

The Effect of Health Coaching on Motivation of Checking Blood Pressure in Hypertension Patients

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The Effect of Health Coaching on Motivation of Checking Blood Pressure in Hypertension Patients

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4 ABSTRACT

Introduction: Hypertension is a major risk factor for cardiovascular diseases that cause the highest deaths in Indonesia. Health coaching is a patient-centered health education and promotion and the selection of activity goals are also determined by the patient so that the patient is more involved in the activity. The aim this study was to explain the influence of health coaching on the motivation to check blood pressure in patients with hypertension. **Methods :** This study used a pre-experiment with a one-group pre-test-post test design. Independent variable in this study was health coaching and dependent variable motivation to blood pressure check. The population of this study was hypertension, about 50 respondents were selected by using purposive sampling. The data were collected by using questionnaire. statistical test wilcoxon significance level $\alpha = 0.05$. **Result :** The results of the study Based on statistical test of t-test for 2 free samples with significant level $\alpha = 0,05$, for check blood pressure motivation after given health coaching got significant value $\rho = 0,000$ ($\alpha < 0,05$) so that H_0 is rejected, meaning there is influence of health coaching on the motivation to check blood pressure in people with hypertension. **Conclusion:** It was concluded that there was an influence of health coaching on the motivation to check blood pressure in hypertensive patients in Kalikejambon village tembelang jombang. So health coaching can be used as an intervention to increase the motivation of hypertensive patients so in blood pressure check.

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I. INTRODUCTION

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High blood pressure (hypertension) is a condition characterized by an increase in blood pressure in the arteries. Hypertension is a disease that generally does not show symptoms or if there are symptoms are not clear, so high pressure in the artery is often not felt by the patient (Iskandar, 2010).

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High blood pressure is considered a major risk factor for the development of heart disease and various vascular diseases in elderly people, this is due to higher tension in arteries leading to hypertension. Elderly are often affected by hypertension caused by stiffness in the arteries so that blood pressure tends to increase. In addition, the cause of hypertension in the elderly is also caused by changes in lifestyle and more importantly the possibility of increased high blood pressure due to increasing age is greater in people who consume lots of foods containing lots of salt (Jain, 2011). High blood pressure or hypertension is characterized by an unnatural and persistent rise in blood pressure due to the destruction of one or several factors that contribute to maintaining normal blood pressure (Jain, 2011). The World Health Organization or WHO (World Health Organization) also provides restrictions that individuals, with different ages and sexes, if their blood pressure is in units of 140/90 mmHg or above 160/90 mmHg, can already be categorized as hypertensive (Rusdi and Nurlaena Isnawati, 2009).

Based on WHO data, every year hypertension has killed 9.4 million people worldwide. WHO has also estimated that the number of people with hypertension will continue to increase as the population increases. WHO also predicts that by 2025 to come, there are about 29 percent of the world's people who suffer from hypertension. In Indonesia, Hypertension has killed 1.5 million people annually.

In East Java, the percentage of population of Elderly Surabaya is 11.07% higher, compared to 10.02% in Mojokerto, 9.96% in Kediri, 9.79% in Jombang, 9.74% in Blitar, 10.21% in Pasuruan and Sidoarjo 10, 7%. Degenerative diseases such as hypertension with increasing age. Elderly clients, generally people with systolic hypertension Rear. In East Java, the elderly with hypertension, the results of RiskeSDas in 2013, indicates that the proportion of hypertension in students 45-54 years and older is always higher. The risk of hypertension increases with age and age > 75 years at risk of 11.53 times of hypertension (Risksedas, 2013).

In Jombang, the elderly as much as 9.79% of the total population of 1419,137 people and those with isolated systolic hypertension as much as 60.4%, ie 83,915 inhabitants. The amount is a burden for individuals, families, communities and governments. Elderly have decreased biological-physical quality, ie blood vessels have many who have atherosclerotic, if elderly have hypertension or systolic pressure more than 140 mmHg easy once stroke and fatality (Saputri, 2009).

According to Beech et al (in Subandi, 2009), mention that tension is a contraction of skeletal muscle fibers, while relaxation is an extension of the muscle fibers. At the time people experience tension and anxiety that works is a sympathetic nervous system, while at the time of relaxed work is the parasympathetic nervous system. Relaxation tries to activate parasympathetic neuralgia (Bellack & Hersen, and Prawitasari in Subandi, 2002). The relaxed state relaxes the muscles and trains the individual to activate the parasympathetic nervous system as a sympathetic nervous system activity (Kalat, 2007).

High knowledge has not guaranteed a person to have good motivation. Because in addition to knowledge, there are many factors that influence the motivation such as trust, belief, needs, environment, availability of facilities or health facilities and behavior of health workers (Notoatmodjo, 2007). According to Hardyowinoto (2009), a person who leads a life can be assumed that the older his age, the practice is also more and more, his knowledge is wider, his expertise deepens and his wisdom is more stable in decision-making and one of the actions to perform routine blood pressure checks.

Azwar (2011) states that education will make a person motivated to want to know, to seek experience and to organize experiences so that information received will become knowledge. Knowledge that owned will form a belief or motivate someone to perform certain actions one of them are regular blood pressure checks.

Health coaching is a patient-centered health education and promotion and the selection of activity goals are also determined by the patient so that the patient is more involved in the activity. The results of the study on the use of health coaching techniques in several previous studies are vary from providing a positive experience for partisipan, providing maximum results perceived by participants, improving quality of life, improving patient self efficacy, improving health status and saving on medical expenses (Effendy, 2016).

Based on preliminary study that most of hypertension sufferer in Kalikejambon village tembelang jombang do not do routine blood pressure check, patient will check if there is a heavy complaint. reasoned for not knowing and have never received information about the important of blood pressure check. While those who have done routine blood pressure check already get information from family, friends, health workers, and media. This reinforces the reason that knowledge is one of the important factors in taking action to perform routine blood pressure checks.

Based on the exposure above, it can be concluded that the handling of blood pressure drop in hypertension efforts to improve the health of elderly in Indonesia is very important. Health education has been proven to increase knowledge and motivation. Furthermore, research to determine the effect of health education by way of health coaching felt necessary to further optimize the handling of blood pressure decrease. Therefore, this study aims to determine the influence of health coaching on motivation of checking blood pressure in hypertension patients.

II. METHOD

The type used in this study is pre-experimental with purposive sampling design. Variable that used are independent variable: health coaching, dependent variable: motivation to check blood pressure, with population of all hypertension sufferer in Kalikejambon village Jombang with inclusion criteria: 1) Not in severe pain condition, 2) Active and able to communicate, 3) Use antihypertensive

drugs. Sample in this research are 50 respondents by using simple random sampling and instrument using questioner. Questionnaires have validity and reliability researchers with $r > 0.619$. Analisa data in this study using Wilcoxon.

The design of this research is experiment with with a one-group pre-test-post test design. Independent variable in this study was health coaching and dependent variable motivation to blood pressure check. The population of this study was hypertension in Kalikejambon village Jombang with inclusion criteria: 1) Not in severe pain condition, 2) Active and able to communicate, 3) Use antihypertensive drugs. The sample in this are 50 respondents were selected by using purposive sampling. The data were collected by using questionnaire, statistical test wilcoxon significance level $\alpha = 0.05$.

Questionnaires have validity and reliability researchers with $r > 0.619$. Analisa data in this study using Wilcoxon.

III. RESULT

3.1 Characteristic of Respondent

The following table were describes characteristic of respondent:

Table 1. Description of the contents of Hypertension patients

Characteristics of respondents	Frequency	Percentage (%)
Gender		
- Male	30	60
- Female	20	40
Number	50	100
Age		
- 46-55 Years	10	20
- 56-65 Years	23	46
- > 65 Years	17	34
Number	50	100
Education level		
- not school	10	20
- Elementary school	22	44
- Primary school	16	32
- Senior high school	11	22
- University	1	2
Number	50	100
Employment		
- Not working	5	10
- TNI/POLRI/PNS	1	2
- Private	31	62
- self -business	1	2
- Other	12	24
Number	50	100
Hypertension history		
- No	5	10
- Yes	45	90
Number	50	100

Gender respondents mostly male 30 people (60%) and almost half of respondents aged 56-65 years as many as 23 people (46%). Almost half of the respondents had elementary education were 22

(44%), the occupation of most private respondents 31 people (62%) and almost all respondents who have a history of hypertension as much as 45 respondents (90%).

Research variable

1) Respondents motivation before given health coaching

Table 2. Respondents distribution based on hypertension patients motivation before given health coaching

Motivation	Frequency	Percentage (%)
Good	3	6%
Enough	20	40%
Less	17	34%

Based on Table 5.2 it shows that almost half of respondents have enough motivation to check blood pressure as much as 20 respondents (40%) and a small percentage of respondents have good motivation to check blood pressure as much as 3 respondents (6%).

2) Student Motivation After Given health coaching

Table 3. Respondents distribution based on

Hypertension patients motivation before given health coaching

Motivation	Frequency	Percentage (%)
Good	26	52%
Enough	19	38%
Less	5	10%

The influence of health coaching on the motivation to check blood pressure in hypertensive patients.

Table 4. Respondents distribution based on hypertension patients motivation before and after given health coaching

Motivation	Before		After	
	F	%	F	%
Good	3	6%	26	52%
Enough	20	40	19	38%
Less	17	34	5	10%
		%		
Wilcoxon Test	P = 0,000			

Based on table 5.4 it can be seen that from the Wilcoxon test p-value value 0.000. From this result, it can be seen that p-value (0.005) < α (0,05) shows that there is significant influence on motivation of hypertension patient before and after health coaching.

IV. DISCUSSION

The gender of the respondents was 30 men (60%), almost half of respondents were 56-65 years old as many as 23 people (46%). Almost half of the respondents had elementary education as many as 22 (44%), the occupation of most private respondents 31 people (62%) and almost all respondents who have a history of hypertension as much as 45 respondents (90%). This is in line with research indriani (2011) that most people with hypertension are male and almost all respondents have a history of hypertension.

1) Responden Motivation Before Given Health coaching

Based on Table 5.2 it shows that almost half of respondents have enough motivation to check blood pressure as much as 20 respondents (40%) and a small percentage of respondents have good motivation to check blood pressure as much as 3 respondents (6%).

For motivation there are various reasons that motivate students to vaccinate, including physical and mental factors, heredity factor, environment, age maturity, intrinsic factor of a person (knowledge, education and work), facilities (facilities and infrastructure), social culture, and media used. Environmental factors influence motivation because of all the internal and external conditions that affect and affect the development and behavior of individuals and groups. While that includes intrinsic factors that affect the motivation of knowledge, education and work (Nurus, 2010).

The results of this study indicate that hypertensive patients almost half of respondents have enough motivation. this is because most information sources are obtained from newspapers, magazines, or print media and some have never been informed of the importance of routine blood pressure checks. Information on the importance of routine blood pressure checks obtained from respondents from newspapers, magazines, or print media is clear enough but respondents sometimes lazy or ignore the disease because there is no severe complaints.

Tirtana (2011), health education to knowledge of hypertension and health education in increasing knowledge, attitude and skill of family with hypertension (Mardhiah, 2014)

2) Responden Motivation After Given Health coaching

Based on table 5.3 shows that most respondents motivation to check blood pressure after given health coaching as much as 26 respondents (52%) have good motivation and 5 respondents (10%) have less motivation. The results of this study indicate that most respondents have good motivation to perform regular checks high blood pressure after being given a health coaching.

According to Notoatmojo (2007) the factors that can affect health education are the providers of materials, the goals to be given health education, the right time when providing health education, and media extension. In line with the theory Taufik (2007) that motivation is influenced by extrinsic and intrinsic factors that affect the level of one's motivation.

3) The influence of health coaching on the motivation to check blood pressure in hypertensive patients

Based on table 5.4 it can be seen that from the Wilcoxon test p-value value 0.000. From this result, it can be seen that $p\text{-value} (0.005) < \alpha (0,05)$ shows that there is significant influence on motivation of hypertension patient before and after health coaching.

Increased motivation of hypertensive patients about doing regular checks of blood pressure after being given a health coaching due to the explanation and direction is given in an open and harmonious atmosphere. So that respondents feel comfortable and easy to understand and understand about the importance of routine check blood pressure and knowledge about hypertension.

This is in line with his research Sitanggang (2017), the influence of health coaching on improving self efficacy and prevention behavior of pulmonary tuberculosis patients with Health Promotion Model approach. Bandura (1997) states that the self efficacy of a person is influenced by several factors, self efficacy can be obtained, altered, enhanced or derived through four factors one of

which persuasion verbal individual gets the ¹ influence or suggestion that he is able to overcome to face the problems.

Someone that given the belief and drive to succeed, then will show the behavior to achieve that success. Health coaching focuses on factors that affect motivation, overcome obstacles, overcome a sense of incompetence, influence patients to not limit themselves, produce solutions (self / realistic), take small steps, review, reflect, support, build confidence and self confidence (self-acceptance, self efficacy) and how to become more involved and make decisions (Macadam, 2014)

V. CONCLUSION

There is the influence of health coaching on the motivation of hypertensive patients to perform routine blood pressure checks in Kalikejambon village tembelang Jombang.

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