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Self Efficacy In Hypertension Patients At One Of The Public Health Centers in Garut Regency

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Abstract

Hypertension is one of the cardiovascular diseases where there is a persistent increase in systolic and diastolic pressure. The long-term impact of hypertension is damage to various vital organs such as the heart, brain, kidneys, etc. Therefore, hypertension patients must have self-efficacy to prevent complications. The purpose of this study is to identify the self-efficacy profile of patients with hypertension at one of the community health centers in Garut Regency. The research design are descriptive quantitative with sample size of 64 people through purposive sampling based on proportioned formula. Data collection was conducted using a questionnaire about self-efficacy in hypertensive patients. The research results show that 35 patients (55%) have low self-efficacy. Health centers are advised to develop strategies to improve the self-efficacy of hypertensive patients to prevent complications.

Keyword: Hypertension, self-efficacy

health problems in Indonesia. The

INTRODUCTION

Hypertension is a disorder of the cardiovascular system characterized by a persistent increase in systolic and diastolic pressure. Hypertension is defined if the systolic pressure exceeds 10 mmHg and/or the diastolic pressure exceeds 80 mmHg (Bryan, 2022). Hypertension is one of the

Indonesian Health Survey shows that the prevalence of hypertension in 2024 is 30.8% (Kemkes RI, 2023). In Garut Regency, West Java, hypertension has become one of the non-communicable diseases with a relatively high prevalence (Perceka et al., 2022). Hypertension is among the ten most common diseases suffered by the community in Garut

Regency, with a total of 106,219 sufferers in 2023 (Dinkes Jabar, 2024). The high prevalence of hypertension is at risk of reducing productivity and quality of life, which can ultimately increase the social and economic burden (Muhammad et al., n.d.).

Factors related to hypertension such as lack of physical activity, poor diet, and ineffective stress management contribute to the increasing number of hypertension sufferers in Garut Regency. Thus, physical and non-physical factors have a significant opportunity to cause hypertension. One of the psychological aspects that plays an important role in the management of hypertension is self-efficacy, which is the individual's belief in their ability to organize and execute the necessary actions to achieve a specific outcome (Puspita et al., n.d.). Self-efficacy influences the way individuals think, feel, and act. In the context of health, high self-efficacy can encourage patients to be more compliant with their treatment regimen, adopt a healthy lifestyle, and proactively manage their health conditions (Saadat Hussain & Ali Khan, 2022).

Research on self-efficacy in hypertension has been extensively conducted. A study in Makassar found that self-efficacy correlates with blood pressure

in hypertensive patients (Asnaniar et al., 2021). Patients with high self-efficacy tend to be more able to adhere to treatment in hypertensive patients (Kara, 2022) and improve health literacy related to hypertension (Zhang et al., 2021). However, research on the self-efficacy profile of hypertensive patients in Garut Regency is still limited. Knowing the level of self-efficacy in hypertensive patients in Garut Regency is important for formulating hypertension management strategies that are appropriate for the community's conditions. With a better understanding of the self-efficacy of hypertensive patients, nurses can develop appropriate education and support programs to enhance patients' self-confidence in managing their hypertension, aiming to reduce morbidity and mortality rates due to hypertension in Garut Regency.

The purpose of this study was to identify the level of self-efficacy in hypertension patients in Garut Regency in order to increase productivity and quality of life patients with hypertension.

RESEARCH METHOD

The design of this study is descriptive, which only describes one variable, namely self-efficacy in hypertension patients. The

research sample consisted of 64 people taken based on purposive sampling conducted for 3 weeks. The sample size was based on a proportional formula by considering specific criteria. Data collection used a questionnaire focused on self-efficacy. Data were analyzed using frequency distribution.

RESEARCH RESULT AND DISCUSSION

Table of respondent characteristics in this study is below.

Table.1 Respondent Characteristic

No	Category	F	%
	Gender		
	Male	39	60
	Female	25	40
	Total	64	
	Age (years)		
	40-50	30	47
	50-60	26	41
	60-70	8	12
	Total	64	
	Education		
	Elementary School	3	4
	Junior High School	38	60
	Senior High School	19	30
	Higher education	4	6
	Total	64	

Based on the table above, it is known that there are more male respondents than female respondents, as much as 60%. The majority of respondents' age range is 40-50 years, and the respondents' education is mostly junior high school.

Table 2. Self-Efficacy in Hypertensive Patient

Category	F	%
High self-efficacy	3	4
Fair self-efficacy	23	36
Low self-efficacy	38	60

Based on the table above, it is known that the majority of respondents are in the low self-efficacy category, as much as 65%.

Self-efficacy is an individual's belief in their ability to manage and control behavior related to hypertension. Self-efficacy has an important contribution in managing hypertension. Low self-efficacy in hypertensive patients can be a barrier in the process of controlling blood pressure and controlling the risk of complications.

The results of this study show low self-efficacy which may be related to the low level of education of respondents, where the majority of respondents only have an education up to junior high school level. Several studies show that the higher the level of education, the higher the self-efficacy (Xie et al., 2020).

low level of education can cause lack of patient knowledge related to hypertension related to limited access and information so that it affects the way of thinking and behaving. the results of the study showed that patients with high knowledge tend to have high self-efficacy (Chen et al., 2022).

Low self-efficacy can be related to low social support from family, friends and the community. Lack of social support causes patients to feel isolated and less motivated in managing hypertension (Widiawatie et al., 2021). The results of the study showed that low social support is related to lower self-efficacy in patients with chronic diseases, including hypertension (Shahin et al., 2021).

The next explanation is the low interaction of hypertension patients with health workers which is one of the factors contributing to low self-efficacy. The long distance from the health center causes patients to rarely check their health so that patients do not get enough education from nurses regarding the hypertension they suffer from. The results of the study showed that adequate education can increase self-efficacy (Dwairaj & Ahmad, 2022).

Another explanation is that poor psychological conditions such as stress, anxiety and depression are related to hypertension. The results of the study showed that psychological problems can reduce self-efficacy in patients with chronic diseases (Sharma & Kumra, 2022). Thus, low self-efficacy in this study is related to many factors that are interrelated with each other.

Research shows that self-efficacy is related to self-management. Patients with high levels of self-efficacy tend to be more active in managing hypertension, including diet, physical activity and medication (Van Truong et al.,

2021).

CONCLUSION

This study reveals that the majority of hypertensive patients in Garut Regency have low self-efficacy, which significantly impacts their ability to manage the disease effectively. Factors contributing to this low self-efficacy include low levels of education, limited health knowledge, poor social support, inadequate interaction with healthcare professionals, and poor psychological conditions. These interrelated factors highlight the need for comprehensive strategies to improve patients' self-efficacy through targeted education, stronger social support systems, accessible healthcare services, and psychological support. Enhancing self-efficacy is essential for improving hypertension management, increasing treatment adherence, and ultimately improving the quality of life and health outcomes for hypertensive patients in the region.

RECOMMENDATION

Public health center nurses are expected to develop strategies to increase the self-efficacy of hypertension patients through effective communication, adequate education and creating positive experiences when patients check their health at the public health center.

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