired change from the recipient of the message [15]. In addition, a good environment is needed so that patients receive all information from health workers. In addition, the communicator has credibility, and good experience and knowledge factors are associated with trust. Communication barriers are social status that causes hypertensive patients to be ashamed and hide their status in their environment.

Psychological support is individual assistance received from the group around the patient. Peer group support is expected to help hypertensive patients feel comfortable, loved and appreciated. This information and motivation is important to support hypertensive patients in undergoing treatment so that they do not drop out and fall into more severe complications. In this study, peer support for hypertension patients was found to be motivational support for healing, enthusiasm and confidence in treatment, being a listener to patient complaints and information support in treatment [12]. Motivational support for recovery, enthusiasm and confidence in treatment including self-esteem support [16]. Peer support has changed patients in a positive direction for the better than before. In addition, the patient complained of frequent dizziness during work and rest at home [17]. There is a significant relationship between psychological support with the quality of life of patients with hypertension. Psychological support such as motivation and enthusiasm from families and health workers is very important for hypertension patients in completing treatment. So that the peer support program can increase comprehensive support for the patients themselves, their families, partners and the community for better treatment success for hypertension patients.

4. CONCLUSION

In this study it can be concluded that peer group support can increase knowledge including the definition, emergency, diagnosis, treatment, prevention and complications of hypertension obtained based on patient experience, information from health workers, and training. Motivation in peer support such as sharing experiences, supporting the community to complete treatment, being friends and helping patients and reducing and preventing emergencies. Peer support skills in assisting hypertensive patients using persuasive communication methods are carried out through verbal and nonverbal such as information support, medication discipline and side effects, and emotional support by listening to their complaints and self-esteem support in the form of motivation, enthusiasm and confidence.

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