

Elderly Care Givers Behavior Associated with Physical Exercise Implementation Among Elderly with Hypertension

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ABSTRACT

Hypertension is a common disease in the elderly. The effort has been made to lessen the number of hypertension in the elderly has not been optimal. The situation emboldens researchers to find ways to reduce the number of hypertensive clients integrated with pharmacological therapy. One important way that can be done is physical exercise regularly. Families as elderly caregivers have a role to achieve optimal health in the elderly, particularly in elderly with hypertension. This study aims to determine the relationship between elderly caregiver's behavior with the implementation of physical exercise in elderly with hypertension in the city of Depok, West Java. This research uses descriptive correlational design. The sample size was 108 respondents. Data analysis used Chi-Square test (P value <0.001) and (OR 4.781). The results of this study indicated that the behavior of elderly caregiver affect the implementation of physical exercise in elderly with hypertension. Nurses as care giver work together with family as an elderly care giver in reducing blood pressure and preventing the complication of hypertension.

Keywords: blood pressure, elderly caregiver, exercise to elderly, hypertension

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BACKGROUND

The number of elderly has been increased between 2015 and 2030 as many as 55.7% of the total world population. Sustainable Development Goals (SDGS) states that in the year 2050 the numbers of elderly in the world will as many as 2.1 billion people [1].

Those increasing number also occurred in Indonesia. Indonesian population aged over 60 years in 2015 as many as 21,688,967 people. In 2030, an estimated the number of elderly reaches 296.405.100 people. The increase in the number of elderly is due to the increase of health service to the society and the welfare of the society is evenly distributed [2].

The elderly has health problems that will decrease their productivity. The health

problems in elderly were caused by increasing age and have a lot of loss (multiple losses) [3, 4]. Decreased physical function such as cardiovascular cause elderly susceptible to hypertension disease so depend on others [3, 5].

Hypertension is still become a health problem in Indonesian. The population of Indonesia who suffer from hypertension as many as 25.8% of all populations. The elderly age 65–74 years old have hypertension as many as 57.6% and age over 75 years as many as 63.8% [6].

Hypertension cases are evenly distributed throughout the public health center and increasing every year. In 2013, recorded 19.275 cases of hypertension, in 2014 amounted to 47.772 cases of hypertension

and in the latest data in 2015 amounted to 66.764 cases [7].

Elderly who have health decline require families to maintain their health. The family also as a major source to help its members when get sick, so the family can encourage elders to achieve a healthy life [8, 9].

METHOD

This research used descriptive correlation research design with cross sectional approach. The research data was conducted in Cimanggis public health center Depok City. The respondents were 108 hypertensive elderly outpatients. Sampling was taken by purposive sampling method. This research has passed the ethical test and applied three ethical principles consisting of: respecting human dignity and prestige, paying attention to welfare and goodness, and justice. The questionnaires used in this study consisted of behavioral questionnaires (Knowledge, attitude, skills) and the perception of the care giver about the implementation of physical exercise in elderly hypertension [10].

Data were analyzed using analysis and statistical software. Bivariate analysis identified the relationship between elderly care giver behavior and the implementation of physical exercise in elderly with hypertension [11].

RESULT

Table 1 shows that gender of elderly care giver consisting of women (77.8%) and men (22.2%). Age of elderly care giver were adult (30.5%). Most of elderly care giver were in secondary education level. The elderly care giver behavior consisting of good (54.6%) and poor (45.4%).

Table 2 shows that there is relationship between elderly care giver behavior with the physical exercise implementation in elderly with hypertension. The care giver

who have good behavior affects as many as 51 elders (86.4%) to do physical exercise. It concludes that there is significant correlation between behavior of offender by doing physical exercise at elderly hypertension with p value = 0.001 (p value < 0.05). The good behavior in elderly care giver has a chance 4.781 times for elderly to do physical exercise.

Table 1. Characteristic of elderly care giver in Depok, June 2017 ($n=108$).

Characteristic	%
Gender	
Male	22.2%
Female	77.8%
Age	
Adolescent	6.4%
Young adult	24.8%
Adult	30.5%
Elderly	8.5%
Education	
No school	4.6%
Primary education	18.5%
Secondary education	57.4%
College	19.4%
Behavior	
Good	54.6%
Poor	45.4%

Table 2. The relationship between elderly care giver behavior and physical exercise implementation among elderly with hypertension in Depok, June 2017 ($n=108$).

Behavior	Physical exercise		Total
	Yes	No	
Good	86.4%	13.6%	100%
Poor	57.1%	42.9%	100%
OR	4.781 (1.876–12.188)		
P value	0.0001		

DISCUSSION

The results showed that there is a relationship between elderly care giver behavior with the implementation of physical exercise in elderly hypertension. Good behavior on elderly care giver has a

chance 4,781 times in the elderly hypertension to do physical exercise.

The results of this study are in line with the research that conducted by [12] states that the behavior of the care giver affect the atmosphere of care to the elderly. A good behavior will cause good care for the elderly and a poor behavior will affect not optimal treatment in the elderly, even have a risk of violence against to the elderly.

The research that conducted by [13] explained that the families who give some attention to clients will affects the family psychology in caring for family members.

The research that conducted by [14] explains that directly care giver support will affects better health condition among elderly than the others support. A good behavior that given to the elderly improve and affect the health of the elderly.

The research conducted by [15] states that family support has a relationship with elderly health improvement, so that the elderly can feel protected and safer.

CONCLUSION

There is a significant correlation between behavior of elderly care giver with physical exercise implementation in elderly with hypertension. The results of this study are expected to provide input and consideration in order to solving the problems of hypertension in the elderly by increasing elderly hypertensive knowledge about treatment.

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