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**ANALYSIS OF INFLUENCE FACTORS AUOTONOMOUSNESS OF  
HYPERTENSION ELDER BASED ON SELF CARE OREM THEORY  
PERSPECTIVE IN RW 03 WONOKROMO SURABAYA**

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**Abstract**

The elderly people who have hypertension have not realized and do not have enough ability to have hypertension treatment at home. The objective of this study was to analyze the factors that affect the independence of hypertension elderly people based on the theory perspective of "Orem Self Care" in RW 3 Wonokromo Subdistrict Surabaya.

This study design was a cross sectional analytic approach. The population was Hypertension Elderly Patients and the sample was 32 respondents. The sample was collected by a probability sampling technique used simple random sampling. The research variables were age, education, job, support and independence. The data collection was done by distributing questionnaire. The statistical test used Logistic Regression which had significance level  $\alpha = 0.05$ .

The result of the study was almost half (43.8%) of the respondents, the age was 60-74 (seniors up early) and the majority (62.5%) had a primary education. The majority (68.8%) of them was working, most (71.8%) had less family support and the majority (75%) was not independent. Logistic regression of SPSS was the most dominant factor of independence from age, education, job and family support that was  $P = 0.002$  which was  $P > 0.05$  means that the most dominant factor of independence was family.

The conclusion of this study is the family support is crucial to determine the elderly independence level, especially hypertension elderly people. It is expected that the family can pay more attention to the health condition of family members and provide support during the inspection process, the treatment of the elderly people who have hypertension.

**Key words:** factors auotonomousness, hypertension, elder

## INTRODUCTION

Hypertension is one of some diseases that societies are suffer from and without knowing the causes clearly. Hypertension sufferer should defend their life quality through their awareness and the promotive and preventive that can control their blood pressure. In fact there are so many hypertension sufferer have not yet realized and have no enough abilities in caring in hypertension in their own house. This phenomenon will make some complications in target organ so that, hypertension called as silent killer.

Based on *American Heart Association* (AHA), USA's citizens in above 20 ages that suffer from hypertension are in 74,5 million. But about 90-95% cases are without knowing the causes or primer hypertension. Hypertension is silent killer where the symptoms are different in each sufferer and almost all of them are closely same as other disease's symptoms. (Pusat Data & Informasi Kementerian Kesehatan RI, 2013). Hypertension is major factor risk of stroke, heart failure and coroner disease where it a larger factor than younger people. The most trigger factor of hypertension is genetic factor. Someone will have a bigger chance to get hypertension when their parents also a sufferer of hypertension too, then it continued by age, gender, race, life style such as high salt consume, obesity, stress and any other external factor such as smoking, alcohol consumer, medicine consumer is also one of one external factor. Hypertension will also get worse if the sufferer doesn't know how to care themselves. The lackness of knowledge and independence is caused by full activities or low economy status.

Hypertension could causing congestive heart failure and cerebrovascular, so this disease needs to be cared. Pharmacology already applied to fix this problem. Few of the pharmacology way that usually used such as diuretic medicine, sympathetic inhibitor, beta blocker, vasodilator, ACE inhibitor, antagonist calcium, and angiotensin receptor inhibitor II.

Average the control of hypertension will decrease prevalence about 8%. It will be gooder if hypertension sufferer upgrade their knowledge and independence to do some

activities that will control their blood pressure. The best protection of hypertension complication is preventing and detecting early the symptom of those diseases itself. Based on those reasons above, the authors want to analyze the independence of hypertension sufferer in controlling their blood pressure.

## METHOD

The design of this research was analytic correlational. The collected data will be coded or corrected through observation paper, then it will be analyzed, which one is the majoring of age, education, job, family support that related to independence and using SPSS Logistic Regression with meaning rate  $\alpha = 0,05$ . If the result shows  $p < 0,05$ ; it means statistic hypothesis  $H_0$  is denied and research hypothesis  $H_1$  is accepted which it means the main factor of the independence.

Process data of percent number will be interpreted using quantitative scale, it described here:

100%	: All
76-99%	: Almost all
51-75%	: Most of all
50%	: Half of
26-49%	: Almost half of
1-25%	: Fraction of
0%	: Nothing

## RESULT

### A. General Data

General data consists of characteristic data they are education rate, age, and job, in RW III Karangrejo Sawah Kelurahan Wonokromo Surabaya.

#### 1. Respondent's distribution based on age

Based on WHO there are 4 classification of elder age, they are 45-59 called pre-elder, 60-74 first stage of elder, 75-90 elder, >91 over elder which we've got is served in table 5.1.

Table 5.1 Frequency Distribution of Respondent Baseds Age in RW 3 Kelurahan Wonokromo Surabaya.

No.	Age	Frequency	Percentage (%)
1	45-49	9	28,1
2	60-74	14	43,8
3	75-90	9	28,1
	Amount	32	100

Sumber: Primer Data, Mei 2016

Table 5.1 shows that almost half of 32 respondents are in 60-74 age (first stage of elder).

a. Respondent distribution Based education

Based on UU national education system (2013), respondent classified by 3 grade: basic (ES-JHS and those equalities), medium (SHS and those equalities), and university that shown by the table below

Table 5.2 Distribution of respondent frequency Based on their last education in RW 3 Kelurahan Wonokromo Surabaya.

No.	Education	Frequency	Percentage (%)
1	Basic	20	62,5
2	Medium	10	31,3
3	University	2	6,3
Amount		32	100

Based on table 5.2 shows that almost of 32 respondents (62,5%) have last education grade on basic level.

b. Respondent distribution Based on job

Based sakemas (Nurhasanah,2008) job variacis are classified by two fields, they are: employed and jobless that shown by the table below.

Tabel 5.3 Frequency distribution of respondent Based on job in RW 3 Kelurahan Wonokromo Surabaya.

No.	Job	Frequency	Percentage (%)
1	Employed	22	68,8
2	Jobless	10	31,3
Amount		32	100

Based on table 5.3 shows that most of 32 elders (68,8%) are employed.

c. Responden's Character Baseds support

This data shows that respondent's characteristic included family support of emotional, facilities and information. It will be served on the table below.

Tabel 5.4 Frequency distribution of respondent Based on family support in

No.	Family Support	Frequency	Percentage %
1.	Good support	9	28,3
2.	Non good enough support	23	71,8
Amount		32	100

Based on table 5.4 almost all of 32 respondents (71,8%) have a good support from their family.

d. Responden characteristic Based on Independence

Table 5.5 Frequency distribution of respondent Based on their independence in RW 3 Kelurahan Wonokromo Surabaya

No.	Independence	Frequency	Percentage %
1.	Independence	8	25
2.	Unindependence	24	75
Amount		32	100

Based on table 5.5 shows that almost all of respondents are unindependence.

e. Dominant factors's characteristic that on Independence

Table 5.6 Dominant factors's distribution on elder's independence in RW 3 Kelurahan Wonokromo Surabaya

Variables in the Equation						
	B	S.E.	Wald	df	Sig.	Exp(B)
Step 1 <sup>a</sup> Age	.201	.898	.050	1	.823	1.222
Education	-.838	1.008	.692	1	.406	.432
Job	1.435	1.615	.789	1	.374	4.199
Support	4.729	1.525	9.620	1	.002	113.144
Constant	-7.133	4.445	2.576	1	.109	.001

The table above shows us that Regression Factor SPSS's that dominant in independence is  $P=0.002$  which is  $P < 0.05$ . It means the most dominant factor of independence is family support.

#### CONCLUSION

Based on research analysis result about factors that influencing independence of hypertension sufferer from *self care orem theory* perspective in RW 3 Kelurahan Wonokromo Surabaya, we can conclude that:

1. Elder hypertension sufferer in RW 3 Kelurahan Wonokromo Surabaya almost half of them are in 45- 74 ages
2. Elder hypertension sufferer in RW 3 Kelurahan Wonokromo Surabaya almost all of their last education is basic education
3. Elder hypertension sufferer in RW 3 Kelurahan Wonokromo Surabaya almost all of them are employeed
4. Elder hypertension sufferer in RW 3 Kelurahan Wonokromo Surabaya almost all of them are have a good support from their family
5. Dominant factor that influencing hypertension elder's independence is support from their family

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