

Motivation for the Use of Complementary and Alternative Medicine (CAM) Therapy in Patients with Hypertension

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Abstract -Hypertension is a worldwide public health issue. People with hypertension use complementary and alternative medicine (CAM) therapy to lower the risk of problems and attain the intended level of health. People prefer complementary and alternative medicine (CAM) because they want to get better quickly, because it is appropriate, inexpensive, and healing is speed, and because they feel comfortable and peaceful after being treated. The study's goal was to investigate the motivation of hypertension patients in Meureubo Village, Makmur District, and Bireuen Regency to adopt complementary and alternative medicine (CAM) therapy. The descriptive design is used in this investigation. The complete sample technique was used to select 103 hypertensive respondents for this investigation. The findings revealed that 48 patients with hypertension (46.6%) were highly motivated to use complementary and alternative medicine (CAM) therapy. According to the study's findings, the majority of respondents are highly motivated to pursue complementary and alternative medicine (CAM) therapy. It is recommended that people with hypertension use complementary and alternative medicine (CAM) therapy as an alternative non-pharmacological treatment of hypertension by meeting the requirements for the right selection of ingredients, the right dose, the right time to use it, and the right way to use it in order to achieve the best results while remaining safe to use.

Keywords: Complementary and Alternative Medicine (CAM), Hypertension, Motivation

I. Introduction

Today, hypertension is a health problem in all parts of the world. Hypertension is dubbed as the "silent killer" which is a chronic condition characterized by increased blood pressure that causes the heart to work harder to circulate blood throughout the body. Hypertension causes disruption in blood flow, blood vessels become damaged, even causing degenerative diseases and even death. Blood pressure is said to be hypertensive if systolic pressure ≥ 140 mmHg and diastolic ≥ 90 mmHg (Sari, 2019).

Based on to WHO (2021), the global prevalence of hypertension is 22% of the total population in the world. Africa is the region with the highest prevalence at 27% of the world's total population, the Eastern Mediterranean is in second place at 26%, and Southeast Asia, at 25%, is in the third highest position. While America is the region with the lowest prevalence of 18% of the total incidence in the world. It is estimated that by 2025, as the number of hypertension sufferers continues to increase, there will be 1.5 billion people, and every year 9.4 million people will die from hypertension and its complications.

Every year, the prevalence of hypertension in Indonesia rises. From 2013 to 2018, the prevalence of hypertension grew from 25.8% to 34.11%. South Kalimantan has the highest frequency at 44.13%, followed by West Java at 39.6% and East Kalimantan at 39.3%. Meanwhile, Papua Province has the lowest prevalence at 22.2% (Risksedas, 2013). The results of Kementerian Kesehatan RI, (2018) the prevalence of hypertension in Aceh is 26.45%. The district with the highest prevalence is Bener Meriah Regency at 36.75%, followed by Langsa City in second position at 35.07%, and in third position is Aceh Tamiang at 34.97%. While in Bireuen Regency it was 27.15%.

Management of hypertension can be done with pharmacology and non-pharmacology. Pharmacologically, it is carried out using modern medicines that are chemical and herbal. Non-pharmacology medicine involves various interventions in hypertension therapy, herbal medicine, including complementary medicine, and alternatives, which become a phenomenon of unconventional medicine as an alternative treatment chosen by the community other than conventional medicine (Thahir et al., 2021).

Complementary and Alternative Medicine (CAM) is used by people with hypertension to reduce the risk of complications and improve the quality of their health according to the expected standards. There is an interest and motivation to want to heal quickly, and the presence of a sense of conformity with the therapy used causes people to switch from medication to alternative medicine. (Purnamaswari, 2018).

People choose alternative medicine because it is not expensive and the treatment time is not long to cure. Psychological reviews show that the dominant society chooses it because it feels comfortable after being treated and can provide peace of mind (Yanti et al., 2021). This study aims to determine the motivation of people with hypertension toward the use of complementary and alternative medicine (CAM) therapy in Meureubo Village, Makmur District, Bireuen Regency.

II. Method

This research uses a descriptive design, which is a research method that aims to describe or reveal the phenomena that occur (Kurniawan & Agustini, 2021). The population in this study was all hypertensive patients in Meureubo Village, Makmur District, and Bireuen Regency, with as many as 103 respondents.

Total sampling is used in research sampling. Furthermore, the study's instrument is a questionnaire created by the researcher based on research needs and containing selected questions that have been tested for validity and reliability.

The data collection procedure carried out is through an administrative process, where researchers will apply for permission to carry out research at the institution of the Nursing Study Program, STIKes Muhammadiyah Lhokseumawe. Furthermore, researchers collected data by conducting guided interviews using questionnaires as guidelines. After completion, the researcher terminated contact with the respondents. Then the researcher met with all respondents and took the necessary data according to the purpose of this study.

The stages of data processing start with editing, coding, Data Entry and Data Cleaning. The data analysis used in this study is a univariate analysis that aims to explain or describe the characteristics of each research variable.

III. Result And Discussion

3.1. Univariate Analysis

3.1.1 Characteristics of Respondents

Table 1. Frequency Distribution of Respondents Characteristics (n=103).

No	Characteristics of Respondents	Frequency (f)	Percentage (%)
1	Age		
	36-45Late adults	7	6,8
	46-55Early elderly	29	28,2
	56-65 Late elderly	32	31,1
	>65Seniors	35	34,0
	Total	103	100
2	Gender		
	Man	35	34,0
	Woman	68	66,0
	Total	103	100
3	Final Education		
	Primary school	66	64,1
	Secondary School	19	18,4
	High School	4	3,9
	University	4	3,9
	No School	10	9,7
	Total	103	100

No	Characteristics of Respondents	Frequency (f)	Percentage (%)
4	Work		
	Farmer	59	57,3
	Merchant	4	3,9
	Trader/self-employed	7	6,8
	Civil servants	4	3,9
	Not working	29	28,2
	Total	103	100
5.	Long suffering from hypertension		
	<1 years	12	11,7
	1-3 years	56	54,5
	4-6 years	16	15,5
	>6 years	19	18,4
	Total	103	100

Based on Table 1 above, it can be seen that of the 103 respondents studied, the majority were over 65 years old (seniors), as many as 35 respondents (34.0%), female gender as many as 68 respondents (66.0%), elementary education as many as 66 respondents (64.1%), respondents' occupations were farmers as many as 59 respondents (57.3%), and long suffering from hypertension for 1-3 years as many as 56 respondents (54.4%).

3.1.2 Motivation of hypertensive patients in the use of complementary and alternative medicine (CAM) therapy

Table 2. Distribution of frequency of motivation among hypertensive patients in the use of complementary and alternative medicine (CAM) therapy in GampongMeureubo, Makmur District, and Bireuen Regency (n=103).

No	Category	Frequency (f)	Percentage (%)
1	High	48	46,6
2	Medium	28	27,2
3	Low	27	26,2
Total		103	100

Based on Table 2 above, data were obtained from 103 respondents studied, the majority of respondents had high motivation for using complementary and alternative medicine (CAM) therapy, which was 48 respondents (46.6%).

3.2. Discussion

3.2.1 Characteristics of Respondents

Based on the results of research conducted in Gampong Meureubo, Makmur District, and Bireuen Regency with a sample of 103 respondents, the results of respondents' characteristics were obtained based on the age of the majority aged over 65 years (Seniors), namely as many as 35 respondents (34.0%), aged 36-45 years (Late Adults) as many as 7 respondents (6.8%), aged 46-55 years (Early Elderly) as many as 29 respondents (28.2%), aged 56-65 years (Late Elderly) as many as 32 respondents (31.1%).

In line with research conducted by Azizah et al. (2021), the elderly (46–65 years) and elderly (>65 years) are the groups that suffer the most from hypertension. Age affects the prevalence of hypertension because, as we get older, the factors of hypertension also get bigger. Furthermore, it is also in line with the research of Akbar et al. (2020), where among the elderly with an age range of 60–74 years, the majority suffer from hypertension. Increasing age results in decreased work of the heart, heart valves thicken and become stiff.

Patients with hypertension are more typically encountered in people over the age of 65. Increasing age causes physiological regressions in the body, such as the uterus wall thickening due to collagen accrual in the muscle stratum, which causes blood vessel narrowing and hardening beginning around 45 years of age. These changes are the result of increased peripheral resistance and sympathetic nervous system activity, as well as a decrease in baroreceptor perception (Widjaya et al., 2018).

The experiment conducted by Tumundo et al. (2021) discovered that female respondents display more dominance than male respondents because of the tight relationship between women and hypertension brought on by hormonal components. According to Arum. (2019) research, female respondents are more prone to hypertension than men because of the hormone estrogen in women. If a woman is going through a stage of menopause, the hormone estrogen gained during menstruation will abate, and the chance of hypertension will augment.

Based on education characteristic data, it was discovered that the majority of respondents' education was elementary school, with as many as 66 respondents, the non-school category had as many as 10 respondents (9.7%), junior high school education had as many as 19 respondents (18.4%), and high school and college education had as many as 4 respondents (3.9%). According to Nurhidayati et al. (2018), the majority of hypertensive adults have only completed elementary school. Higher education influences individuals' efforts to preserve health in a more appropriate way than lower education.

A study conducted by Yuwono et al. (2017) discovered that a great number of respondents graduated from elementary school due to financial issues that shape the understanding of health. The higher the academic qualification, the more encompassing the knowledge. Due to a lack of knowledge regarding health and diseases, respondents with hypertension and a low level of education are unable to manage their health issues.

The results of the survey of respondents showed a majority of 59 (57.3%) working as farmers, while 29 (28.2%) did not work, 4 (3.9%) were traders, 7 (6.8%) were self-employed, and 4 (3.9%) were civil servants. The findings indicated that the majority of long-term hypertension patients were 1-3 years of age, comprising 54.4% of the 56 participants, with 12 respondents (11.7%) from the 1 year category, 16 respondents (15.5%) from the 4-6 years category, and 19 respondents (18.4%) from the >6 years category. In line with research conducted by Listiana et al. (2020), long-term sufferers of hypertension, which is 5 years of long-term suffering from hypertension, can increase anxiety in respondents.

Research conducted by Suciana et al. (2020) found that there is a relationship between long-term suffering from hypertension and the incidence of anxiety. The longer you suffer from hypertension, the higher the level of anxiety your experience. Anxiety arises because of fears that worse conditions will occur, job losses will occur, and the economy will collapse.

Researchers assume that there are several risk factors for hypertension. One of them, hypertension, can occur at various ages, especially at the age of >65 years (elderly). Due to changes in the condition of blood vessels, including parts of the heart, increasing age also causes the arteries to become harder and more inelastic, so as you get older, the possibility of suffering from hypertension is higher.

Gender factors, men are more susceptible to hypertension at the age of under 50 years due to hormonal factors, while in women, the risk of suffering from hypertension is smaller before the menopause period. If it is a menopause period, the risk of suffering from hypertension is very high in women due to hormonal changes, namely a decrease in the ratio of estrogen and androgen, which causes an increase in renin release.

Education factors, many people with hypertension have low education levels compared to those with higher education. Low education is associated with a lack of knowledge and awareness related to health, so the condition of hypertension experienced is not well controlled. Likewise, in the occupational factor, the incidence of hypertension occurs a lot in respondents who work as farmers, caused by lifestyle and diet as well as the habit of consuming coffee excessively and for prolonged periods of time.

The old aspect of suffering from hypertension is one of the reasons why users of your complementary and alternative medicine (CAM) therapy are becoming more or less motivated. People who have hypertension are concerned about the sickness and the complications it will create. If you believe that the treatment you are receiving is ineffective, you may transition from alternative medicine and complementary therapies to the usage of chemical medications, or vice versa.

Based on the discussion above, it can be inferred that the majority of respondents are above the age of 65 (seniors) with as many as 35 respondents (34.0%) and the majority of females with as many as 68 respondents (66.0%). Elementary education had 66 respondents (64.1%). With as many as 59 respondents (57.3%), the respondents' occupation was farming, and the majority had suffered from hypertension for 1-3 years, with as many as 56 respondents (54.4%).

3.2.2 Motivation of hypertensive patients in the use of complementary and alternative medicine (CAM) therapy

Based on the results of research conducted in Gampong Meureubo showed that out of 103 respondents, 48 respondents (46.6%) had high motivation, 28 respondents (27.2%) had moderate motivation, and 27 respondents (26.2%) had low motivation to use complementary and alternative medicine (CAM) therapy. Research conducted by Paramita et al. (2017) found that the very high percentage of use of natural medicine was caused by several factors, especially the cheaper price of traditional medicines with fewer side effects. In addition, people with hypertension who use traditional medicine have a very high risk because of several factors, including the trust factor. Respondents with high trust are more dominant in using traditional medicine compared to respondents with low trust. The educational factor also influences respondents' use of traditional medicine. Patients with hypertension who are poorly educated use traditional medicine as an alternative treatment (Ervina & Ayubi, 2018).

According to the researchers' assumptions, many causative factors that influence the motivation of people with hypertension in using complementary and alternative medicine (CAM) therapy in Gampong Meureubo are high because it has become a tradition for generations that is believed to be safe to use without side effects, consumed for a long time, and low cost. People with hypertension use plants that are in the environment of privately owned homes and gardens so that it is more economical and does not even require costs. Based on the discussion above, it can be concluded that the motivation of people with hypertension in using complementary and alternative medicine (CAM) therapy in Gampong Meureubo is included in the high category, which is as many as 48 respondents (46.6%).

IV. Conclusion

Based on the results of the study on the motivation of people with hypertension in the use of complementary and alternative medicine (CAM) therapy in Gampong Meureubo, Makmur District, Bireuen Regency, involving 103 respondents, it can be concluded that the response has high motivation in the use of complementary and alternative medicine (CAM) therapy, which is as many as 48 respondents (46.6%).

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