

Original Research Article

MOTIVATING ELDERS WITH HYPERTENSION TO SEEK ROUTINE HEALTH CONTROL

Chindy Maria Orizani^{1)*}, Rina Budi Kristiani²⁾, Sosilo Yobel³⁾¹⁾Nursing Science Program, STIKES Adi Husada, Indonesia²⁾Nursing Diploma, STIKES Adi Husada, Indonesia³⁾STIKES Artha Bodhi Iswara, Indonesia

*Corresponding Author, E-mail : chindyorizani@gmail.com

ABSTRACT

Introduction. Awareness of elders with hypertension to routinely control at health services is still low. This condition is influenced by several factors that are closely related to socioeconomic circumstances, the culture of using traditional medicines, and the obedience of patients. This study identified the effect of counseling, scheduling, and checkup methods due to seeking routine healthcare motivation for elders with hypertension. **Method.** This study used a pre-experimental design with one group pre-post test design. The population in this study was the elderly in RT 01 RW 07 Donokerto, Kec. Simokerto Surabaya and the number of samples is 23 respondents. Sampling using the Purposive Sampling technique. The instrument used in data collection was a routine control motivation questionnaire. **Result&Analysis.** Characteristics of most respondents are aged 61-70 years, female, last education was senior high school and work as a housewife. The results of the study were obtained before the action (pretest) as many as 15 respondents (65%) had poor motivation, 8 respondents (35%) had good motivation and after being given the action (posttest) there were 23 respondents (100%). Statistical tests showed $p=0.000$ so there was an influence of the counseling, scheduling, checkup (CSC) method through the constant motivation board (PAMOSA) on routine control motivation in elderly people with hypertension. **Discussion.** Therefore, The CSC method through (PAMOSA) method can make elderly people with hypertension increase their motivation for seeking routine health care to improve their quality of life.

Keywords: Control, Elders, Hypertension, Motivation.

INTRODUCTION

The term motivation comes from the word motive which can be interpreted as the power within an individual that causes the individual to act or act. Hypertension is indeed a dangerous disease, but that does not mean that people affected by this disease will suffer for life, because hypertension can be controlled. For this reason, proper and continuous blood pressure control is needed. This is due to a lack of motivation to seek treatment due to

several internal factors, namely physical factors, poor health, causing them to always be frustrated with their health, mental process factors, always thinking negatively about events in their lives, low education can be caused by the lack of knowledge they have, this is It was shown that 73% of respondents with low education had low knowledge about the disease (Puspita et al., 2017). Age maturity will influence the thinking process and decision making in carrying out treatment that supports healing.

The level of motivation for elderly people to take part in posyandu activities for the elderly according to data in September 2022, there were 25 people out of a total of 40 elderly people in RW 7 Donokerto who had hypertension. Self-motivation support is an important part of controlling disease. Motivational support is aimed at attitudes, namely remembering when to take medication, when to rest and when to control. Elderly people who do not undergo routine control have a risk of experiencing heart failure, acute myocardial infarction, ischemic stroke, hemorrhagic stroke, retinopathy, aneurysm and aortic dissection (Dusek et al., 2008). Elderly people who routinely undergo control to reach the target limit, their blood pressure remains controlled and can reduce the risk of heart failure, acute myocardial infarction, ischemic stroke, hemorrhagic stroke, retinopathy, aneurysm and aortic dissection.

Controlling hypertension is done by self-management or changes in the sufferer's lifestyle such as diet, rest, exercise and regular medication consumption and most importantly routine control (Yang et al., 2017). Routine control is very important for hypertension sufferers, especially the elderly because hypertension is very dangerous and is the highest and first cause of death in the world due to complications from stroke. Preventing and controlling hypertension can maintain heart health, hypertension affects almost everyone and can develop and occur without signs appearing, therefore sufferers are advised to routinely control blood pressure according to doctor's recommendations and adopt a healthy lifestyle so as to minimize the possibility of complications that happened.

The aim of the research is to analyze "The Effect of Counseling, Scheduling, CSC Checkup Methods Through the Stiasa Motivation Board

(PAMOSA) on Routine Control Motivation in Elderly People with Hypertension".

METHOD AND ANALYSIS

The research design used in this study was pre-experimental with one group pre-post-test design. Researchers identified the influence of counseling, scheduling and control methods (CSCM) through media in the form of the STIASA Motivation Board (PaMoSa) on increasing motivation for routine control in elderly people with hypertension. This research was conducted from March to June 2023 and the research location was carried out in Donokerto RW 07, Kapasan Village, Simokerto District, Surabaya City. The population in this study were all elderly people with hypertension in Donokerto RW 07, Kapasan Village, Simokerto District, Surabaya City, totaling 23 people. The sample size of this research was 23 people where the sampling technique used was total sampling. Respondents met the sample criteria, namely: having a history of hypertension, belonging to an elderly posyandu, not being hospitalized, not experiencing hearing loss and being able to read. The data collection process began by carrying out a pre-test on 23 respondents using the Routine Control Motivation Questionnaire developed by Restu Ayuningtyas (2016) showing reliable and valid test results. Furthermore, respondents were given health education regarding hypertension and motivation to diligently control it. Then respondents were given 4x counseling sessions for 45 minutes, scheduling control times to health services and implementing controls that had been compiled on the STIASA Motivation Board (PaMosa). PaMoSa is a health education media, counseling checklist, scheduling and control implementation checklist for elderly people with hypertension which was

created with the aim of making it easier for elderly people to remember the control schedule and can be an indicator that the control has been implemented. PaMosa also includes health education related to hypertension, especially the impact of not diligently controlling it and several words of motivation for the elderly to remain diligent in controlling it. Respondents can read education, fill in and write down control activities in PaMoSa. Then, after carrying out routine controls 3 times or 3 months in a row, an evaluation is carried out through a post-test with the same questionnaire as the pre-test. The data obtained was then processed using the Wilcoxon Signed-Rank Test using IBM SPSS Statistics 20 software. This research has passed the LPPM STIKES Adi Husada ethical test. Research ethical principles are implemented well.

RESULT

Table 1 Frequency Distribution of Respondent Characteristics at Posyandu for the Elderly RW 07, Kapasan Village, Simokerto District, Surabaya.

No	Characteristics	N	%
1.	Age		
	60-75 years old	15	65
	75-90 years old	8	35
	>90 years	0	0
2	Gender		
	Man	5	22
	Woman	18	78
3	Education		
	Elementary School	7	17
	Junior High School	8	65
	Senior High School	8	35
	College/Higher Degree	0	0
4	Work		
	Housewife	15	65
	Private sector	2	9

	Self-employed	0	0
	Pension	4	17
	Others or not working	2	9
5	Household family members		
	Partner	9	39
	Child	11	48
	Alone	2	9
	Another sibling	1	4
6	Information Resources		
	Head of RT/RW	1	4
	Posyandu cadres	22	96
7	Suffering from hypertension		
	< than 1 year	1	4
	1-3 years	19	83
	> from 3 years	3	13
8	Routine control		
	Yes	15	65
	No	8	35
9	Place of control		
	Integrated Healthcare Center	7	30
	Public health center	5	22
	Clinic	2	9
	Hospital	8	35
	Private doctor	1	4
10	Control schedule per month		
	1 time	23	100
	> 1 time	0	0
11	Control constraints		
	Forgot the schedule	5	22
	No one to accompany	2	9
	No complaints	15	65
	Other	1	4

Table 1 shows that the majority of respondents' age range is around 61-74 years, there were 15 people (65%), educational levels vary from elementary to high school, female, there were 18 respondents (78%), working as housewives, there were 15 respondents. (65%), some live with their children, namely 11 respondents (48%). A history of routine control was shown by the majority of respondents, there were 15 people (65%) at the elderly posyandu with a schedule of once a month.

Meanwhile, the problem with control was that there were no complaints, there were 15 respondents (65%).

Table 2 Recapitulation of Pre-Post CSCM Motivation for Elderly with Hypertension at Posyandu Elderly RW 07, Kapasan Village, Simokerto District, Surabaya.

No	Motivation	Pre		Post	
		N	%	N	%
1	Good	4	17	20	87
2	Enough	6	26	3	13
3	Less	13	57	0	0
	Total	23	100	23	100
Statistical Test Wilcoxon Signed Rank Test $p = 0.01$ ($\alpha < 0.05$)					

Table 2 was a recapitulation of the motivation of elderly people with hypertension at Posyandu Elderly RW 07, Kapasan Village, Simokerto District, in pre-CSCM, most of them showed that it was poor, there were 13 respondents (57%), while post-CSCM there was an increase in good motivation, there were 20 respondents (87%). Wilcoxon Signed Rank Test results $p = 0.01$ ($\alpha < 0.05$) so that there is an influence of the Counseling, Scheduling, Checkup Method (CSCM) through the STIASA Motivation Board (PaMoSa) on the motivation for routine control in elderly people with hypertension at Posyandu Lansia RW 07, Kapasan Village, Simokerto District.

DISCUSSION

1. Motivation to routinely control elderly people with hypertension before administration Counseling, Scheduling, Checkup Method (CSCM)

Based on the results of research before being given CSCM (pre), elderly people with hypertension showed that most of them lacked motivation for routine control, namely 13 respondents

(57%). The individual's tendency is not to routinely control because there are no complaints or sign and symptom (Bosu & Bosu, 2021). Hypertension sufferers consider their body condition to be fine if they have no headaches or other complaints and consider their blood pressure to be normal. Hypertension sufferers tend to take the initiative to stop their hypertension treatment and are even reluctant to control it because they think their blood pressure is normal, whereas blood pressure checks must be carried out objectively, namely using a blood pressure meter. What is very worrying due to not having regular control is the emergence of sudden complications if hypertension is not controlled, namely a stroke or heart attack and ending in death. This makes hypertension one of "the silent killers".

This shows that elderly people who have good motivation regularly visit the elderly posyandu to routinely control hypertension once a month and maintain their health patterns. Elderly people with hypertension also need activities that can increase motivation in carrying out daily activities because a person's motivation can arise and grow through themselves - intrinsic and from the environment - extrinsic. Motivation is a strength, energy or force, or a complex state and readiness within an individual to move towards a certain goal, whether consciously or unconsciously (Nursalam & Effendi, 2008). This research is supported by the results of research with the title "Factors Associated with Non-Compliance with Control in Hypertension Sufferers" showing that the knowledge of hypertension sufferers is good (59.6%), the motivation of hypertension sufferers is good (61, 5%), family support for hypertension sufferers is good (57.7%), and non-compliance control of hypertension sufferers is in the obedient category (69.2%) (Marwah et al., 2022). Thus, the elderly's motivation to routinely control hypertension can be influenced by

intrinsic and extrinsic motivation (Baral & Sapkota, 2018).

2. Motivation for Routine Control of Elderly People with Hypertension after being given Counseling, Scheduling, Checkup Method (CSCM)

Based on the results of motivational research obtained after playing the PAMOSA game, 20 respondents (87%) had good motivation. This shows that the knowledge and information obtained by the elderly will influence their motivation so that motivation to routinely control hypertension in the elderly increases by attending posyandu activities such as counseling about hypertension and its treatment.

These results are supported by researchers from (Dayanti, 2016) with the title "The Relationship Between Family Support and Elderly Motivation in Controlling Hypertension at Posyandu Mawar Merah Juanda" showing that the motivation of elderly people to control hypertension in the motivated category is 25 elderly people (67.6%), and not motivated as many as 12 elderly people (32.4%). Comparing existing facts and theories, the researchers concluded that after being given CSCM through the Pamosa game, there was a change in motivation for routine control, which increased more than before. This is in accordance with the theory that motivation is an effort to take action or behave. So motivation is an important thing to increase so that elderly people can increase their motivation to routinely control hypertension (Dar et al., 2019).

Therefore, by applying the CSCM method through the Pamosa game, the elderly can increase their motivation to routinely control hypertension. The CSC method through PAMOSA aims to increase routine motivation to control hypertension in the elderly by playing and answering questions about

hypertension. Playing can increase motivation (Koivisto & Malik, 2021). The CSCM stage is counseling by providing education about hypertension and the symptoms of hypertension, scheduling routine control and the importance of routine control for elderly people with hypertension. The CSCM and the Pamosa game are used to influence the motivation of elderly people for routine control in the form of counseling, in this way the elderly's contact with us is more intensive. After being given counseling, respondents learned the meaning, causes and symptoms of hypertension and understanding motivation (Nurmala & Rahman, 2018).

CONCLUSION

The research conclusion shows that there is a difference between the pretest and posttest scores so there is an influence of Counseling, Scheduling, Check-up Method (CSCM) through the STIASA Motivation Board (PaMoSa) towards motivation for routine control in elderly people with hypertension.

REFERENCES

- Baral, R., & Sapkota, P. (2018). Health Seeking Behaviour Among Elderly People of Bharatpur Municipality of Chitwan, Nepal. *Journal of College of Medical Sciences-Nepal*, 14(3), 150–153. <https://doi.org/10.3126/jcmsn.v14i3.21178>
- Bosu, W. K., & Bosu, D. K. (2021). Prevalence, awareness and control of hypertension in Ghana: A systematic review and meta-analysis. In *PLoS ONE* (Vol. 16, Issue 3 March). <https://doi.org/10.1371/journal.pone.0248137>
- Dar, N. Z., Khan, S. A., Ahmad, A., & Maqsood, S. (2019). Awareness of

- Stroke and Health-seeking Practices among Hypertensive Patients in a Tertiary Care Hospital: A Cross-sectional Survey. *Cureus*, 11(5).
<https://doi.org/10.7759/cureus.4774>
- Dusek, J. A., Hibberd, P. L., Buczynski, B., Chang, B. H., Dusek, K. C., Johnston, J. M., Wohlhueter, A. L., Benson, H., & Zusman, R. M. (2008). Stress Management Versus Lifestyle Modification on Systolic Hypertension and Medication Elimination: A randomized trial. *Journal of Alternative and Complementary Medicine*, 14(2), 129–138.
<https://doi.org/10.1089/acm.2007.0623>
- Koivisto, J., & Malik, A. (2021). Gamification for Older Adults: A Systematic Literature Review. *Gerontologist*, 61(7), E345–E357.
<https://doi.org/10.1093/geront/gnaa047>
- Marwah, S. F., Saputri, M. E., & Wowor, T. J. F. (2022). Faktor-Faktor Yang Berhubungan Dengan Kejadian Hipertensi Usia Dewasa Pada Masa Pandemi Covid-19 Di Kelurahan Pabuaran Cibinong Bogor. *Jurnal Keperawatan*, 10(1), 45.
<https://doi.org/10.35790/jkp.v10i1.38849>
- Nursalam, & Effendi, F. (2008). *Pendidikan dalam Keperawatan*. Salemba Medika.
- Puspita, E., Oktaviarini, E., & Dyah Puspita Santik, Y. (2017). Peran Keluarga Dan Petugas Kesehatan Dalam Kepatuhan Pengobatan penderita Hipertensi Di Puskesmas Gunungpati Kota Semarang. *Jurnal Kesehatan Masyarakat Indones*, 12(2), 25–32.
- Yang, Z. Q., Zhao, Q., Jiang, P., Zheng, S. B., & Xu, B. (2017). Prevalence and control of hypertension among a Community of Elderly Population in Changning District of Shanghai: A cross-sectional study. *BMC Geriatrics*, 17(1), 1–9.
<https://doi.org/10.1186/s12877-017-0686-y>