



THE RELATIONSHIP OF PARTNER SUPPORT WITH VARIOUS ACTIVITIES OF THE ELDERLY HYPERTENSION

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Research Report

ABSTRACT

Introduction: Hypertension is a health problem that many elderly suffer from. Hypertension can cause health problems to elderly that can interfere with daily activities, such as dizziness or headaches. Blood pressure in the elderly with hypertension can be controlled in various ways, namely doing physical activity regularly, performing activities related to cognitive function, and controlling stress levels so as not to affect contractions or pulsations of the heart and nervous system that can cause blood pressure to increase. The purpose of this study is to determine the relationship of partner support with physical, mental, and social activities of the elderly with hypertension. **Methods:** This study used a correlational non-experimental design with a cross-sectional approach. The number of samples were 102 respondents in the Morokrembangan area, where the sampling used Nonprobability Sampling method, namely Purposive Sampling. The research instrument used partner support questionnaires, Global Physical Activity Questionnaire (GPAQ), mental health practices, social activities and demographic characteristics. The analysis used Spearman Rho test. **Results:** The results of this study were there was a relationship between partner support with physical activity ($p = 0.000$; $r = 0.589$), mental activity ($p = 0.000$; $r = 0.778$), and social activity ($p = 0.000$; $r = 0.671$) with positive and unidirectional correlation. **Conclusion:** As you get older, daily activities will decrease too. The better the support provided by the partner, the higher the level of daily activities carried out by the elderly. Therefore, elderly couples are expected to provide mutual support in carrying out physical, mental, and social activities.

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INTRODUCTION

Elderly is the last phase of human development (Hanafi, 2018). Elderly is someone whose age has reached > 60 years. Generally, the degenerative process of the elderly causes an increase in health complaints marked by a decrease in physical endurance and vulnerability to disease so that non-communicable diseases appear in the elderly (Susilo et al., 2016). Hypertension is a non-communicable disease that causes health problems to elderly so that it can interfere with their activities (Ramli & Najihah, 2019). It makes the elderly need help from their closest people, such as partners, so that they can live in their old age with satisfaction and happiness (Saraswati, 2015). The Institute for Health Metrics and Evaluation (IMHE) in 2017 stated that 53.3 million deaths which occurred in the world were caused by cardiovascular disease by 33.1%, and 23.7% of 1.7 million deaths in Indonesia were caused by

hypertension (Anitasari, 2019). The highest elderly hypertension in East Java was also found in the elderly over 75 years old at 34.62% (Kemenkes, 2018). Based on the data of Surabaya City Health Office in 2020, the most hypertension elderly in Morokrembangan Health Center were 2322 elderly.

The results of studies related to the life quality of elderly with hypertension state that the quality of life in the elderly with hypertension is more moderate, where a decrease in the quality of life affects social function, mental health and psychological function (Shabrina, 2017). The results of a previous study on 11 elderlies with hypertension found 5 elderlies with positive support, stating that they have friends, exchanging stories, complaining and doing activities together so that they have good patterns of physical, mental, and social activity. 6 other elderly get less support and tend to do activities according to their wishes.

Notoatmodjo (2007) explains that an increase in the number of the elderly will lead to an increase in problems, and if it is not treated immediately, it is feared that it will develop into more complex problems and affect the physical, mental and social aspects related to the health and welfare of the elderly (Savita, 2017). One of the causes of hypertension is lack of physical activity (Rihiantoro & Widodo, 2018). Regular physical activity makes the smooth muscle in the heart stronger so that the capacity becomes large, as a result, the heart rate is also stronger and more regular to smooth blood flow so that the heart does not need to spend a lot of energy (Alfiana, 2019). Hypertension patients can have complications in the central nervous system, and cause a decrease in cognitive function and uncontrolled blood pressure can cause a decline in cognitive abilities related to mental activities such as memory function, if left unchecked will cause dementia (Sharp et al., 2010). The elderly experience various declines in all aspects that are interrelated and can affect their social life stemming from psychosocial stressors and causing stress (Wiraputra, 2013). Elderly with hypertension who do not want to be involved socially such as isolating themselves due to psychological disorders cause reduced opportunities to gather with their surroundings and affect stress levels which can increase sympathetic nerve activity and blood pressure intermittently (I. C. Nugroho, 2018).

Spouse support is an important element for individuals who suffer from illness, because the first interaction they undergo and often do is with the closest person such as their partner (Pratita, 2012). In a book entitled Human Development by Papalia (2008), it is written that Cartensen, Gilford explain about the existence of a life partner who is present throughout the day and is involved in important functions in terms of supporting in various matters such as emotions, problem solving, finance, and parenting (Nauli et al., 2014). Santoso (2009) said the elderly with hypertension who do not get family support will

have psychosocial problems such as anxiety that affects the behavior of the elderly in health care (Agustono et al., 2018).

Health Aging is healthy aging as a process of developing and maintaining functional abilities for well-being in old age (WHO, 2020). The concept of the Health Aging model is the development and maintenance of optimal health in the elderly which includes physical, mental, and social functions (Santoso, 2019). Elderly who have a large level of activity and there is someone involved in it can affect their condition in terms of physical, psychological and can make changes to their quality of life (I. C. Nugroho, 2018). According to Yuli (2014) in activity theory states that the elderly who are active in social activities and participate in many social activities are successful elderly (I. C. Nugroho, 2018). The purpose of this study was to determine the relationship of partner support with physical, mental, and social activities of the elderly with hypertension.

MATERIALS AND METHODS

The research design was cross-sectional. The research was conducted from January to March 2019 in Gempol Pading Pucuk, Lamongan Regency. The study population was all infants aged 6-12 months. The research sample was 43 infants, taken by a simple random sampling technique.

The collection of data on exclusive breastfeeding used questionnaires and interviews, while to determine gross and fine motor development, it was measured using a checklist form based on the Denver II according to age. Univariate analysis to determine the frequency distribution of characteristics respondents, the bivariate analysis used the Chi-square test with a significance level of $\alpha < 0,05$, to determine the relationship between breastfeeding and the infant's gross motor and fine motoric development.

RESULTS

Overview of Research Setting

The study was conducted in Morokrempangan Health Center Surabaya Work Area, which was located on Jalan Tambak Asri Gg. XIII No.7, Morokrempangan Village, Krempangan District, Surabaya City, East Java, 60178. Morokrempangan Health Center was a health center that handled the working area of Morokrempangan Village, where the Morokrempangan Village area consisted of 9 RWs and 99 RTs. The research area consisted of 6 RWs, namely RW 1,3,4,5,6, and RW 9.

Table 1 Characteristic of Respondents in the Morokrengan Health Center Working Area (n=102)

Characteristics	Criteria	Frequency (f)	Percentage (%)
Age	60 – 69 year	87	85,3
	70 – 79 year	13	12,7
	80 – 89 year	2	2,0
	Total	102	100
Gender	M (Male)	50	49,0
	F (Female)	52	51,0
	Total	102	100
Job	Housewife	38	37,3
	Self-employed	6	5,9
	<i>Mudin</i>	1	1,0
	Tailor	1	1,0
	Retired	10	9,8
	Driver	4	3,9
	Not Working	10	9,8
	Pedicab Driver	4	3,9
	Repairman	1	1,0
	Motorcycle	1	1,0
	Washer		
	Welder	2	2,0
	Entrepreneur	24	23,5
	Total	102	100
Domicile	Rent House	5	4,9
	Private House	97	95,1
	Total	102	100
Education	Diploma/Bachelor	12	11,8
	Elementary	46	45,1
	School		
	High School	44	43,1
Total	102	100	

Partner Support with Elderly Physical Activity with Hypertension

Table 2 showed the results of cross tabulation of the relationship between partner support and physical activity in the elderly with hypertension in Morokrengan. Spearman Rho statistical test results showed $p = 0.000$ ($\alpha 0.05$) and $r = 0.589$, which means that there is a significant relationship between partner support and physical activity of the elderly with hypertension in Morokrengan with a strong degree of relationship strength. This showed that the higher the partner's support, the better the level of physical activity of the elderly with hypertension.

Table 2 Results of Cross-tabulation of Partner Support with Physical Activity in the Elderly with hypertension.

Variable	Physical Activity				Total		Rho . Spearman Test	
	Not enough		Enough		N	(%)	p	r
Partner Support	f	(%)	f	(%)	N	(%)		
Low	31	30.4	10	9.8	41	40.2		
High	6	5.9	55	53.9	61	59.8	0.000	0.589
Total	37	36.3	65	63.7	102	100		

Partner Support with Elderly Mental Activity with Hypertension

Table 3 showed the results of cross tabulation of the relationship between partner support and mental activity of the elderly with hypertension in Morokrengan. The results of the Spearman Rho statistical test showed $p = 0.000$ ($\alpha 0.05$) and the value of $r = 0.778$, which means that there is a significant relationship between partner support and mental activity of the elderly with hypertension in Morokrengan with a very strong degree of relationship strength in a positive direction. This showed that the higher the partner's support, the higher the mental activity of the elderly with hypertension.

Table 3 Results of Cross-tabulation of Partner Support with Mental Activity in Elderly with Hypertension.

Variable	Mental Activity				Total		Rho. Spearman Test	
	Low		Tall					
Partner Support	f	(%)	f	(%)	N	(%)	p	r
Low	32	31.4	9	8.8	41	40.2	0.000	0.778
High	2	57.8	59	57.8	61	59.8		
Total	34	33.3	68	66.7	102	100		

Partner Support with Elderly Social Activities with Hypertension

Table 4 showed the results of cross tabulation of the relationship between partner support and social activities of the elderly with hypertension in Morokrempangan. Spearman Rho statistical test results showed $p = 0.000$ ($\alpha 0.05$) and r value = 0.671, which means that there is a significant relationship between partner support and social activities of the elderly with hypertension in Morokrempangan with a strong degree of relationship strength and has a positive relationship direction. This showed that the higher the partner's support, the better the level of social activity of the elderly with hypertension. The correlation was positive, which means that the relationship between partner support and mental activity is unidirectional.

Table 4 Results of Cross-tabulation of Partner Support with Social Activity in Elderly with Hypertension.

Variable	Social activity				Total		Rho . Spearman Test	
	Bad		Well					
Partner Support	f	(%)	f	(%)	N	(%)	p	r
Low	31	30.4	10	9.8	41	40.2	0.000	0.671
High	6	5.9	55	53.9	61	59.8		
Total	37	36.3	65	63.7	102	100		

DISCUSSION**Relationship between Partner Support and Physical Activity of the Elderly with Hypertension in Morokrempangan**

The results showed that partner support and physical activity had a significant relationship, the correlation coefficient was positive and unidirectional. It means that the higher the partner's support, the higher the physical activity carried out by the elderly every day.

Family support can be provided by family members such as partners, children, siblings, and so on to the elderly. Partner support can be in the form of emotional support, appreciation support, informational support, and instrumental support (Friedman & Marilyn, 2014). Partner support given to the elderly hypertension to carry out activities, especially sports aimed at stabilizing blood pressure, can cover all aspects or dimensions of partner support. The results showed that the older the elderly, the less their level of physical activity. Khodijah & Widodo (2020) stated that the age factor causes physical limitations to do

sports such as gymnastics. The physical decline experienced by the elderly causes the opportunity for the elderly to participate in activities to decrease. In addition, the older an elderly is, the memory ability and motivation to behave in sports compliance such as participating in gymnastics decreases.

The results of the study stated that there was good physical activity but low partner support, this is in accordance with the theory of continuing personality. The theory stated that the basic personality or behavior does not change in the elderly, changes that occur in an elderly is strongly influenced by the type of personality they have. In activity theory, it is also stated that someone who is active in his youth will continue to maintain his activity after aging. At this point, partner support is not the only reference for the elderly to have sufficient activity. Several other possibilities can occur because the elderly are used to high activity at a young age. Furthermore, it could be because some of the elderly are still working, such as in the distribution of the data obtained various kinds of elderly jobs, namely housewives, self-

employed employees, *mudin*, tailors, drivers, pedicab drivers, motorcycle washers, repairmen and welders, and entrepreneurs, while the elderly who do not work and are retired elderly. This is in accordance with the results of research by Surti et al., (2017) which stated that the employment status of elderly greatly influences the fulfillment of their physical activity, the elderly who have more physical activities than the elderly who do not have a job.

The results of Nurman (2018) which stated that regular physical activity can lower blood pressure and help hypertension people to make it easier to lower and stabilize blood pressure. The results of Murni (2017) said that partner support can be a very related and influential factor in determining beliefs and health values of individuals so that they are able to find a treatment program that will be undertaken. The study also explained that partner support can be given to hypertension people in various ways, such as paying attention, being empathetic, providing advice and knowledge and so on. Partners are expected to motivate hypertension people to do sufficient and routine physical activity.

Relationship between Partner Support and Mental Activity of Elderly with Hypertension in Morokrembangan

The results of this study indicated that there is a significant relationship between partner support and mental activity in the elderly with hypertension in Morokrembangan. The direct correlation explained that partner support and mental activity lead to the same value. The older the elderly get high partner support, the mental activity formed will also be high.

One of the health problems commonly experienced by the elderly is a decline in cognitive function, but this cognitive function can be maintained by providing family social support (S. M. Nugroho & Febriati, 2019). Partner support is an attitude, an act of family acceptance of other family members which can be in the form of emotional support, appreciation, information and instrumental where the family has a function as support for family members that must be given when needed (Friedman & Marilyn, 2014). This is in accordance with the results of research conducted by Rustanti (2017) which stated that the elderly who get adequate partner support from a psychological point of view will make the elderly feel more comfortable and safe with their families, so that they can communicate and improve their thinking power for the better.

The results showed that some respondents had low partner support, but had high mental activity. This can be caused by several factors, such as the level of education. Most of the elderly education is elementary school graduates, although elementary school education, the elderly can gain knowledge from non-formal education such as from experience and information obtained from the media and those closest to them (Surti et al., 2017). High partner support and low mental activity can be due to age. The older the age, the greater the chance and severity of cognitive function disorders in the elderly and can affect their mental activity (Deharnita et al., 2016).

The results of the study (Budianti & Setiawan, 2016) which stated that there were respondents who were known to have good cognitive function with good family support, where the p value is 0.001 which states that there is a relationship between family support and cognitive function in elderly. Cognitive function itself has its own relationship with mental activity, where mental activity refers to the cognitive and emotional function of a person's well-being in which he will realize his ability to cope with the stresses of his life. Family support also needs to be given in order to help the elderly able to maintain their memory (Zulkarnain, 2015).

The results of the study also stated that the 60-69 year age group had less mental activity, and it will decrease according to their age group, such as in the 80-89 year age group who had poor mental activity. This is in accordance with one of the factors that affect cognitive function in the elderly, namely the age factor, where if a person's age gets older it will experience a decline in cognitive function, one of which is that the elderly will have difficulty remembering something new or old things. Most of the respondents who have experienced functional decline are the elderly with the age group 60-69 years, this is in accordance with the results of research by (Marlina et al., 2017). Along with increasing age, there are physical, psychological, social and spiritual changes. Physical changes and increasing age that occur in the elderly can affect cognitive function. During youth, individuals can carry out mental activities such as counting and adding up numbers or currencies, but in old age or what is called the elderly, they are not very able to add up, subtract and even calculate currency values. This is of course in accordance with changes in psychological or cognitive function according to age.

Relationship between Partner Support and Social Activities of the Elderly with Hypertension in Morokrembangan

The results showed that there was a relationship between partner support and social activities for the elderly with hypertension in Morokrembangan. A total of 55 respondents got the results of high partner support with high social activities and 31 respondents had low partner support with poor social activities. Partner support is the attitude, action and acceptance of the family to support and provide assistance in the form of emotional, informational, instrumental and assessment support. Partner support can have a positive effect on the health of family members which can be provided in two ways, namely directly (providing encouragement to members to behave healthy) and indirectly (support provided can reduce tension or depression so that it does not cause disturbances (B. J & V.A, 2012).

The results of the study stated that the higher the partner's support, the higher the social activities possessed by the elderly. This is in accordance with the results of research from Fajarwati & Puspitasari, (2017) entitled "Hubungan Dukungan Keluarga dengan Interaksi Sosial pada Lansia" which stated that the elderly who have support from family members have good social interactions so they are less likely to experience depression and the elderly feel cared for, valuable, and loved so that they live their old age in peace. Lack of partner support will cause the elderly to be often depressed or stressed so they interact less with their environment.

Partners have an important role so that the elderly can carry out social activities, one of which is social interaction. As in the research of Supraba et al., (2016), entitled "Hubungan antara Fungsi Sosial dengan Kualitas Hidup Lanjut Usia di Kota Denpasar" found that there is a relationship between social function and life quality of the elderly which has implications for the importance of family-based community health efforts, therefore families are expected to be able to provide support to the elderly to continue carrying out activities and social interactions well with fellow elderly and other members of the community. In the study, some elderly had low partner support and good social activities as many as 10 elderly. This is in accordance with the theory of continuing personality which stated that changes in the elderly can be influenced by type of personality of a person before entering old age.

The results of the study on social activities by age group, it was found that the older a person's age, the worse the social

activity. In accordance with the theory of liberation or Disengagement Theory, it stated that the increasing age of a person will slowly begin to break away from his social life, which results in poor social activities such as decreasing social interaction both in quality and quantity. This is clarified in the results of research conducted by Andesty & Syahrul (2018) with the title " Hubungan Interaksi Sosial Dengan Kualitas Hidup Lansia Di Unit Pelayanan Terpadu (Uptd) Griya Werdha Kota Surabaya Tahun 2017" stating that the increasing age makes the elderly easily have setbacks in interacting, the elderly slowly begin to break away from their social life or can be called by withdrawing from the association around them. The results of research conducted by Fitrianiyah (2017) stated that the intensity of the social activities of elderly is influenced by age, the older the elderly the lower the social activity, but the young elderly still have a stronger physique so they can participate more often in social activities in their environment.

CONCLUSION

The support provided by the partner makes the elderly more enthusiastic to carry out physical activities that are beneficial to their health. Elderly who still have a partner often do activities together, and have friends to exchange stories and ask for opinions or carry out activities related to cognitive function. Partner support affects the level of social activity, where high partner support will be followed by good social activities.

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