THE RELATIONSHIP OF KNOWLEDGE AND ATTITUDE OF ELDERLY TO HYPERTENSION INCIDENCE IN TAPIAN DOLOK HEALTH CENTER TAPIAN DOLOK DISTRICT SIMALUNGUN DISTRICT PERIOD

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Abstract

Hypertension in the elderly is mostly isolated systolic hypertension (HST), increased systolic pressure causes a greater likelihood of stroke and myocardial infarction even though the diastolic pressure is within normal limits (isolated systolic hypertension). Isolated systolic hypertension is the most common form of hypertension in the elderly. In one study, hypertension occupied 87% of cases in people aged 50 to 59 years. According to the World Health Organization, the elderly are grouped into: middle age, which is the age group of 45 -59 years. Elderly (Elderly): between 60-74 years, Old (Old): between 75-90 years, and very old (Very Old) over 90 years, the research method used is " Analytical with cross sectional design using primary data through a questionnaire based on the knowledge and attitudes of the elderly. The sampling technique in this study was random sampling, namely the researcher determined the sample taken because of certain considerations. From the results of this study it was concluded that there was a relationship between the knowledge of the elderly and the incidence of hypertension at the Tapian dolok Health Center, Simalungun Regency. 2016, this is evidenced by the results of the chi-square test with a p-value = 0.004.

Keywords: Knowledge, attitude of the elderly, hypertension

INTRODUCTION

Hypertension is often referred to as the Uilen killer. because it is a deadly disease, without prior symptoms as a warning to the victim. Even if they appear, these symptoms are often considered normal disturbances, so that the victim is late in realizing the arrival of the disease (Sustrani, 2006)

Hypertension in the elderly is mostly isolated systolic hypertension (HST), increased systolic pressure causes a greater likelihood of stroke and myocardial infarction even though the diastolic pressure is within normal limits (isolated systolic hypertension). Isolated systolic hypertension is the most common form of hypertension in the elderly. In one study, hypertension accounted for 87% of cases in people aged 50 to 59 years. The presence of hypertension, both HST and a combination of systolic and diastolic is a risk factor for morbidity and mortality for the elderly. Hypertension is still a major risk factor for stroke, heart failure, coronary disease, where its role is estimated to be greater than in younger people (Kuswardhani, 2007).

This age-related condition is a by-product of atherosclerotic wear and tear of the major arteries, especially the aorta, and a result of reduced flexibility. As these arteries harden and become stiffer, they and the aorta lose their adaptability. The walls, now inelastic, can no longer convert the blood leaving the heart into a smooth flow. The result is a continuous pulse wave with high peaks (systolic) and deep valleys (diastolic).

Hypertension is still a health problem in the elderly group. As a result of today's rapid development can increase life expectancy, so that the number of elderly people

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increases every year, this increase in age is often followed by an increase in degenerative diseases and other health problems in this group. Hypertension as a degenerative disease that is often found in the elderly (Abdullah, 2005).

The prevalence of communicable diseases has decreased, while non-communicable diseases have tended to increase Non-communicable diseases (PTM) can be classified into one main group with the same risk factors (common underlying risk factors) such as cardiovascular disease, stroke, diabetes mellitus, chronic obstructive pulmonary disease, and certain cancers. These risk factors include consuming tobacco, high consumption of fat and less fiber, lack of exercise, alcohol, hypertension, obesity, high blood sugar, high blood fat.

Based on the results of a health survey, cases of hypertension increased in 2014-2015, at the Tapian Dolok Health Center, Tapian Dolok District, Simalungun Regency, namely in 2014, the number of elderly people was 3958 with cases of hypertension totaling 215 people. In 2015 the number of elderly people was 4144 people with cases of hypertension totaling 236 people. While data on elderly with hypertension cases in January - June 2016 is 185 people.

Based on this background, the authors are interested in knowing the extent of the relationship between knowledge and attitudes of the elderly towards hypertension at the Tapian Dolok Health Center, Tapian Dolok District, Simalungun Regency for the January-June 2016 period.

Formulation of the problem

Based on the description above, it can be seen that how is the relationship between knowledge and attitudes of the elderly towards the incidence of hypertension at the Tapian Dolok Health Center, Tapian Dolok District, Simalungun Regency for the January-June 2016 period.

METHODS

Types of research

The type of research used was "Analytic with a cross-sectional design" namely to determine the relationship between Knowledge and Attitudes of the Elderly on Hypertension Incidence at the Tapian Dolok Health Center, Tapian Dolok District, Simalungun Regency for the January - June 2016 period.

Place and time of research
Research Place

The research was conducted at the Tapian Dolok Health Center, TapianDolok District, Simalungun Regency, January - June 2016.

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Research time

The research was conducted in August 2016.

Data analysis

Data analysis was carried out in a correlation manner, namely describing the relationship between the two variables by looking at the percentage of data that had been collected and presented in a frequency distribution table and a cross table a Univariate analysis

Univariate analysis was carried out to analyze the existing variables descriptively by calculating the frequency distribution in the form of a table which includes knowledge, attitudes.

Bivariate Analysis

Bivariate analysis to find out the relationship between the dependent variable and the independent variable. Testing Using the chi-square statistical test. To determine the significance of the results of statistical calculations, a significance limit of 0.05 was used. Thus if the P value < 0.05 then the results of statistical calculations are significant and if P ≥ 0.05 then the results of statistical calculations are not significant.

RESULTS AND DISCUSSION

Contents Results and Discussion

Relationship between Elderly Knowledge and Hypertension at Tapian Dolok Health Center

Based on table 535, it is known that of the 37 respondents who had good knowledge, the majority of the elderly had hypertension, as many as 28 (43.1%), while of the 28 respondents with poor knowledge, the majority of elderly people had hypertension, as many as 25 (38.5%). The results of the statistical test obtained a value of p0.002, so it can be concluded that there is a relationship between elderly knowledge and the incidence of hypertension at the Tapian Dolok Health Center, Tapian Dolok District

Simalungun Regency January-June 2016 Period The results of the study showed that respondents with good knowledge had hypertension. One of the factors that influence knowledge is education, and based on the results of educational research the majority of respondents were junior high schools, namely as many as 35 people (53.8%), and elementary schools as many as 28 (43.1%) so that this resulted in respondents not being able to answer questions correctly. Correct.

Risk factors for hypertension include obesity, unhealthy eating habits, smoking habits, physical activity and stress. Along with current developments, there is a tendency that hypertension is a degenerative disease that not only attacks old age but is now experiencing changes that threaten productive age such as old age. adults, this is triggered by lifestyle changes such as changes in eating habits that contain high fat and high salt but

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low dietary fiber which will have consequences as one of the risk factors for developing hypertension at a young age.

Relationship between Attitudelanska and Hypertension at the Tapian Dolok Health Center

Based on table 5.3.6, it is known that out of 46 respondents who agreed, 42 people (64.6%) had hypertension and 4 people (6.1%) did not have hypertension, while 11 of the 19 respondents who disagreed There were 8 people (20.7%) with hypertension and those who did not have hypertension (12.3%). The results of the statistical test obtained a p-value of 0.004, so it can be concluded that there is a relationship between the attitude of the elderly towards hypertension at the Tapian Dolok Health Center, Tapian Dolok District, Simalungun Regency, January - June 2016

The right understanding of the elderly about hypertension directs the elderly to have a motivation to make changes in attitudes that provide goals towards healthy living behaviors. A behavior requires sufficient motivation in a person to carry out an action successfully, without motivation people will not be able to do anything because motivation causes a person to be serious in carrying out activities, there are still many elderly people who have bad eating habits. The case group often ate salty food, fried food, some also liked to eat meat, food containing seasonings. In their daily cooking, the respondents also added a lot of salt to the food, moreover, the respondents added flavoring to add a delicious and savory taste to the dish.

When attending a celebration/party, the people in the working area of the Tapian Dolok Health Center usually serve various dishes, one of which is beef rendang, on this occasion the respondents really enjoyed it. Respondents even spent 1 to 2 pieces of meat because the respondents really liked it. Respondents did not care about their illness at that time, because according to respondents if their blood pressure rises they can take blood pressure-lowering medication and can be controlled again at the puskesmas.

Between noon and late afternoon, respondents often eat foods that use flavorings, such as fried noodles, meatballs, instant noodles and the like. Apart from being delicious, it is also filling. Respondents said that ready-to-eat food with high levels of flavoring tastes good, if you don't use flavoring, the food will not taste good. There were also respondents who said they liked to drink coffee in the morning and at night. Because of these eating habits that consume a variety of foods that contain high levels of sodium, fat, blood pressure increases.

Adjusting eating patterns such as a healthy diet with balanced nutrition and reducing salt intake is very important in an effort to control blood pressure because consuming too much salt in daily food can increase blood pressure. Using enough table salt (sodium chloride) and consuming iodized fresh food and reducing consumption of preserved foods is very necessary, this is the attitude of the elderly that can lead to hypertension.

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The results of field research showed that as many as 43.1% of the respondents were housewives who had sufficient physical activity. Based on the results of interviews conducted, respondents said that household chores such as sweeping, mopping, washing and cooking were done by themselves. Respondents also said that almost all household chores, such as grinding spices, washing clothes, cooking rice, were done by themselves.

This is in accordance with the theory that regular physical exercise is proven to reduce blood pressure to normal levels and reduce the risk of hypertension attacks by 50%. Physical activity is important for controlling high blood pressure because it makes the heart stronger. The heart is able to pump more blood with less effort. , the lighter the work of the heart to pump blood, the less pressure on the blood vessels. The mechanism of physical activity can bring good results by increasing blood flow to the heart. Physical activity also slows down atherosclerosis and lowers the risk of heart attack and stroke. Sports experts recommend exercising vigorously for at least 30 minutes.

Attitude will affect a person's actions or behavior. It is hoped that a positive attitude of the elderly will not cause hypertension and vice versa if the attitude of the elderly is negative it will result in hypertension.

CLOSING

Conclusion

After conducting research on the relationship between knowledge and attitudes of the elderly towards the incidence of hypertension at the Tapian Dolok Health Center, Tapian Dolok District, Simalungun Regency for the January - June 2016 period, several conclusions can be drawn as follows:

1. Based on the incidence of hypertension, it is known that out of 65 respondents, 53 (81.5%) had hypertension and 12 (32.5%) did not.
2. There is a relationship between elderly knowledge and the incidence of hypertension at the Tapian Dolok Health Center, Tapian Dolok District, Simalungun Regency for the January - June 2016 period, with the results of the statistical test obtained $p = 0.002$
3. There is a relationship between the attitude of the elderly towards the incidence of hypertension at the Tapian Dolok Health Center, Tapian Dolok District, Simalungun Regency for the period January - June 2016, with the results of the statistical test obtained $p = 0.004$.

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