

The Relationship of Smoking to the Incidence of Hypertension in the Elderly in Teluk Nibung Hamlet, Pantai Cermin Village, Kec. Tanjung Pura Kab. Langkat

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ABSTRACT

Children are unique individuals and not miniature adults. Children are also not a parent's property or wealth that can be assessed socio-economically, but the future of the nation who is entitled to individual health services and is still dependent on adults and their environment, meaning that they need an environment that can facilitate them in meeting their basic needs and for independent learning. . The effects of treatment experienced by children when seeking treatment at health care facilities need attention and problem solving so that when undergoing treatment a child knows and is cooperative in dealing with problems that occur during the treatment. Therapeutic play is believed to be able to eliminate boundaries, internal barriers, anxiety, frustration and have emotional problems with the aim of changing children's inappropriate behavior into expected behavior and children who are often invited to play will be more cooperative and easy to work with when undergoing treatment. Research Objectives To determine the effect of therapeutic play on children's anxiety in the inpatient ward of the Dr. RM. Djoelham Binjai and to determine the effect of therapeutic play on children's anxiety in the inpatient room of the Dr. Regional General Hospital. RM. Djoelham Binjai Year 2020. The results of hypothesis testing to see the relationship between variable X and variable Y are with a significant level (α) = 5% (0.05) and $df = 1$, the results are $p.value = 0.000$ at $df = 1$ where $sig < (0.000 < 0.05)$, it can be seen that there is a therapeutic effect of play on children's anxiety in the inpatient room at the Dr. RM. Djoelham Binjai 2020.

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1. Introduction

Smoking is a global problem that is very dangerous for health, globally in 2015 as many as 942 million men and 175 million women aged 15 years and over consumed cigarettes. The three countries with the largest cigarette consumption are China, India and Indonesia and the number of victims who died from tobacco-related diseases in Indonesia is more than 225,700 people. The problem of cigarette consumption in Indonesia is very worrying where there are 469,000 children aged 10-14 years and 53,248,000 people aged 15 years and over who consume tobacco every day in Indonesia in 2015 (Nadia, L, 2018).

High blood pressure or hypertension has become a common disease suffered by many Indonesian people. In Indonesia, the threat of hypertension should not be ignored. This can be proven by the increasing number of hypertension sufferers in Indonesia. But unfortunately from the total number of patients with hypertension, only about 50% were detected. And among these patients, only half are receiving treatment regularly (Pagiling, Y, 2018).

Hypertension or high blood pressure is an increase in blood pressure that exceeds the normal limit, namely systolic/diastolic $> 140/90$ mmHg on two measurements with an interval of five minutes. Hypertension is a silent killer. According to data from the Indonesian Ministry of Health in 2077, the

prevalence of hypertension in the population aged 18 years and over is 31.7%. The highest hypertension prevalence was in South Kalimantan (39.6%) and the lowest was in West Papua (20.1%). Hypertension is not a single disease but symptoms with several causes and two types of hypertension are known, namely primary (essential) hypertension, which is hypertension in most cases, the cause is still unknown and secondary hypertension is hypertension whose cause is known (Depkes RI, 2017).

One of the risk factors for hypertension is smoking. Other risk factors for hypertension include age, gender, family history, and genetics (risk factors that cannot be changed/controlled), as well as the habit of consuming salt, consumption of saturated fat, use of used cooking oil, alcohol consumption habits, obesity, lack of physical activity, stress, and use of estrogen/contraceptive birth control pills (Kemenkes RI, 2017).

Based on WHO data, the country with the highest number of smokers in the world is Serbia, which is 41% or 3.3 million of the population smokes, Bulgaria 35% or 2.2 million of the population smokes, Greece 44%, Russia 38% or 46.9 million of the population smokes, Ukraine 12 million people smoke and Bosnia 1.2 million people smoke. More than a third or 36.3% of the Indonesian population are currently smokers (WHO, 2017).

The latest data from the 2019 Global Youth Tobacco Survey (GYTS) released today shows that 40.6% of students in Indonesia (aged 13-15 years), 2 out of 3 boys, and almost 1 in 5 girls have used tobacco products: 19.2% of students currently smoke and among these, 60.6% are not even prevented from buying cigarettes because of their age, and two thirds of them can afford to buy cigarettes retail.

The prevalence of hypertension in North Sumatra Province reaches 6.7% of the total population in North Sumatra, based on data from the Research and Development Agency of the Ministry of Health. This means that the population of North Sumatra who suffers from hypertension reaches 12.42 million people spread over several districts (Ministry of Health, 2017).

There is a significant relationship between smoking habits (Pvalue = 0.092), length of smoking (Pvalue = 0.670), number of cigarettes smoked per day (Pvalue = 0.702) on the incidence of hypertension, but epidemiologically there is a relationship between smoking habits (PR = 2.496), duration of smoking (PR = 2,384), the number of cigarettes smoked per day (PR = 1,613) on the incidence of essential hypertension has a higher risk of developing hypertension (Davit Dwi Ariwibowo, 2019)

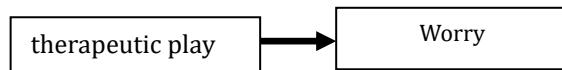
The results of research conducted by Novvy Anggraenny (2019). The results of this study showed that 77.8% of respondents smoked, with a PR value of age (0.75); family history (0.00); smoking behavior (2.85); length of smoking 11-39 years (4.20), length of smoking 1-10 years (1.90), number of cigarettes >11 cigarettes/day (2.00), number of cigarettes 1-10 cigarettes/day (4.00) ; type of non-filtered cigarette (0.00); filter cigarettes (2,92) with systolic blood pressure, which means that there is a relationship between smoking and systolic blood pressure. PR value of age(0,28); family history (0.00); smoking behavior (2.00); smoking duration 11-39 years (1.41); smoking duration 1-10 years (2.40); number of cigarettes >11 cigarettes/day (1.50); number of cigarettes 1-10 cigarettes/day (2.66); type of non-filtered cigarette (0.00); filter cigarette type (2, The results of research conducted by Yuliaus Angga (2021) using bivariate analysis showed that there was a significant relationship between length of smoking and an increase in systolic and diastolic blood pressure, p-value <.05. blood pressure.

Based on an initial survey conducted by researchers in Teluk Nibung Village to 8 elderly people with a total number of elderly in Teluk Nibung Hamlet amounting to 60 elderly people, the results showed that 6 elderly people had a smoking habit and from 6 elderly people said 4 of them had hypertension. Based on the above background, the authors conducted research on the relationship between smoking and hypertension incidence in the elderly in Teluk Nibung Hamlet, Pantai Cermin Village, Kec. Tanjung Pura Kab. Leave in 2021.

2. Method

2.1. Conceptual Framework and Research Variables

The conceptual framework in this study was prepared based on a literature review where the researcher wanted to know the effect of therapeutic play on children's anxiety in the inpatient room at the Dr. RM. Djoelham Binjai Year 2020 with research objectives, the variables can be described as follows:

Independent Variables Dependent Variables**Image 1.** Research Concept Framework**2.2. Research Hypothesis**

The hypothesis is a temporary answer that must be tested for truth in the research the proposed hypothesis is.:

- Ho : No therapeutic effectik play on children's anxiety in the room
Regional General Hospital Dr. RM. Djoelha Binjai
- Ha : There is a therapeutic effect of play on children's anxiety in the inpatient room
Dr. Regional General Hospital stay. RM. Djoelham Binjai.

2.3. Types of research

This type of research is a descriptive study using a cross-sectional study design. The purpose of this research is to determine the effect of therapeutic play on children's anxiety in the inpatient room at the Regional General Hospital Dr. RM. Djoelham Binjai in 2020.

2.4. Place and time of research

The research will be carried out at the Regional General Hospital Dr. RM. Djoelham Binjai and the research was carried out starting in September 2020.

2.5. Population and Sample

The population taken in this study were children who were treated at the Dr. RM. Djoelham Binjai as many as 35 people. In this study, the sampling technique was carried out using a total sampling technique of 35 people. However, researchers still optimize respondents as research objects to explore data. The sample criteria include inclusion criteria and exclusion criteria, where these criteria determine whether or not the sample can be used. The inclusion and exclusion criteria in this study are:

- Inclusion criteria are criteria where research subjects can represent in research samples that meet the requirements as samples (Notoatmodjo, 2016), namely:
 - 1) Children treated at the Regional General Hospital Dr. RM. Djoelham Binjai.
 - 2) Willing to be a respondent.
 - 3) Can speak Indonesian
- Exclusion Criteria
Exclusion criteria are criteria where research subjects cannot represent the sample because they do not meet the requirements as research samples (Notoatmodjo, 2016). The exclusion criteria for this study were that the respondents did not fill out the questionnaire completely.

2.6. Method of collecting data

The source of data used in this study is primary data, namely data obtained by researchers. The data collection method used in this study is to use questionnaires or questionnaires. Arikunto (2016) states that questionnaires are a number of written questions that are used to obtain information from respondents in terms of reports about their personalities, or things they know. To facilitate the analysis, a score (scoring) is given to each answer for the independent and dependent variables as follows.

- Therapeutic Questionnaire play
According to Arikunto (2016), the research instrument is a tool when research uses a method. The data collection tool used in this study was a questionnaire about training where the questionnaire consists of 10 statements. The criteria for giving a score of 1 if you answered yes and a score of 0 if you answered no.
- Anxiety Questionnaire
The questionnaire on job performance consists of 10 statements. The criteria for scoring a score of 1 if you answer yes and a score of 0 if you answer no.

3. Results and Discussion

3.1 Univariate Analysis

The results of data collection from respondents through this study about the effect of therapeutic play on children's anxiety in the inpatient room at the Regional General Hospital Dr. RM. Djoelham Binjai with 35 respondents can be presented in the form of a table as follows:

TABLE 1
THERAPEUTIC FREQUENCY DISTRIBUTION OF RESPONDENT PLAY IN HOSPITAL
GENERAL DR. RM DJOELHAM BINJAI IN 2020 (N=35)

No	Category	Total (n)	Percentage (%)
1	Are not done	12	34.3
2	Conducted	23	65.7
	Total	35	100

In table 1, it can be seen that from 35 respondents the majority of therapeutic play was carried out by 23 respondents (65.7%) and the minority was not carried out as many as 12 respondents (34.3).

TABLE 2
DISTRIBUTION OF RESPONDENTS' ANXIETY FREQUENCY IN THE ICU
GENERAL HOSPITAL DR. RM DJOELHAM BINJAI YEAR 2020 (N=35)

No	Variable	Total (n)	Percentage (%)
1	light	25	71.4
2	Currently	4	11.4
3	heavy	6	17.2
	Total	35	100

In table 2 it can be seen that from 35 respondents the majority of respondents were mild anxiety as many as many as 25 respondents (71.4%) and moderate minority as many as 4 respondents (11.4%).

3.2 Bivariate Analysis

TABLE 3
FREQUENCY DISTRIBUTION OF THE EFFECT OF PLAY THERAPEUTIC ON CHILDREN'S ANXIETY IN THE ICU
STAYING IN THE REGIONAL GENERAL HOSPITAL OF DR. RM. DJOELHAM BINJAI IN 2020 (N=35)

No	Therapeutic Play	Worry						p.value	df		
		light		Currently		heavy					
		n	%	N	%	n	%				
1	Are not done	9	36.0	2	50.0	1	8.3	12	34.3		
2	Conducted	16	64.0	2	50.0	5	83.3	23	65.7		
	Total	25	100	4	100	6	100	35	100		

Based on table 3, it can be seen that from the 35 respondents, the majority of therapeutic play was carried out by 16 respondents (64.0%) and the minority was not carried out as many as 9 people (36.0%). The results of hypothesis testing to see the relationship between variable X and variable Y are with a significant level (α) = 5% (0.05) and df = 1, the results are p.value = 0.000 at df = 1 where sig < (0.000 < 0.05), it can be seen that there is a therapeutic effect of play on children's anxiety in the inpatient room at the Dr. RM. Djoelham Binjai in 2020.

3.3 Discussion

The results showed that of the 35 respondents, the majority of the therapeutic play was carried out by 23 respondents (65.7%) and the minority was not carried out as many as 12 respondents (34.3%) and the majority of the anxiety respondents were mild as many as 25 respondents (71.4%) and the minority was moderate. as many as 4 respondents (11.4%). The results of the statistical test showed that by using a significant level of 0.05 and the statistical test results obtained showed that there was a therapeutic effect of play on children's anxiety in the inpatient room at the Dr. RM. Djoelham Binjai in 2019 can be seen from a significant value of 0.000 < 0.05. The results of hypothesis testing to see the relationship between variable X and variable Y are with a significant level (α) = 5% (0.05) and df = 1, the results are p.value = 0.000 at df = 1 where sig < (0.000 < 0.05), it can be seen that there is a therapeutic effect of play on children's anxiety in the inpatient room at the Dr. RM. Djoelham Binjai in 2020.

Children are unique individuals and not miniature adults. Children are also not a parent's

property or wealth that can be assessed socio-economically, but the future of the nation who is entitled to individual health services and is still dependent on adults and their environment, meaning that they need an environment that can facilitate them in meeting their basic needs and for independent learning. (Supartini, 2017).

Health facilities such as hospitals for health services for children are important in improving the health status of these children. Treatment in health care facilities is often an anxious experience, for both the child and the parent. The environment of health care facilities is a cause of anxiety for toddlers and parents, both the physical environment of health care facilities such as buildings/treatment rooms, tools, distinctive odors, white clothes for health care facility officers and the social environment such as fellow pediatric patients or the interactions and attitudes of officers. health itself so that children often experience feelings of fear, anxiety, tension, pain and other unpleasant feelings (Ngastiyah, 2017).

The effects of treatment experienced by children when seeking treatment at health care facilities need attention and problem solving so that when undergoing treatment a child knows and is cooperative in dealing with problems that occur during the treatment. The anxiety reactions shown by children during treatment are very diverse, such as children who act aggressively, namely as self-defense by issuing hissing and yelling words and closing themselves off and being uncooperative while undergoing treatment (Alifatin, 2016).

Therapeutic play is believed to be able to eliminate limitations, internal barriers, anxiety, frustration and have emotional problems with the aim of changing children's inappropriate behavior into expected behavior and children who are often invited to play will be more cooperative and easy to work with when undergoing treatment (Mulyaman, 2007). 2018).

Anxiety is the most common feeling experienced by children when seeking treatment at health care facilities. Anxiety that is often experienced such as crying, and fear of new people. The response of children's anxiety depends on the stage of the child's age. Children's anxiety due to stress caused by the situation while undergoing treatment will have an impact on the child's level of cooperation with the treatment and care provided if it is not overcome, one of them is play therapy (Hurlock, 2016).

Research on the effectiveness of play therapy has been carried out by Suryanti, et al (2017), regarding the effect of playing coloring and origami therapy on anxiety levels as the effect of hospitalization in pre-school age children at dr. R. Goetheng Tarunadibrata Purbalingga. This study provides results, namely the frequency of anxiety levels suffered by pre-school age children the most is with moderate anxiety levels as many as 16 children (53.3%). Furthermore, the results of the bivariate analysis showed that there was a difference between the level of anxiety experienced by children before therapeutic play was performed and after therapeutic play was performed, with $p = 0.0001$ at significant = 0.05.

Other studies such as that conducted by Handayani and Puspitasari (2018) on the effect of therapeutic play on the cooperative level of children treated at Panti Rapih Hospital in Yogyakarta. The results showed that there was a significant difference in the level of cooperation in the treated children between before and after the administration of therapeutic play with $p = 0.000$ and = 0.05. The results also show that children are more cooperative towards treatment and care after being given therapeutic play.

Researchers in this case are interested in seeing whether therapeutic play is carried out and plays a role in anxiety in their children so that children do not experience anxiety in taking treatment at the hospital. Based on this, it is expected that the hospital management is expected to always provide information related to the implementation of therapeutic play and always involve or involve parents in the treatment process for children.

4. Conclusion

Based on the results of data analysis and discussion, it can be concluded that the majority of therapeutic play was carried out by 23 respondents (65.7%) and the minority was not carried out by 12 respondents (34.3%). The majority of respondents were mild anxiety as many as 25 respondents (71.4%) and a moderate minority as many as 4 respondents (11.4%). The results of hypothesis testing to see the relationship between variable X and variable Y are with a significant level (α) = 5% (0.05) and $df = 1$, the results are $p.value = 0.000$ at $df = 1$ where $sig < 0.000 < 0$

0.05), it can be seen that there is a therapeutic effect of play on children's anxiety in the inpatient room at the Dr. RM. Djoelham Binjai Year 2020.

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