



Study of Phenomenology of Drug Consumption Patterns of Individuals With Hypertension in Working Areas of Parongpong Health Center West Bandung

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ABSTRACT

In 2016 West Java was the fourth-ranked province as the region with the highest prevalence of hypertension, which was 29.4% in Indonesia. Failure to treat hypertension was found due to low compliance in the use of hypertension drugs. Non-compliance with the consumption of antihypertensive drugs will have an impact on the incidence of uncontrolled blood pressure. Long term Uncontrolled blood pressure can cause complications of the disease and even death. The purpose of this study is to identify the overview of hypertensive patients in consuming hypertension drugs.

This study uses a qualitative method with a phenomenological approach through in-depth interviews on 6 people with hypertension, using semi-structured questions about their experience in taking hypertension medication.

From this study, it was found that taking medication for a long period caused a feeling of laziness and boredom in taking medicine, resulting in patients with hypertension who stopped consuming medication. Fear of side effects from taking medication for a long time makes hypertensive patients decided to stop the consumption of hypertension medicine.

It is hoped that this research can be an input to improve health promotion to reduce the failure of hypertension treatment.

Keywords: Drug consumption pattern, Experience, Hypertension.

INTRODUCTION

Hypertension is one of the causes of death that often occurs today. The more you age, the more likely a person is to suffer from hypertension.

Hypertension is also known as a silent killer that can kill silently because this disease has no specific symptoms like other diseases, and can attack anyone and at any time. When blood pressure rises, it can cause damage to blood vessels, including heart blood vessels because the heart works harder, this can result in death that occurs suddenly or suddenly (Bumi Medika, 2017).

West Java is a province ranked fourth as the region with the highest prevalence of hypertension that is equal to 29.4% in Indonesia. The city health office in Bandung in 2016 stated that hypertension was the main cause of death in the city of Bandung. Based on data obtained from the Health Office of West Bandung Regency in 2013 there were 37,128 patients detected by hypertension from a total population of 1,400,000 people in West Bandung regency and predicted to continue to increase each year (West Bandung Regency Health Service, 2014. In Sari (2017).

The most common reason for the failure of hypertension therapy is low compliance with the use of drugs in hypertensive patients. Knowing the compliance factors of hypertension sufferers in using drugs needs to be done as one way to plan a more comprehensive strategy in increasing the effectiveness of hypertension therapy (Saepudin et al., 2013).

Non-compliance with patients in taking antihypertensive medication will have an impact on the incidence of uncontrolled blood pressure. Uncontrolled blood pressure for a long time can cause complications from hypertension such as stroke and heart disease. Non-compliance of patients in using antihypertensive drugs can also lead to worsening disease conditions, increase medical costs and can cause death (Adikusuma, et al, 2015).

Based on the results of research conducted by Smantummkul, et al, (2014) shows that the level of adherence to taking medication for hypertension patients in RSUD Dr. Moewardi Surakarta with a high level of adherence was 16.55%, while 50.56% and 32.58% of patients showed moderate and low levels of adherence. The results of a study conducted by Hairunisa (2014) of 74 patients with hypertension, showed that there were 35% of patients who were obedient taking medication and there were 65% of patients who were not adherent to taking medication. Sinuraya et al (June 2018) also stated in their research on compliance, that low compliance rates were 53%, moderate compliance was 32.3%, and high compliance was 14.2%.

Based on the description above, the authors are interested in researching with the title "Phenomenology Study of the Consumption Pattern of Individual Drugs with Hypertension in the Work Area of Parongpong Health Center in West Bandung Regency".

LITERATURE REVIEW

The method used in this study is a qualitative research method. This research uses a purposive sampling technique to collect data.

The population referred to in this study is hypertension sufferers who are in the working area of the Parongpong District Health Center, West Bandung.

There is no exact number of informants in a qualitative study. The informant will be sufficient if it has reached saturation or saturation so that no more new information is obtained.

To ask semi-structural questions, researchers adapted the research of Trisnawati (2014).

The researcher began the study with permission from the Dean of the Faculty of Nursing to submit approval for the Medical Research Ethics Code (KEPK) FK UNPAD. After obtaining approval from the KEPK FK UNPAD, the researcher conducted the data collection process with permission from the Head of the Parongpong Health Center, Parongpong District, West Bandung Regency. Informants involved in collecting data have first explained the purpose of the study clearly, then asked for approval by signing an informed consent or consent sheet if the informant is willing to join this research. The structured questions are then asked the informant. Before the interview is finished the researcher informs the informant that after the data obtained is used as a transcript, the researcher will come back to validate or confirm the data obtained. The researcher conducts the final termination with the informant by thanking the informant through rewarding their willingness and cooperation during the research process. After the researchers finished collecting the data, the results of the interview were heard and then summarized in the form of a transcript. After the data has been analyzed and transcript made, the coding is open to get the appropriate categories. After that, describe the phenomena that have been obtained from the research narrative and present the data.

METHODS

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RESULTS

The results found several main categories that describe the experience of hypertension sufferers who consume drugs divided into five (5) categories and eight (8) subcategories. The categories are based on Calista Roy's Adaptation theory, namely: Understanding Disease, Adaptation Degrees, Cognators, Adaptive Responses, and Interdependence. And the sub-categories obtained are Signs and Symptoms, Looking for Health Services, Medicines used, Lazy, Bored, Fear, Non-Pharmacological Medicine, and Family.

1. Understanding Disease

When someone feels an abnormality or symptoms of the disease appear on him, then the person will automatically find a solution so that healing or balance occurs in the body, which is looking for health services to get healing. Not just looking for health services, if you do not get drugs then someone will not be satisfied with the treatment.

2. Degree of Adaptation

Using antihypertensive drugs for a long time makes someone will adapt to the situation, where hypertension sufferers will adapt by stopping taking medication because they feel bored having to take the drug every day.

3. Cognator

The fear felt by the informant is a form of doubt the informant of the drugs consumed, in general, the doubt experienced by the informant, is part of the informant's lack of knowledge about hypertension suffered. Moreover, seeing that the informant's educational background is very low, it is very possible that the informant is not compliant with the treatment of hypertension due to a lack of knowledge about the illness.

4. Adaptive Response

Informants took the initiative to use alternative medicine using herbal medicines to achieve or maintain life, due to doubts about the treatment of health workers.

5. Interdependence

The role and support of the family are very useful in helping to improve healing and can make a family have a strong bond. Not only this, family support is very meaningful to reduce the number of stress caused by illness so that shared welfare can be achieved

DISCUSSION

The results showed that some informants who were interviewed stated that they felt lazy and bored when taking hypertension medication. Antihypertensive medications must be taken for the rest of your life. Taking medication for a long time causes people with hypertension to be lazy and feel bored taking medicine.

Lack of knowledge and lack of education of hypertension sufferers, make hypertension sufferers feel afraid of the long-term side effects of the drugs taken.

Suchman Health Orientation Theory (1965) states that the orientation to popular health is characterized by a low level of knowledge about the disease, a high level of skepticism (doubt) about medical care and a high level of dependence on a person due to the disease. People with low knowledge of the illness will raise doubts about the treatment process given by health workers to him.

Family support is needed to help prevent hypertension treatment because patients forget to take medication. The older people with hypertension, the greater the possibility of forgetting to take medication. Adequate family social support is evidenced by decreasing mortality rates, easier recovery from illness and among the elderly, cognitive function, physical and emotional health.

Conclusion

Based on research conducted on individuals with hypertension in the working area of the Parongpong Community Health Center regarding drug consumption patterns, it can be concluded that:

1. The informant knows the signs and symptoms of hypertension, thus making the informant decide to go to health services to get cured by getting medicines and getting to know the name of the medicine given.

2. Lazy and boring taking drugs occur when the informant consumes drugs for a long time, causing failure in the treatment of hypertension. However, hypertension medication will be taken back when it feels symptoms such as headaches or dizziness.
3. Doubts that occur due to lack of informant knowledge of hypertension, make informants feel scared and decide to stop taking drugs.
4. Not only focus on the treatment recommended by health workers, but hypertension sufferers also use alternative herbal treatments to help stabilize blood pressure. Soursop leaf cooking water and bay leaf cooking water is used to help lower and maintain the stability of blood pressure of hypertension sufferers.
5. The family is very instrumental in the compliance of hypertensive sufferers, especially as a reminder when the patient forgets to take medication. The family also acts as a companion to deliver or accompany patients with hypertension control or seek treatment at a health center.

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