

Knowledge and Attitude towards Prevention and Management of Hypertension in Jatinangor Sub-district

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Abstract

Background: There is an increase in prevalence of hypertension all over the world as well as Indonesia. Hypertension affects almost all body organs and systems. Hypertension prevention and management are influenced by knowledge and attitude towards the disease. The aim of this study was to assess knowledge and attitude towards prevention and management of hypertension.

Methods: This was a descriptive study with cross-sectional approach conducted in Jatinangor sub-district in 2013. Sample sizes were determined based on proportion of the case in population and precision estimates (95% confidence intervals). One hundred twenty respondents aged 18–60 year-old were selected from population using stratified random sampling method. Hypertensions knowledge and attitude were assessed using validated questioner as the scale measurement. Frequency of knowledge level was presented as three ordinal categories; good, moderate, and poor. Attitude of hypertension was presented as frequency in two categories; relatively positive and relatively negative.

Results: Out of 120 respondents administered the questioner, 42.50% had good knowledge; 41.67% had moderate knowledge; 15.83% had poor knowledge related to hypertension prevention and 21.67% had good knowledge; 19.17% had moderate knowledge; 59.17% had poor knowledge related to management of hypertension. Hypertension attitude of respondents were 60.83% relatively positive in topics of hypertension prevention and 39.17% in topics of hypertension management.

Conclusions: Respondents are knowledgeable about hypertension prevention but are less knowledgeable about its management. Respondents have relatively positive attitudes towards hypertension prevention. In the other hand, respondents have more relatively negative attitudes towards its management. [AMJ.2016;3(2):222–9]

Keywords: Attitude, hypertensions, knowledge, prevention, treatment.

Introduction

According to World Health Organization (WHO), in 2008, hypertension had prevalence of 40% in worldwide adult population.¹ Furthermore, the number of adults with hypertension in 2025 was predicted to increase 60% to a total of 1.56 billion adults.² The other studies report that hypertension is one of the leading causes of premature death worldwide, accounting 7.5 million deaths, about or 12.8% of the total of all annual deaths. This accounts for 57 million Disability Adjusted Life Year (DALYs) or 3.7% of total DALYs.^{1,3,4}

Hypertension is a common disease in Indonesia. The disease still occupies the seventh position of the top ten outpatients in hospitals

in 2010. The incidence of hypertension reached 80,615 cases in that year.⁵ According to Riset Kesehatan Dasar (Riskesdas) Indonesia 2007, there are at least 31.7% of the total population, equivalent to 74 million people in Indonesia have hypertension.⁶ In addition, hypertension is often referred to the silent killer due to the character of the disease that does not cause symptoms until complication appeared, such as cerebrovascular disease, ischemic heart disease, heart failure and kidney failure.^{3,4} The high rates of hypertension and the dangers posed by its complications make hypertension as one of the major health burden in Indonesia.

In this context, a strategy to improve the health level of Indonesians should include the prevention and management of hypertension.

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