

# Adherence to Taking Medication in Patients with Hypertension with Self Care Theory

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**Abstract** Hypertension is a degenerative disease that can affect anyone. Serious complications can occur in people with hypertension so that it needs to be handled quickly and appropriately, namely by taking medication. Therefore, adherence to medication is necessary in controlling blood pressure and preventing complications. The purpose of this study was to analyze medication adherence in patients with hypertension in Tegalsari Village, Kepanjen District. The design of this study used Analytical Observation with the Cross-Sectional method. The sample used is 92 people using Non Probability Sampling with Purposive Sampling technique. The process of collecting data using a questionnaire, then processing the data and continuing with linear regression statistical tests using the help of a computer program. The results of the Linear Regression test showed that the most influential variable on medication adherence was the attitude variable with a p-value <0.001. Based on these results, it is known that attitude is one of the most influential factors in medication adherence for patients with hypertension, so it is necessary to increase medication adherence for patients in their health behavior to prevent an increase in blood pressure and prevent complications.

## INTRODUCTION

Hypertension is a disease of degenerative who can strike anyone alone . Hypertension is the increased pressure of blood in a person who is more than 140/90 mm Hg with at least 2 times pengukuran pressure of blood in the period were different (Fikriana, 2018). Hypertension can lead to attack the heart , stroke, CHF ( *Chronic Heart Failur* ), CRF ( *Chronic Renal Failur* ) and death if not detected and dealt with as quickly and precisely. Compliance drinking medication in patients with hypertension is important because it can reduce and control the pressure of the blood to take medication antihypertensive be organized and precise , so that the risk of the occurrence of complications in patients with hypertension can be reduced . Non-compliance with hypertension patients can cause the goals of drug therapy to be not achieved (Aulia, 2018; Fikriana, 2018).

According to data from the WHO, it is estimated that as many as 7.5 million people in the world die from hypertension or about 12.8 % , deaths occur due to hypertension . The number of

people with hypertension continues to increase every year , it is estimated that in 2025 there will be 1.5 billion people who will be affected by hypertension and it is estimated that every year 9.4 million people die from hypertension and its complications (Fikriana, 2018). Based Research Health Association (Riskesdes) the prevalence of hypertension is based on the results of measurements of the population aged 18 years in Java East Amounting to 36.32% occupy sequence number 6 in Indonesia (Depkes RI, 2013) .Hypertension occurs in the age group 31-44 years (31.6%), age 45-54 years (45.3%), age 55-64 (55.2%). From the prevalence of hypertension of 34.1% is known that amounted to 8.8% undiagnosed hypertension and 13.3% of people diagnosed with hypertension do not take drugs and 32.3% do not regularly take medications (Kemenkes RI, 2019). Based on the results of studies preliminary were conducted in the village of Tegalsari obtained the data of patients with hypertension amounted to 120 people with the number of population of 3062 people population .

Controlling the pressure of blood in the

run length is supported by compliance in the use of the drug antihypertensive . Lack of compliance is the cause most often to failure of therapeutic drug antihypertensive (Adikusuma, Qiyaam and Yuliana, 2015). Adherence to taking medication can be influenced by factors of knowledge , attitudes and family support that play an important role in controlling blood pressure . According to the research that is carried out by (Hendesa et al, 2018). There is influence that significantly between knowledge , attitudes and support for families with adherence to drink medicine . Based on the theory of nursing *Self Care* were raised by Dorothea Orem mention that man on basically have the ability in himself to be able to care for themselves alone are called the *Self Care Agency*. *Self Care Agency* may change every time that could be affected by bebarapa factors are factors predisposing ( *predisposing factors* ) which includes knowledge , attitudes , beliefs , education and employment . Factor two is a factor enabling ( *enabling factors* ) which includes a means of infrastructure and distance to the ministry of health , all three are factors driving ( *reinforcing factor* ) which form the role of support for the family and their rules (Nursalam, 2013; Mbakurawang and Augustine, 2016)

Based on the foundation of the theory of the above researchers are interested to do research on Analysis of Compliance Drink Drugs in Patients with Hypertension with Approach Theory of *Self Care* in Rural Tegalsari District of Kepanjen . The purpose of the study is to analyze the compliance of drinking medication in patients with hypertension with the approach of the theory of *self-care* in the village Tegalsari sub district Kepanjen .

## METHODS

Designs that use observational analytic with approach Cross-Sectional . The population in the study of this is the whole people with hypertension that exist in the village of Tegalsari District of Kepanjen which amounted to 120 people. Then the sampling using the technique of purposive sampling as many as 92 people. Instruments of research using a questionnaire which consisted of the data characteristics of the respondent, the questionnaire attitudes, knowledge and support of the family. Furthermore, the data that has been obtained in the analysis of univariate and analysis of multivariate using regression linear. This data analysis was carried out with the help of a

computer using SPSS for Windows 2007.

## RESULTS

Results of the study appear in the tables that describe the frequency characteristics of respondents by socio- demographics, overview of common variables independent and dependent as well as the results of the analysis of regression linear multiple .

### 1. Socio - Demographic Characteristics of Hypertensive Patients

Based on Table 1, show that almost the whole of respondents women (81.5%) where the age of the lot is 45-59 years (53.3%) with education on average graduates of elementary school (41.3%) and work as farmers (38 %) and most of the respondents were cared for by their husbands ( 46.7% ). Patients with hypertension is highest in stage 1 is the pressure d direction of 140-159 / 90-99 mmHg (88.1%).

**Table 1 : Socio-Demographic Characteristics of Hypertension Patients in Tegalsari**

Characteristics of Respondents	Frequency (n)	Presentage (%)	
Age	45-59	49	53,3
	60-74	37	40,2
	75-90	6	6,5
Total		92	100
Gender	Male	17	18,5
	Female	75	81,5
Total		92	100
Education	University High	2	2,2
	Elementary School/Equivalent	38	41,3
	Middle School/Equivalent	12	13,0
	High School/Equivalent	0	0
	No school	40	43,5
Total		92	100
Profession	Factory Workers	7	7,6
	Farmer	35	38
	entrepreneur	15	16,3
	IRT/ Not Working	35	38,1
Total		92	100
Family the Caring	Child	32	34,8
	Wife	15	16,3
	people Tua	2	2,2
	Husband	43	46,7
Total		92	100
Blood Pressure	Stage 1 (140-159/90-99 mmHg)	81	88,1
	Stage 2 ( $\geq$ 160/ $\geq$ 100 mmHg)	11	11,9
Total		92	100

(Source: Primary Data 2020)

### 2. Overview of Independent and Dependent

### Variables

The results of the knowledge variable in the good category are 77.2%, the attitude variable is in the good category 97.8%, the family support variable is in the good category 97.8%, and the medication adherence variable is in the non-adherent category 58.7%. Data independent and dependent descriptions are shown in tabel 2.

Table 2 : Distribution of Respondents Based on Knowledge, Attitudes, Family Support and Compliance with Taking Medicines in Patients with Hypertension In the village of Tegalsari District of Kepanjen

Variable	Hypertension Patient Score		
	Classification	Frequency (n)	Percentage (%)
Knowledge	Good	71	77,2
	Less	21	22,8
Attitude	Good	90	97,8
	Less	2	2,2
Family support	Good	90	97,8
	Less	2	2,2
Medication Compliance	Obey	38	41,3
	Not obey	54	58,7

(Source: Primary Data 2020)

### 3. The Result of the Analysis of Drug Adherence in Patients With Hypertension

To find out the relationship between the independent variable and the dependent variable, Pearson's analysis test was conducted to determine the independent variables that affect the dependent variable, then multiple linear regression analysis was performed with the results as shown in Tables 3 and 4.

Table 3. Results of Pearson Test Analysis of the Relationship Between Knowledge, Attitude, Family Support on Compliance with Taking Medicines in Patients with Hypertension in Tegalsari Village, Kepanjen District

Variable	Medication Compliance		
	Pearson Correlation (r)	Frequency (n)	p-value
Knowledge	-0,157	92	0,135
Attitude	-0,383**	92	0,000
Family Support	-0,186	92	0,075

(Source: Primary Data 2020)

Table 4. Results of Multiple Linear Regression Test

Analysis to determine the most influential independent variables (knowledge, attitudes and family support) to the dependent variable (adherence to taking medication)

Model	Unstandardized Coefficients		Standardized Coefficients	T	Sig.	
	B	Std. Error	Beta			
1 (Constant)	26.672	2.936		9.089	.000	
2	Knowledge	-.257	.210	-.122	-1.228	.223
	Attitude	-.372	.108	-.403	-3.429	.001
	Family Support	.039	.076	.062	.552	-.603
3	(Constant)	27.110	2.802		9.675	.000
	Knowledge	-.240	.206	-.114	-1.166	.247
	Attitude	-.341	.090	.370	-3.777	.000
3	(Constant)	25.859	2.594		9.969	0.000
	Attitude	-0.353	0.090	-0.383	-3.931	0.000

(Source: Primary data 2020)

In Table 3 shows that the variable attitudes associated with compliance with drinking the drug with less value p - value of <0.001., Then at the table 4 shows that the variable attitudes have value p - value < 0.001 which can be explained that attitudes can be influenced towards adherence to drink medicine . Where are the statistics attitude had the effect of large against variable dependent is the variable adherence to drink medicine .

### DISCUSSIONS

Compliance with taking medication in patients with hypertension is influenced by several factors, including knowledge , attitudes and family support . In research it obtained the factors that influence on the compliance of drinking the drug that is the attitude with p-value <0.001 (p <0.05).

The attitude of the compliance of patients with hypertension have influence which is significant to the adherence to drink medicine . Attitude is regularity among the components of thinking ( cognitive ), things feeling ( affective ) and actions ( psychomotor ) which mutually interact in understanding the , feel and behave towards an object in the environment around . Attitude that the bad will effect also on the behavior of the patient in taking medication . It is appropriate from the research is obtained the results of value p-value of 0.001 <0.05 means that there is a relationship that significant between attitudes to compliance drink medicine . It is demonstrated that the attitude is one of the factors that influence on the compliance of drinking medicine for patients with hypertension . So that a person 's good attitude will increase adherence to taking medication for hypertension sufferers (Dhewi, Gendhis Indra, 2013; Hendesa et al, 2018)

Results of the study is in accordance with the theory of nursing Self Care were raised by Dorothea Orem man on basically have the ability to take care of his own which is called the Self Care Agency . Self Care Agency may change at any time which is influenced by predisposing factors which consist of knowledge , attitude , belief , education and occupation . selanjutya factors enabling that consists of a means of infrastructure and distance to the ministry of health . the last is the driving factor which includes the role of the family and the role of health workers (Nursalam, 2013; Mbakurawang and Agustine, 2016).

## CONCLUSION

From the results of the study variables that most influence on the compliance of drinking medication in patients with hypertension in the village of Tegalsari District of Kepanjen is variable attitude . On the results of the study have demonstrated that the importance for patients with hypertension to improve the attitude of people with hypertension to compliance drink medication that can reduce and control the pressure of the blood and prevent the occurrence of complications in patients with hypertension . So should the increase in the attitude that positive in improving compliance in patients with hypertension to take medications as regularly , the right time and the appropriate dosage that has been prescribed .

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