

Nursery Model Implementation Based on Culture in the Effort of Handling Hypertension Disease in Sukabumi Regency

¹Hendri Hadiyanto* , ²Tuah Nur

¹*Nursery Department Muhammadiyah University of Sukabumi*

²*Faculty of Administration Sciences and Humanities
Muhammadiyah University of Sukabumi*

Email: hadiyantohendri@yahoo.co.id

Abstract

The death risk is caused by high hypertension because of handling hypertension, which has no good treatment. Hypertension is a hidden disease that can endanger human life if it is not immediately handled because the disease can be detected if it is examined. Culture and life style factor have influence on to hypertension, particularly food that is not controlled by avoiding health aspect such as, food contains high salt, obesity, etc. Seeing from the total annual case that is increasing. This increasing case needs a model that can be used to prevent hypertension disease as nursery model based on culture. Culture approach in society is suitable to change life behaviour, which is not health. The research aims to identify the cause of hypertension increasing in Sukabumi regency and the effort has been done in handling hypertension disease. The result shows habit pattern of hypertension victim in Sukabumi regency is caused by culture or habit that does not support to health. It is caused by habit from generation to generation especially the habit of Sundanese society that consumes salted fish and salt. Sundanese society in Sukabumi regency thinks that having rice without salt is not delicious.

Key words: Nursery model based on culture, hypertension

Introduction

Based on statistic, advanced age (2015) shows that woman advanced age about 8,96% and man advanced age about 7,91% from the total of Indonesian population. The data shows needs a special attention for advanced age. They have to be healthy and productive. One of the diaseses in advanced age is hypertension. Hypertension can be defined as a persistent blood pressure when a pressure in the level of 140 mmHg and 90 mmHg. In advanced age population, hypertension is defined as a pressure when a pressure in the level 160 mmHg and 90 mmHg (Brunner & Suddarth, 2002: 896).

Hypertension case in Indonesia is quite high but there is no maximal and general research. It is only small research that spread every where. Soenardi and Soetardjo (2000:4) concluded from some researches were only 1,8-28,6%, the people in the level of 20 years have hypertension. The data report from Basic Research Health (2007) mentioned province with the highest hypertension victim 53,3 percent is Natuna Island. Meanwhile the last position in 6,8 percent is West Papua Province.

Food management to prevent hypertension is still agrued by many people. Controversy is especially in consuming food in high natron (Na) can cause hypertension and limiting consumption can cause hypertension. In Indonesia, on General Guidance of Balance Nutrition (GGBN) mentions that it must decrease salt consumption (Soenardi Tuti, 2005: 7).

The influence of salt consumption to hypertension occurs through the raising of plasma volume, heartbeat, and blood pressure increasing. In normal, such case will be followed by salt releasing so that it will be back to haemodynamic. Yet, on hypertension victim such mechanism is disturbed. Besides, there is other factor which has influence on so far as blood pressure is increasing (MacGregor, GA, 2009).

Society in Indonesia and Asia is generally consuming high natron because they use to consume ketchup, seasoning MSG (Monosodium glutamate) in large number of quantity. The salt consumption average is between 30 – 40 gram per day compares to American is only 6 – 18 gram per day (Soenardi Tuti, 2005: 6).

The people in Sukabumi regency majority are Sundanese, the habit in consuming food that contains salt with unknown salt concentration. The serving meal often serves salted fish and chili

International Seminar on Global Health (ISGH) 2017

Stikes Jenderal Achmad Yani Cimahi

sauce particularly in countryside area. The habit of smoking is also very high in Sukabumi regency area especially teenager, adult, and advanced age. Based on previous study that was conducted by Sukabumi Regency Health Department stated that hypertension is increasing every year. From the data in 2014, the total reached 13.036 people and in 2015 dramatically increased 31.034 people even the disease had attacked in the age of 15 – 24 in 2014 as many as 180 people and in 2015 as many as 488 people. The cause of hypertension increase was because of life style which did not concern to health such as, lack of exercise, irregular in consuming food, consume too much salt and calorie, smoking, and consume fast food. It shows that Sukabumi regency need a serious attention in decreasing hypertension.

One of nursery model that can be used to increase the effort in preventing hypertension disease in society is nursery model based on culture (Giger. J.J & Davidhizar. R.E,1995). According to the model, the approach used society culture approach relating to health behaviour in society. Nurse as health officer has an important role in the effort of preventing hypertension that is increasing in society. The model is convinced as one of nursery model that can be applied in society because of relating to culture and health behaviour which is able to prevent hypertension disease. Based on Aziz's research (2014), nursery model based on culture had ever been applied in the case of bad nutrient that occurred in Madura. The result of nursery model implementation based on culture in Madura society could increase a good child food pattern by family so that the case of bad nutrient decreased. Based on the background, the formulation study is how the cause of increasing hypertension victim in Sukabumi regency and the need of nursery model based on culture in the effort of handling hypertension diseases in Sukabumi regency.

Method

Research design applied descriptive research qualitative survey and qualitative (Arikunto, 2002). Quantitative research is needed to obtain characteristic data of hypertension victim in Sukabumi regency. Qualitative research is needed to find how far the cause of hypertension increasing in Sukabumi regency and what effort that had been done to handle hypertension disease.

Sampling technique applied stratified random sampling method. The criteria respondent sample were medium age between 35 to 45 year and advanced age between 46 to 65 year and > 65 year. Sample in this research was taken from 102 respondents of hypertension victim from six areas of local government clinic that become a research place. There are among other: Jampang Kulon, Surade, Jampang Tengah, Cikembar, Sukaraja and Cireunghas.

Result and Discussion

The characteristic of hypertension victim in Sukabumi regency in the range of 46 to 55 year as much as 28,45%. Based on sex, it is more men than women as much as 56,9%. Based on elementary school level, it is more 51 % and based on occupation, farmer is more than 35,3%. Knowledge factor of hypertension care is very important because of avoiding complication in hypertension disease especially hypertension that is caused by life style of unhealthy life factor. Based on research, hypertension victim in Sukabumi regency who knows hypertension disease information is quite high as many as 56,9% and who does not know the effect of hypertension disease as many as 61,8%.

Emitasari, et.al (2008) stated that people who seldom consumes vegetables has a risky 1,17 will get hypertension and people who seldom consume fruits has a risky 1,89 times will get hypertension. The habit pattern of hypertension victim in Sukabumi regency has a habit to consume fruit as many as 26,5 % and has no a habit to consume fruits as many as 73,5%. The habit pattern of hypertension victim in Sukabumi regency has a habit to consume vegetable as many as 60,8% and has no habit to consume vegetable as many as 39,2%. Emitasari, et.al (2008) concluded that the pattern consumption of salted food such as salt, MSG, ketchup, sauce have a risky 5,76 will get hypertension. The pattern habit of hypertension victim in Sukabumi regency has a habit to consume salted fish as many as 19,6%. The victim hypertension also has a habit to consume delicious food with flavour seasoning as many as 78,4% and who has no habit to consume as many as 21,6%.

A negative emotion is often related to increase blood pressure. A research shows that a high angry intensity and press angry expression increase a risky for hypertension (Markovutz, 1993). The victim hypertension in Sukabumi regency has get angry easy (emotional) as many as 77,5% and on the contrary has no get angry easy (emotional) as many as 22,5%. Exercise also relates to hypertension. Regular exercise can decrease stress, decrease obesity, burn fat, and strengthen heart muscle so that it will decrease a risk of hypertension (Sustrani, 2005).

International Seminar on Global Health (ISGH) 2017 Stikes Jenderal Achmad Yani Cimahi

The pattern habit of hypertension victim in Sukabumi regency has exercise habit at least once in a week as many as 14,7% and has no exercise habit as many as 85,3%. Smoking can increase blood pressure eventhough in some researches are obtained a group of smoker have blood pressure lower than a group of non-smoker (Mansjoer, 2001). Chemical substance in cigarette such as nicotine and monoxide carbon that came into blood circulation can destroy endothelium surface of blood vessel artery and causes the process atelectasis and hypertension (Nurchalida, 2003). The pattern habit of hypertension victim in Sukabumi regency has smoking habit as many as 45,1% and on the contrary who has non-smoking habit as many as 54,9%.

The use of technology can be known that society is not completely use technology particularly who has hypertension history and most of them does not have tool to measure hypertension. Most of them use technology by coming directly to local government clinic. The age of hypertension victim is an advanced age but it find hypertension victim under the age of 45 year. One of the cause is hereditary factor meanwhile the habit of consume food, society always use salt mixute. Culture in society, which has health advantage and health disadvantage to be known that most of them are accustoming to smoke especially family leader. Moreover health knowledge that has advantage particularly for hypertension that society has known the plants to help in curing hypertension and to change society bad habit is very difficult. Many ways are done persuasively. According to nurse in local government clinic, it needs a nursery model based on culture that can be implemented to handle hypertension disease in society because there is no nursery model in use.

Conclusion

The result research shows habit pattern of hypertension victim in Sukabumi regency is caused by culture or habit that does not support health life. It is because passing from generation to generation from parent's behaviour especially the habit of Sundanese society who consumes salt fist and salt. Sundanese society in Sukabumi regency thinks that have rice without salt is not delicious.

References

- Arikunto, S, 2002. *Prosedur Penelitian Suatu Pendekatan Peraktik*. Jakarta: Rineka Cipta
- Andrew, M & Boyle. J.S, (1995), *Transcultural Concepts in Nursing Care*. 2nd Ed, Philadelphia, JB Lippincot Company
- A.A Aziz H. (2014) Model keperawatan berbasis budaya dalam penanganan kasus gizi kurang di Sumenep Madura. Prosiding Konferensi Nasional Ppni Jawa Tengah 2013
- BPS, 2015. Statistik penduduk lansia.
- Brunner, dan Suddarth, 2002. *Keperawatan Medikal Bedah*. Jakarta: EGC.
- Dinkes Kabupaten Sukabumi (2015). Laporan Tahunan Dinas Kesehatan Kabupaten Sukabumi
- Emitasari, P.D., Djarwoto, B., Siswati, T., 2008. Pola Makan, Rasio Lingkar Pinggang pinggul (RLPP) dan Tekanan Darah di Puskesmas Mergangsan, Yogyakarta. *Jurnal Gizi klinik Indonesia*. Vol.6 No.2. November 2009 Erlangga. Jakarta.
- Giger. J.J & Davidhizar. R.E, (1995), *Transcultural Nursing : Assessment and Intervention*, 2nd Ed, Missouri , Mosby Year Book Inc
- He, FJ; MacGregor, GA, 2009. "A Comprehensive Review on Salt and Health and Current Experience ff Worldwide Salt Reduction Programmes.". *Journal of Human Hypertension* volume 23 pp. 363–84.
- Moskowitz, J. (2009). Positive Emotion in the Midst of Stres: It's not Crazy, It's Adaptive. Diakses dari www.youtube.com pada tanggal 28 juli 2017
- Mansjoer Arif, dkk, (2000). *Kapita Selekta Kedokteran Edisi 3*, Jakarta: EGC
- Notoatmodjo, S, (2005). *Metodologi Penelitian Kesehatan, Edisi Revisi*, Jakarta: Rineka Cipta
- Nurchalida. (2003). *Warta Kesehatan Masyarakat*. Depkes RI. Jakarta
- Riskesdas (2007), *Laporan Riset Kesehatan Dasar*. Kemenkes RI
- Soenardi, dan Soetardjo. (2000). *Hidangan Sehat Untuk Penderita Hipertensi*, Jakarta: Gramedia Pustaka Utama
- Setiawan, Zamhir. (2006). *Karakteristik Sosiodemografi sebagai Faktor resiko Hipertensi Studi Ekologi di Pulau Jawa Tahun 2004* [Tesis]. Jakarta: Program Studi Epidemiologi Program Pasca Sarjana FKM-UI.
- Sustrani, L., Alam, S., Hadibroto, I. 2005. *Hipertensi*. PT. Gramedia Pustaka Utama. Jakarta. Indonesia, Volume 59, Nomor: 12, Jakarta