

Connection Motivation Control Pressure Blood With Quality Of Life In Hypertension Patients At UPTD Puri Mojokerto Community Health Center

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ABSTRACT

Motivation to control blood pressure is important for hypertension patients to increase efforts to control blood pressure so that the value... quality of life can be maintained. Lack of stress control motivation blood causes blood pressure control efforts to not run optimally thus causing health problems that reduce the quality of life of hypertensive patients. The purpose of this study was to analyze the relationship between blood pressure control motivation and quality of life in hypertensive patients in UPTD Puri Health Center, Mojokerto Regency. This study uses a quantitative research design with a cross-sectional approach. The population in this study were all hypertensive patients present at Prolanis, as many as 39 patients who were taken using total sampling. Data collection was carried out using a questionnaire. Data analysis was carried out using the Spearman Rho test with SPSS version 21. The results showed that most respondents had a good category of blood pressure control motivation with a good category of quality of life as many as 33 (84.6%). The p-value <0.05 was obtained, which was 0.00 so that H_0 was rejected, meaning that there was a relationship between blood pressure control motivation and the quality of life of hypertensive patients. The correlation coefficient value was 0.899, which means that the level of closeness of the relationship in the category is very strong and positive results are interpreted as the better the motivation to control blood pressure, the better the quality of life vice versa.

Keywords: Hypertension, Motivation for blood pressure control, Quality of life

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INTRODUCTION

Hypertension is one of the most serious and common diseases in the world with a significant impact on public health. Hypertension, which is often referred to as a "silent killer", can cause various serious health problems, including disorders of the heart, brain, and kidneys (Ginting et al., 2023). The quality of life of hypertensive patients is influenced by various aspects, including physical, mental, and social conditions. Complications arising from hypertension not only impact physical health, but also have the potential to reduce overall quality of life. Many hypertensive patients experience a decrease in quality of life because they often experience disturbing physical symptoms, such as headaches, fatigue, and dizziness. These symptoms can limit their ability to carry out daily

activities optimally (Ayaturahmi et al., 2022) .

Data from the World Health Organization (WHO) shows that the prevalence of hypertension globally is increasing. In 2021, the incidence rate of hypertension was recorded at 36.3 % , and increased to 39.7% in 2022. This increase reflects a worrying trend in public health issues, given the increasing population affected by hypertension worldwide (Nindita et al., 2023) . Meanwhile, based on data from the 2018 Basic Health Research (Risikesdas), it is estimated that more than 70 million Indonesians suffer from hypertension, with a prevalence of 34.1%. Of the three people with hypertension, only one person undergoes regular treatment. In addition, it was recorded that 51.55 % of people with hypertension do not or have never received formal education. The incidence of hypertension also increases with age, namely 63.20 % in the 65–74 year age group and 69.50% in the ≥75 year age group. Of all sufferers diagnosed with hypertension, only around 50% regularly take medication (Syahroni et al., 2024) .

In East Java Province, it is estimated that there are around 11,702,478 residents aged 15 years and over who suffer from hypertension. Of that number, 48.8 % are male and 51.2% are female. A total of 73.8 % or around 8,632,039 sufferers have received health services. When compared to 2022, there was an increase of 12.2% in 2023 in terms of the number of hypertension sufferers who received health services according to standards (Ministry of Health, 2023) .

Based on the results of an initial preliminary study conducted in working area of UPTD Puskesmas Puri on January 20, 2025, data shows that in December there were 52 hypertension patients registered in prolanis. Puskesmas Puri is ranked second with the number of hypertension patients reaching 97.3%. And conducting partial interviews, namely five patients, showed that two of them had economic limitations that caused low priority for health. One patient complained of fatigue and sleep disorders, while the other received less family support. Only one patient actively maintained a diet and regularly checked his blood pressure. These findings suggest that economic, physical, social, and self-awareness factors influence hypertension management.

According to previous research results, in general the quality of life of hypertension sufferers is classified as low, with 48.5 % of respondents reporting a poor quality of life and 47.9% feeling their health condition is unsatisfactory. The physical health aspect showed the lowest figure, namely 40.9%, followed by psychological quality of life at 39.4%, quality of social relationships at 42.4%, and quality of life related to the environment at 36.4%. These findings indicate that no hypertension sufferers have a quality of life that is classified as good, so it can be concluded that there is a significant decline in various dimensions of quality of life in this group (Pangestuti et al., 2022) .

Hypertension is caused by various risk factors such as unhealthy diet, lack of physical activity, obesity, and stress. These factors can damage the cardiovascular system and kidney function, leading to increased blood pressure. Because it is often asymptomatic in the early stages, many sufferers are unaware of their condition. If left untreated, hypertension can damage vital organs and cause physical symptoms such as headaches, fatigue, and sleep disturbances, which negatively impact quality of life and

daily activities. The emergence of these symptoms affects the sufferer's ability to carry out daily activities, which ultimately reduces their quality of life (Chendra et al., 2020) .

Various factors such as gender, age , education, occupation, marital status, psychological conditions, and motivation affect the quality of life of people with hypertension. One effort to improve it is through motivation in controlling blood pressure. Strong motivation can encourage patients to maintain a healthy lifestyle , do physical activity, and routinely control blood pressure. Health education and environmental support also play an important role in building this motivation. Therefore, motivation to control blood pressure is very important to improve the quality of life for people with hypertension (Septi Ade Wandira et al., 2023) .

Based on the background explanation above, the researcher felt compelled to conduct a study aimed at examining "The relationship between blood pressure control motivation and 6 qualities of life in hypertension patients at the UPTD Puri Mojokerto Health Center."

METHOD

This study used a quantitative research design with a *cross-sectional approach*. The population in this study were all hypertensive patients who attended prolanis as many as 39 patients at the Puri Health Center who were taken using *total sampling* so that a sample of 39 samples was obtained. The variables in this study were motivation to control blood pressure and quality of life . Data collection was carried out using the *TRSQ questionnaire* and *WHOQOL-BREEF* . Data analysis was performed using the *Spearman Rho test* with SPSS version 21.

FINDING AND DISCUSSION RESEARCH

RESULT

Table 1: Characteristics Respondents Based on Data General At the UPTD Puri Mojokerto Community Health Center.

No	Respondent Characteristics	frequency	presentation
1.	Age		
	40 – 50	4	10.3%
	51 - 60	16	41.0%
	61 - 70	11	28.2%
	71 – 80	7	17.9%
	81 - 90	1	2.6%
	Total	39	100%
2.	Type Sex		
	Man - man	9	23.1%
	Woman	30	76.9%
	Total	39	100%
3.	Education		

	No school	3	7.7%
	Elementary School/Islamic Elementary School	19	48.7%
	Junior High School/Islamic Junior High School	11	28.2%
	High School	6	15.4%
	College tall	0	0
	Total	39	100%
4.	Marital status		
	No Marry	1	2.6%
	Marry	34	87.2%
	Widow/Widower	4	10.3%
	Total	39	100%
5.	Work		
	civil servant	1	2.6%
	Employee private	5	12.8%
	No working/housewife/retired	25	64.1%
	Other - other	8	20.5%
	Total	39	100%
8.	Factor Medical		
	No own	25	64.1%
	Diabetes	2	5.1%
	Stroke	6	15.4%
	Kidney failure	0	0%
	Disease heart	6	15.4%
	Total	39	100%

Source: Primary data 2025

Table 1 The data generated in the study shows the following distribution: the average respondent age is 51 – 60 years. (41.0% or 16 person), Almost all respondents were female (76.9 % or 30 people), the majority of respondents had elementary school/Islamic elementary school education (48.7% or 19 people), the profession that most many are housewives/retirees (64.1% or 25 people) and most people do not have medical factors (64.1% or 25 people).

Table 2: Distribution Respondent based on Motivation Hypertension sufferers at the Puri Mojokerto Health Center UPTD

No	Motivation	Frequency	Presentation
1.	Good	34	87.2%
2.	Bad	5	12.8%
	Total	39	100%

Source: Data primary 2025

From table 2, the majority of hypertension sufferers have good motivation to control blood pressure, namely 34 people (87.4%). While those who have bad motivation are 5 people (12.8 %).

Table 3: Distribution Respondent based on Quality life of hypertension sufferers at UPTD Puri Mojokerto Health Center

No	Quality of Life	Frequency	Presentation
1.	Good	33	84.6%
2	Bad	6	15.4%
	Total	39	100%

Source: Primary data 2025

From table 3 shows the majority of hypertension sufferers have a good quality of life, which is 33 people (84.6%). While those who have a poor quality of life are 6 people (15.4 %).

Table 4: Cross tabulation of respondents based on the relationship between motivation to control blood pressure and the quality of life of hypertension sufferers at the Puri Mojokerto Health Center UPTD.

Stress Control Motivation Blood	Quality of Life				Total	
	Good		Bad		F	%
	F	%	F	%	F	%
Good	33	97.1%	1	2.9%	34	100%
Bad	0	0.0%	5	100%	5	100%
Total	33	84.6%	6	15.4%	39	100%

P-value Statistical Test Results : 0,000 α : <0.05 r : 0.899

Source: Primary data 2025

Based on table 4, it shows that 33 respondents (100%) showed good category of blood pressure control motivation with 33 respondents (97.1%) having good quality of life results and 1 respondent (2.9%) having good quality of life results. show motivation control pressure good blood category but have poor quality of life.

The results of the data test from the *Spearman rho test* , the p value (0.00) means it is smaller than the alpha value (0.05) . Thus, H_0 is rejected, which means there is a relationship between blood pressure control motivation and quality of life. The correlation *coefficient* value is 0.899, which means a very strong level of relationship. The direction of the relationship between the two variables is positively correlated,

meaning that the better the blood pressure control motivation, the better the quality of life of hypertensive patients in the UPT Puskesmas Puri work area.

DISCUSSION

Identification of Motivation for Controlling Blood Pressure in Hypertension Patients at UPTD Puri Mojokerto Health Center

The results of the study based on table 2 show that of the 39 respondents studied, almost all of them had good motivation in controlling their blood pressure, as many as 34 respondents (87.2%) and a small number of respondents had poor motivation in controlling their blood pressure, as many as 5 respondents (12.8%). Good motivation in controlling blood pressure can improve quality of life and reduce the risk of complications. Patients with high motivation tend to comply with treatment, maintain a diet, and do regular physical activity. Conversely, low motivation can lead to non-compliance and greater health risks. In this study, the crosstab results for gender and motivation for controlling blood pressure were found to be that almost all respondents in This study was conducted on women, namely 30 respondents (76.9 %) while men numbered 9 respondents (23.1%). Gender is important factors in the influence of motivation on blood pressure control. Because women show higher compliance in taking medication and undergoing regular blood pressure control compared to men. This also has an impact on their level of motivation in maintaining healthy living habits (Ayuning Siwi, 2024). In addition, most of the 25 respondents did not have any comorbid disease factors because the better their motivation to control their blood pressure, the lower the risk of complications.

Identification of Quality of Life of Hypertension Patients at UPTD Puri Mojokerto Health Center

The research results based on table 3 show that of the 39 respondents studied, almost all respondents experienced a good quality of life, as many as 33 respondents (84.6%).

Identifying various factors that influence quality of life, namely: gender, age, education, occupation, marital status, psychological factors, and motivation, therefore one way that can be used to improve the quality of life of hypertension sufferers is motivation to control blood pressure (Lestari et al., 2024).

Marital status plays an important role; in this study, the results of the crosstab of marital status showed that almost all respondents were married, namely 34 respondents (87.2 %). Marital status can affect hypertension management and quality of life. Spouses provide emotional and physical support that encourages adherence to treatment. In contrast, individuals who do not have a spouse tend to be more susceptible to loneliness and psychological distress, which can worsen health conditions (Nur et al., 2025).

The second factor that influences the quality of life of hypertension sufferers is gender. Based on the results of the study, almost all respondents various sex Woman as

much as 30 respondents (76.9 %), while a small portion was male, amounting to 9 respondents (23.1%). Gender affects the response to health, gender affects how individuals deal with hypertension. Women are generally more disciplined in treatment and examination, but are susceptible to emotional stress. Meanwhile, men tend to have an unhealthy lifestyle, which can worsen blood pressure conditions (Inggani et al., 2024).

In conclusion, women tend to be compliant with treatment but are psychologically vulnerable, while men are at risk of experiencing a decline in quality of life due to unhealthy lifestyles. Therefore, hypertension management should consider gender differences, including emotional aspects, medical compliance, and lifestyle habits to be more effective.

Correlation Analysis of the Relationship between Blood Pressure Control Motivation and Quality of Life of Hypertension Patients at UPTD Puri Mojokerto Health Center.

In this discussion, the researcher explores the relationship between blood pressure control motivation and quality of life of hypertension patients at Puri Health Center. This study was obtained from the fact that out of 39 respondents, 34 respondents (100%) showed blood pressure control motivation results in the category Good with 33 respondents(84.6%) own quality good life.

Based on table 4, it shows that from the total respondents whose motivation to control blood pressure shows 33 respondents (100%) showed good category of motivation to control blood pressure with 33 respondents (97.1%) good quality of life results while respondents whose motivation to control blood pressure is bad are 5 respondents with poor quality of life, and 1 respondent has good motivation but poor quality of life. High motivation plays an important role in controlling blood pressure and improving the quality of life of hypertension sufferers. Motivated individuals tend to be more disciplined in undergoing treatment, maintaining a healthy lifestyle, and having regular check-ups, so that the risk of complications can be minimized and health conditions are better maintained.

Low motivation in controlling blood pressure contributes to the bad quality life on sufferer hypertension, especially if accompanied by other factors such as advanced age, duration of the disease Which Enough long, as well as existence disease accompanying. Findings This confirms that lack of motivation in maintaining blood pressure can have a negative impact on the quality of life of hypertension patients (Wayan, 2015) .

The results of the study showed that the majority of hypertension sufferers had high motivation to check their blood pressure, which was in line with a good quality of life. This motivation encourages patients to understand their health condition and take preventive measures when blood pressure is abnormal, so that health is maintained.

This finding is different from the study (Yenni & Reni, 2018) which showed low motivation in hypertensive patients to check their blood pressure, due to lack of physical complaints, information, and support. In fact, routine checks are important to prevent complications. Therefore, health education needs to be improved to encourage patient

motivation in maintaining blood pressure (Hailu Jufar et al., 2017) . But this study is in line with the study (Cahyaningtias 2019, nd)

The results of this study indicate that a small portion of respondents have low motivation in controlling blood pressure, which has an impact on their quality of life. This is influenced by a lack of understanding, perception of non-instant results, and minimal environmental support. Therefore, stronger education and social support are needed to encourage consistent implementation of a healthy lifestyle.

In conclusion, there is a relationship between motivation to control blood pressure and quality of life of hypertension patients at the UPTD Puri Mojokerto Health Center. The higher the motivation, the better the quality of life achieved. Therefore, it is important for sufferers to build motivation from within themselves to be more disciplined in living a healthy lifestyle, following treatment, and having regular check-ups to prevent complications.

CONCLUSION

Based on the explanation of the discussion, it can be concluded that there is a relationship between motivation to control blood pressure and quality of life in hypertension patients at the Puri Health Center UPTD, Mojokerto Regency, as evidenced by the results of the Spearman's Rho data test, the p value (0.00) means it is smaller than the alpha value (0.05) . The correlation coefficient value is 0.899, which means a very strong level of relationship, which means that the better the motivation to control blood pressure, the better the quality of life of hypertension patients. blood, the better the quality of life of hypertension sufferers.

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