

## Research Article

## Family Information Support on Culture-Based Hypertension Disease Management in Enrekang Regency of Health Center

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**Abstract:** Family support will greatly affect the care process for hypertensive patients. Cases of hypertension that continue to increase along with the population which is the case with the highest incidence rate. Hypertension is a chronic disease whose treatment takes years. This study aims to explore family social support for the treatment of culturally based hypertension sufferers. A qualitative study using the phenomenology approach. Informants in this study were selected by Purposive Sampling. In-depth interviews, observations, and Foccus group discussions (FGD) were conducted on families and hypertensive patients, health workers in the working area of the Enrekang health center. To find out the family social support for the treatment of culture-based hypertensive patients in the working area of the enrekang district health center. From the results of the study, there were 5 informants who had provided informational support, such as providing information about hypertension and the family always communicating their needs to the family when sick, giving love, attention, and helping the family well in managing diseases that could not be separated from the effect of culture in the district of Enrekang.

**Keywords:** Informational Support, Family, Disease Management, Hypertension, Culture.

### INTRODUCTION

Social support is a condition that is beneficial to individuals that is obtained from other people who are trusted, so that someone will know that there are other people who pay attention, respect, and love them. Social support is the action of someone with good goals given to others who have personal relationships (Yuliana, 2017).

Hypertension or known as high blood pressure is a condition where there is an increase in blood pressure above the normal threshold of 120/80 mmHg. According to the WHO (Word Health Organization), the blood pressure limit that is considered normal is less than 130/85 mmHg. If the blood pressure is more than 140/90 mmHg hypertension is stated (this limit is for adults over 18 years) (Tarigan *et al.*, 2018).

The World Health Organization (WHO) says the number of people with hypertension will continue to increase along with the increasing population in the coming 2025, estimated at around 29% of the world's citizens affected by hypertension. WHO said

developing economies had hypertension sufferers of 40% while developed countries had only 35%, the African region held the highest position of hypertensive patients, which was 40%. The American region is 35% and Southeast Asia is 36%. The Asian region of this disease has killed 1.5 million people every year. This indicates that one in three people suffer from hypertension. In Indonesia the prevalence of hypertension is based on the results of the provincial level 2018 Basic Health Research as many as 34.1%, of which the number rises from the 2013 Basic Health Research 25.8% (Basic Health Research, 2018).

The population of Enrekang Regency in 2017 is based on BPS data totaling 203,320 people. Based on data from the Enrekang District Health Office especially non-communicable diseases (hypertension) in 2017 there were 5,934 cases and in 2018 there were 7,516 (Enrekang District Health Office, 2019).

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Data obtained from the Puskesmas Anggeraja regarding the number of hypertensive patients hospitalized in 2017-2018 also increased (Profile of the Anggeraja Health Center, 2018).

Based on preliminary information obtained by the number of hypertensive sufferers in the work area of the Anggeraja health center, it encouraged researchers to find out more about what and how family social informational support for culture-based health care in hypertensive patients in the work area of the Anggeraja health center.

## **METHODOLOGY**

### **Research Design**

The type of research used in this study is qualitative with a phenomenological approach. This research was conducted in the work area Puskesmas (Community Health Centre) of Anggeraja Enrekang Regency.

### **Population and Sampling**

Informants in this study were selected by Purposive Sampling. The informants in this study were: Batu Noni village people who suffered from acute or chronic hypertension and their families, health workers and POSBINDU (Integrated Development Post) officers.

### **Data Collection**

Data collection methods used in this study were: In-depth Interview (Indepth interview), and observation, and Focuss group discussion (FGD).

### **Data Analysis**

Analysis of the data used in this study is content analysis that is how to find written or visual material meaning by means of systematic content allocation to detailed categories by dividing data into small sections then coding in each section then collecting codes in similar and calculated groups.

## **RESULT**

From the results of in-depth interviews with family informants from patients with hypertension obtained information that information provided by the family to patients with hypertension varies, there are those who provide information about the meaning of hypertension but what is disclosed is only limited symptoms. Like the following excerpt from the interview:

“...Hypertension is high blood pressure, will feel the back of the head and neck feels stiff, dizzy, and usually want to vomit. Usually when mom has a headache, mom asks to massage her head...” HR, 45 YO, House Wife, Daughter in law of CA

“... high blood pressure is very high pressure. His neck was sore, his high blood pressure became blurred vision, neck tightened, felt sluggish, continued to sleep. What I've heard about is high blood pressure, which is increased blood pressure, headaches, other people usually say they feel sluggish and want to vomit. If you have a neck pain, you usually go to sleep, and I boil the leaves of sarikaya...” EC, 30 YO, House Wife, Daughter in Law BD.

The informant said that if the hypertensive sufferer had a headache, was sluggish, wanted to continue to lie down, the back of the neck felt tense, they thought it was hypertension, besides that the informant also provided information about herbal medicine, hypertensive sufferers also communicated their needs to their families so their needs were met.

In informational support, it is also said that there is a need for advice given to people with hypertension. Because as we know, families are people - people who are familiar with sufferers in their social environment and family presence can provide emotional benefits that can affect the behavior of patients. In this case advice is something that is needed by people with hypertension, such as the following excerpt of the interview:

“... I tell my wife that the disease is okay. As long as we take medicine, InshaAllah we can recover. As said in the study that there is no disease that has no medicine. The important thing is we are actively trying...”RS, 54 YO, Farmer, Husband of HJ.

Disease management can be done by people with hypertension in many ways. Management of this disease is intended so that people with hypertension do not experience complications to other diseases. The enrekang community, especially the thorn area, is more likely to consume herbal ingredients than to take medical drugs from the puskesmas. As in the following interview passage:

“... as long as his blood pressure is high, his mother has to eat the stew of starfruit leaf medicine, and is usually replaced with decoction of srikaya leaves, because it feels suitable for reducing high blood pressure ...” AR, 45 YO, Farmer, Husband of RS.

“... usually when the morning mama likes to move his arms, and walk casually in front of the house with the tips. Mama also likes wedding events to work together with other mothers to make spices, cakes, mutually work together because mom likes to interact with other people. Similarly, if you don't get sick, you like to drink herbal leaf decoction as a preventative measure...” HR, 45 YO, House Wife, Daughter in Law of CA

Based on the results of in-depth interviews conducted, the local community believed more in herbal ingredients, and according to them it was safer to consume herbal herbs than medical drugs.

“...so as long as mama has hypertension, does not like to eat salty food, diligently looking for information about hypertension, diligently finding out herbal ingredients that are good for consumption during hypertension ...” EC, 30 YO, House Wife, Daughter in Law of BD

Compliance with taking drugs, is something that is expected to be done by people with hypertension. By consuming hypertension drugs regularly and in accordance with the correct dosage, it can control blood pressure within normal limits, and diligently check health such as tiredness and maintain cholesterol levels within normal limits, so there are no things that can trigger hypertension.

## DISCUSSION

From the results of the study, there were 5 informants who had provided informational support, such as providing information about hypertension and the family always communicating their needs to the family when sick, giving love, attention, and helping the family well in managing diseases that could not be affected culture in the district of Enrekang

In addition, an informational form is given, such as advice to be diligent in taking drugs, and religious support, to always try and be resigned. Religious support can provide good moral guidance for sufferers, because according to Osamor (2015), chronic diseases such as hypertension require lifelong treatment. This can be a challenge for patients and families to be able to maintain motivation in adhering to treatment for years. One way to increase motivation is through family support, (Yeni *et al.*, 2016).

The information obtained by the family of hypertensive patients regarding hypertension is exactly what the health care worker has delivered correctly. In every Integrated Health Service Post schedule, health workers who are usually assisted by Integrated Development Post officers provide health education primarily on hypertension, but because the opportunity of people who are less active in visiting and attending these activities is less enthusiastic. Based on this, finally the information obtained becomes inaccurate.

Culture that exists in the enrekang district, especially in the thorn region, in the afternoon people like to sit in front of their houses, there are also those who join the terrace of the neighbor's house to chat with each other, chatting, and laughing together. Now that's usually when there is a neighbor who has hypertension, then kinds of information about hypertension, is suitable for drinking what like herbal ingredients will be

directly discussed by neighbors. Especially if there is a wedding or building a house, the community will flock to come and help the event well organized. At that time, information about hypertension was usually obtained by the community, because considering the number of hypertensive patients in the thorn area including the height in the enrekang district.

So far, the mechanism by which social support can act as a protective factor remains unclear. This is mainly due to inconsistent operationalization applied between studies that report the relationship between social support and cognition. Three mechanisms can be considered to explain the effect of social support on cognition: physical activation through living a socially active lifestyle (eg leaving home more often to meet friends), cognitive stimulation through social interaction, and positive emotions caused by perceived social support, which can reduce stress levels (Eisele, 2012).

Based on the results of interviews that have been conducted, almost all people consume herbal medicines. Families with hypertension sufferers use herbal plants more often than medical treatment because medical treatment costs are very expensive. Types of herbs used by people for hypertension such as vegetable starfruit leaves, there are also those who consume decoction of avocado leaves, decoction of sarikaya leaves, squash of squash. Judging from the above phenomenon, people are more interested in treating herbal plants than medical treatment. The use of herbs is one alternative treatment chosen by the community in addition to conventional (medical) treatment (WHO, 2003).

The number of people who use herbal plants for the treatment of hypertension is not without reason. People who are in the Enrekang region have always liked drugs but from herbal or natural origin. Given the availability of plants that are close to residential areas, and also economically economical. The community is very active in seeking information about herbal medicines that are good for people with hypertension.

Herbal plants that are often used by the community in dealing with hypertension include: Noni (*Morinda citrifolia*), Salam Leaves (*Eugenia polyantha*), Turmeric (*Curcuma longa*), Coriander (*Coriandrum sativum*), Citrus limon (*Citrus limon*).

In addition to the herbs mentioned above there are many more herbs that can be used to treat hypertension, namely: celery, avocado leaves, star fruit, mulberry, tread, mangosteen, cucumber, papaya, lotus, guava, pumpkin, ketepeng china, mindi, sunflowers, and many other types of herbs that can be used as hypertension medication.

Factors Affecting the Use of Herbal Medicine  
The use of herbal medicine is influenced by several factors, namely: Social Factors, Economic Factors, Cultural Factors, Comfort Factors, Ease.

## CONCLUSION

Informational support provided by the family to patients with hypertension, namely to provide information about the understanding of hypertension but in terms of symptoms only. By feeling the symptoms of hypertension, the community has been impressed with hypertension and given advice in the form of prayer and advice to diligently consume medication. The form of disease management given by the family to patients with hypertension is to help sufferers to boil herbal concoctions, because herbal ingredients are very affordable to obtain, and the local community strongly believes in the efficacy of these herbs.

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