



THE RELATIONSHIP BETWEEN SELF-COMPASSION AND INCREASED BLOOD PRESSURE IN LATE ADULTS OF KAYE LEE VILLAGE, INGIN JAYA DISTRICT, ACEH BESAR

Mardhatillah¹, Erida Putra², and Erma Yanti*³
^{1,2,3}Bina Bangsa University Getsempeña

* Corresponding email : ermayantii00@gmail.com

ABSTRACT

Hypertension is a factor that causes serious illnesses such as heart attacks, kidney failure, and strokes. The research design used was descriptive analytic with research subjects in late adults aged 36-45 in Kaye Lee Village, Ingin Jaya District, Aceh Besar. The sampling technique used Total Sampling with a total of 35 respondents. The results of this study indicate a significant p-value ($0.062 < 0.05$). Based on the results of the above study, it can be concluded that there is a significant relationship between self-compassion and increased blood pressure in late adulthood in Kaye Lee Village, Ingin Jaya District, and Aceh Besar. Adults aged 35 and over are very productive with various activities. It's no wonder that at that age they work and have almost no free time to rest. Most of the time is spent at work, resulting in them not being able to prepare their food at home, so they often buy ready-to-eat food, either buying it directly or ordering it online, the habit of consuming ready-to-eat food is done more than 2 times a week so they in the last 6 months often experience complaints of headaches and dizziness.

Keywords: *Self-Compassion and Increased Blood Pressure*

INTRODUCTION

The World Health Organization (WHO) shows that around 1.13 billion people in the world suffer from hypertension. This means that 1 out of 3 people in the world is diagnosed with hypertension, and only 36.8% of them are taking medication. The number of people with hypertension in the world continues to increase every year, it is estimated that by 2025 there will be 1.5 billion people affected by hypertension. It is also estimated that every year 9.4

million people die from hypertension and complications (Ministry of Health, 2018).

The prevalence of hypertension in developed countries like Indonesia. Based on the results of Basic Health Research (RISKESDAS) in 2018, the hypertension prevalence rate as a result of measurement reached 34.1%, a sharp increase from 25.8% in 2013, with the highest prevalence rate in South Kalimantan Province at 44.1% and the lowest in Papua Province. by 22.2% (Ministry of Health RI, 2018).

The results of the 2018 Basic Health Research Basic Health Research, the prevalence of hypertension in Indonesia by age 55-64 years 55.2%, 65-74 years 63.2%, 75 years and over 69.5% (Riskesdas, 2018). Based on the results of measurements at the age of ≥ 18 years, it reached 25.8%. While the highest prevalence of hypertension by province in Indonesia is in Aceh Province where hypertension cases reach 9.7% of cases (Riskesdas, 2018). Based on data obtained from the profile of the Aceh Provincial Health Office (2017) the highest hypertension in Aceh was in Bireun Regency reaching 26,373 people (Ministry of Health RI, 2018), of 350,851 elderly people in Aceh Province who received health services including hypertension only 264,602 people (75 %) (Aceh Provincial Health Office, 2018), shows that there is still low awareness of the people of Aceh in checking their health, especially hypertension.

Based on gender, the prevalence of hypertension in women tends to be higher than in men and the prevalence of hypertension in urban areas tends to be higher than in rural areas. The prevalence of hypertension in Indonesia in the 15-24-year age group is 13.2%, in the 25-34-year age group is 20.1%, the 35-44-year age group is 31.6%, the 45-54-year age group is 45.3%, the age 55 - 64 years 55.2% for ages 65-74 years 63.2%. In contrast, more than 75 years is 69.5%, with this high prevalence of unnoticed hypertension the number could be even higher (Riskesdas 2018). Based on data from the P2PL Development Sector of the Makassar City Health Office (2015) it was explained that there were 11,596 cases of hypertension with details of gender - 4,277 cases of men and 7,319 cases of women (Selatan DKS 2018).

Hypertension, also known as high blood pressure, is a condition in which a person's blood pressure reaches more than 140/90 mmHg. This disease is known as the silent killer because the symptoms in each individual vary and the symptoms are almost the same as those of other diseases (Depkes RI, 2017).

Factors that influence the occurrence of hypertension are factors that contribute to hypertension, namely obesity, diet, lifestyle, smoking, activity, consumption of alcohol and salt (Ikhwan 2017). Factors that cause high blood pressure are obesity and overweight. Obesity and body weight are more closely predictors of hypertension (Ooi & Chen, 2019). One way to reduce these negative things is to accept every problem that is being faced so that

individuals can love themselves, be kind to themselves, and not blame themselves. This concept of self-compassion is known as Self-compassion.

Self-compassion is defined as an attitude of having concern and kindness towards oneself when facing various difficulties in life or deficiencies in oneself and having an understanding that suffering, failure, and shortcomings are part of human life (Neff, 2018). The function of self-compassion is as an adaptive strategy for managing emotions by reducing negative emotions and increasing positive emotions in the form of kindness and relationships (Akin, 2020).

Several studies have shown that self-compassion is negatively related to self-criticism, depression, anxiety, rumination, and thought suppression. In addition, self-compassion has a positive relationship with social relationships, emotional intelligence, self-determination, interpersonal cognition distortion, and submissive behavior (Akin, 2020). So, people with high self-compassion will not hurt themselves. They will always love themselves and will also maintain their diet, activity, and lifestyle which results in increased blood pressure.

Neff (2018) added that self-compassion does not mean comparing yourself to other individuals about how that person excels in something. Several other researchers put forward the same thing, that self-compassion refers to a person's sensitivity and awareness of the difficulties experienced and responding to them with unconditional acceptance, non-judgmental understanding, a warm attitude, and a caring attitude (Clare et al, 2018). Likewise with self-compassion in late adulthood, self-compassion can be practiced by each individual, but if you have early awareness to prevent high blood pressure for yourself. If the age is already vulnerable it will be very difficult to prevent various diseases, the more mature the individual will be the more likely it is to cause disease, this is due to lifestyle and genetics.

METHODS

The research design used was descriptive analytic with a sample size of 35 respondents using total sampling. The instrument for self-compassion research was developed by Neff (2003) using a Likert scale with a total of 26 questions. Meanwhile, the instrument for increasing blood pressure was developed by Vincentia (2019) using an observation sheet to see blood pressure in respondents. The self-compassion validity test can be said to be valid because it has a score of more than 0.4. While the value of the reliability test on the self-compassion instrument using the Cronbach alpha method with a value of 0.8182 is said to be reliable.

RESULTS AND DISCUSSION

Results

a. Univariate analysis

Table 1. Self-Compassion Frequency Distribution Respondents

No	<i>Self-Compassion</i>	F	%
1	Good	21	60.0
2	Bad	14	40.0
TOTAL		35	100

Based on Table 1.1 above, it can be seen that the majority of the respondents' self-compassion was in the Good 21 (60.0%) and Bad 14 (40.0%) categories.

Table 2. Blood Pressure Frequency Distribution Respondents

No	Blood pressure	F	%
1	Systole	18	60.0
2	Diastole	17	48.6
TOTAL		35	100

Based on Table 1.2 above, it can be seen that the majority of blood pressure was systolic 18 (60.0%) of respondents and diastolic 17 (48.6%) of respondents.

b. Bivariate Analysis

Table 3. Frequency distribution of self-compassion and blood pressure elevation

No	<i>Self-Compassion</i>	Increased Blood Pressure				Total	<i>P Value</i>
		Systole		Diastole			
		N	%	N	%		
1	Good	14	66.7%	7	33.3%	21 (100%)	0.062
2	Bad	4	28.6%	10	71.4%	14 (100%)	

Based on Table 4.7 above, it can be seen that the majority of respondents with good self-compassion but with systolic blood pressure were 14 (66.7%) respondents, good self-compassion and diastolic blood pressure were 7 (33.3%) respondents and poor self-compassion but systolic blood pressure was 4 (28.6%) of respondents and poor self-compassion and blood pressure diastole 10 (71.4%) of respondents. The results of the statistical test obtained a value (p-value of 0.062) and it can

be concluded that there is a relationship between self-compassion and increased blood pressure in late adulthood in Kaye Lee Village, Ingin Jaya District, Aceh Besar District.

Discussion

Based on the chi-square test with a total of 35 respondents to the variable self-compassion with increased blood pressure in late adulthood with a result (p-value 0.062) with a value of α 0.05 which means that ($0.062 < \alpha$ 0.05) so it can be concluded that it is accepted that there is a significant relationship between self-compassion and increased blood pressure in late adulthood.

This is to the theory put forward by Neff (2018) Self-compassion is an attitude of having concern and kindness towards oneself when facing various difficulties in life or deficiencies in oneself and having the understanding that suffering, failure, and deficiencies are part of human life. It can be concluded that an increase in blood pressure in adults can be caused by various factors not maintaining diet, lifestyle, genetics, age, and gender. This research is in line with research conducted by Deden (2017) entitled "Relationship of Work Stress with Degrees of Hypertension in Late Adults at the Outpatient Polyclinic Uptd Inpatient Health Center Tanjungsari" with the results obtained by Kendall's tau statistical test, the p value of 0.000 is less than the value of α 0.05 which states that H_0 is rejected means that there is a significant relationship between work stress and hypertension.

Agwu and Tiemo (2012) added in a study entitled "Relationship of Work Stress Levels with Health Problems in Contractor Workers in Wonosobo 2012". Shows that workers with high levels of work stress are at risk of experiencing hypertension with statistical test results, namely p value $0.001 < 0.005$. which states that there is a significant relationship between heavy work stress and hypertension. The assumption of the researchers according to the conditions in the field in this study is that adults aged 35 and over are very productive with various activities. It's no wonder that at that age they work and have almost no free time to rest. Most of the time is spent at work, resulting in them not being able to prepare their food at home, so they often buy ready-to-eat food, either buying it directly or ordering it online, the habit of consuming ready-to-eat food is done more than 2 times a week so they in the last 6 months often experience complaints of headaches and dizziness.

CONCLUSION

Based on the results of research on the relationship between self-compassion and increased blood pressure in late adulthood in Kaye Lee Village, Ingin Jaya District, and Aceh Besar District, the conclusion in this study is that the results of statistical tests obtained $p = 0.062$. It can be

concluded that there is a significant relationship between self-compassion and increased blood pressure in late adulthood in Kaye Lee Village, Ingin Jaya District, and Aceh Besar District.

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Based on the results of this study, it is recommended that further researchers pay attention to other factors that can affect the increase in blood pressure in late adulthood and this research can be input or data source for Kaye Lee Village, Ingin Jaya District, Aceh Besar Regency to further increase knowledge about blood pressure elevation in late adulthood.

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