

# DESCRIPTION OF THE MOTIVATION OF HYPERTENSION AND DIABETES MELLITUS PATIENTS IN FOLLOWING PROLANIS ACTIVITIES

*by* Cek Plagiasi Mandiri UIN SATU

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## Original Articles

### DESCRIPTION OF THE MOTIVATION OF HYPERTENSION AND DIABETES MELLITUS PATIENTS IN FOLLOWING PROLANIS ACTIVITIES

Zuliani Zuliani <sup>1\*</sup>

<sup>1</sup>Faculty of Health Sciences, Unipdu Jombang

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**Correspondence:**

Zuliani Zuliani  
Faculty of Health Sciences, Unipdu  
Jombang, East Java Province,  
Indonesia  
Email: [zuliani@fik.unipdu.ac.id](mailto:zuliani@fik.unipdu.ac.id)

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**Abstract**

**Background:** Prolanis is a health service system to maintain the health of people with chronic diseases. Prolanis will not run well without community participation, while the participation of people with hypertension and diabetes mellitus in participating in Prolanis activities is influenced by motivation.

**Objective:** The purpose of this study was to describe the motivation of people with hypertension and diabetes mellitus in following Prolanis activities at the Nurwachid Inpatient Primary Clinic.

**Methods:** This research design used descriptive. The research was conducted in August 2022 at the Nurwachid Inpatient Primary Clinic. The population in this research is the Prolanis program participants. The sampling technique used total sampling obtained a sample of 45 respondents, consisting of 25 participants diabetes mellitus and 20 participants sufferer hypertension. Motivational instruments with questionnaires, Analysis of statistical test data with univariate.

**Result:** The results showed that more than half of the respondents had good motivation (53.3%), and most of the respondents had good participation (73.3%).

**Conclusion:** It is hoped that Prolanis officers will improve their special services in carrying out Prolanis activities, so that Prolanis participants are motivated which will lead to increased participation in participating in Prolanis activities. Thus, facilitating monitoring and evaluation in providing guidance and health services.

## INTRODUCTION

A health service system and a proactive approach in maintaining the health of people with chronic diseases through Prolanis, in which the activity involves participants, health agencies, health workers and social security administering bodies. Chronic non-communicable diseases, namely diabetes mellitus and hypertension, are not easy to treat, because these chronic diseases have been suffered by sufferers for a long time. Therefore, if treatment is not carried out intensively and continuously it can lead to complications, this aims to maintain the health of people with diabetes mellitus and hypertension in order to achieve a more optimal standard of living (BPJS Health, 2014).

According to BPJS Health (2015), the chronic disease management program will not work properly without community participation in carrying out Prolanis activities. Participation in Fadila's research (2021), the level of activity in participating in chronic disease management program activities, whereas according to Rahmawati (2017) in the study stated that Prolanis participation was influenced by several important factors, including: gender, length of suffering from hypertension, level of knowledge about hypertension, motivation, family support, affordable access to clinics, Prolanis staff services, facilities and infrastructure.

Based on data in Indonesia, the number of Prolanis participants was 686,397 people, with a ratio of the number of participants who regularly visited 53.35% or 366,209 people, while the number of participants in the hypertension management program was 400,066 participants. The number of clubs that have implemented Prolanis education is 13,802 clubs with an activity frequency of 149.26 times (BPJS Kesehatan, 2017). According to the East Java Ministry of Health (2019), the estimated number of hypertension sufferers in East Java is around 11,952,694 residents with the proportion of men 48% and women 52%. Of this amount, 40.1% or 4,792,862 residents received health services for people with hypertension. Based on the results of a preliminary study based on observational data from September to November 2021 at the Nurwachid Inpatient Primary Clinic it was found that the number of registered Prolanis participants was the same 45 participants, consisting of 25 participants diabetes mellitus and 20 participants sufferer hypertension. Of these there were 26 Prolanis participants who came in September 2021 consisting of 17 participants with diabetes mellitus (65.4%), 9 participants with hypertension (34.6%). In October 2021 there were 25 participants consisting of 17 participants with diabetes mellitus (68%), 8 participants with sufferers' hypertension (32%). In November 2021 there were 23 participants consisting of 16 participants with diabetes mellitus (69.6%), 7 participants with hypertension (30.4%). The level of participation in Prolanis participants can be seen from the number of participants who come which is the lowest participant each month namely participants with hypertension.

The participation or participation of hypertension sufferers in participating in Prolanis activities according to Afrilla's research (2020) is caused by encouragement or motivation in participating in chronic disease management program activities, in which some patients come of their own free will not coercion from family or people around them and there is awareness from within the patient myself to always be healthy. Through Prolanis activities, Prolanis participants will receive counseling on how to live healthily with all the limitations or health problems attached to them. This experience will increase patient knowledge, then shape attitudes and finally encourage their interest or motivation to always take part in Prolanis activities.

According to Lumempouw et al (2016) and Syamson et al (2020), the participation of people with chronic non-communicable diseases in Prolanis can improve their quality of life. Participants who actively participate in Prolanis activities are proven to be able to reduce blood pressure in people with hypertension and blood sugar levels in people with diabetes mellitus. The family has an important role

in caring for and maintaining the health of family members (Taher et al, 2016). The family approach means that primary health services are not only passive in treating patients with hypertension and diabetes mellitus but are also active in conducting family visits for data collection, health promotion, and following up on the health services that have been provided. In addition, this strategy can also increase the reach of targets and bring access to health services closer to people with hypertension and diabetes mellitus. On this basis, this community empowerment program is designed to involve the family as the main target of intervention, this has a positive impact on the participation of people with hypertension and diabetes mellitus in participating in Prolanis activities (Fauzi, 2020). Based on the background mentioned above, the researcher is interested in conducting research with the theme "The Description of The Motivation of Hypertension Patients in Participating in Prolanis Activities at the Nurwachid Inpatient Primary Clinic".

## **METHODS**

### ***Study Design***

The study design was descriptive study.

### ***Settings***

The research was conducted at " Nurwachid Inpatient Primary Clinic " in August 2022.

### ***Research subject***

The population in this study were respondents who have hypertension or diabetes at Nurwachid Inpatient Primary Clinic, with a total sampling technique of 45 respondents. consisting of 25 participants diabetes mellitus and 20 participants sufferer hypertension.

### ***Instruments***

The research instruments used questionnaires. The reliability test of the motivation questionnaire using Cronbach Alpha = .89. The reliability test of the participation questionnaire using Cronbach Alpha = .89.

### ***Data collection***

Data collection was carried out by administering questionnaires and explaining the methods, objectives, benefits. The research instruments that have been filled in are then collected, and the completeness of the filling is checked. The results of data collection were then processed and analyzed.

### ***Data Analysis***

Data analysis was carried out in this study in the form of a description of the results of distributing questionnaires. Analysis of statistical test data with univariate.

### ***Ethical Consideration***

The implementation of this research has received approval from the director of Nurwachid Inpatient Primary Clinic with letter number 01/KNW/SK/IX/2022. The ethics exam was conducted at the Faculty of Health Sciences Jombang Unipdu.

**RESULTS***General Data of Respondents*

The results of the research in the form of general data of respondents are presented as follows:

**Table 1.** Distribution Frequency of Respondents based on General Data of Respondents in Nurwachid Inpatient Primary Clinic on August 2022 (n = 45).

General Data of Respondents	Frequency (f)	Percentage (%)
<b>Age</b>		
21-35 year	0	0.0
36-45 year	0	0.0
56-65 year	9	20.0
> 65 year	36	80.0
<b>Gender</b>		
Man	25	55.6
Woman	20	44.4
<b>Work</b>		
Doesn't work	0	0
Housewife	20	44.4
Private	0	0
Self-employed	25	55.6
Government employees	0	0
<b>Education</b>		
Basic level (SD, SMP)	9	20.0
Middle level (SMA, SMK)	35	77.8
College	1	2.2
<b>Facilities and infrastructure</b>		
Complete	45	100.0
Incomplete	0	0.0
<b>Mileage</b>		
Near (< 3 km)	15	33.3
Far (> 3 km)	30	66.7

Sources: Primary Questionnaire, 2022.

<sup>12</sup> Based on the table above, it shows that the majority of respondents are > 65 years old (80%) and the small number of respondents is 56-65 years old (20%). More than half of the gender of the respondents were male (55.6%) and to a lesser extent the gender of the respondents was female (44.4%). More than half of the respondents are self-employed (55.6%) and as a small number of respondents are housewives (44.4%). Most of the respondent's last education was secondary level (77.8%) and the last education was university (2.2%). The majority of facilities and infrastructure are in the complete category (100%). Most of the respondents traveled to the Nurwachid Inpatient Primary Clinic in the far category (> 3 km) (66.7%) and nearly half of the respondents were in the close category (<3 km) (33.3%).

*Distribution Frequency of Respondents Based on Sufferers' Motivation*

**Table 2.** Distribution Frequency of Respondents based on Sufferers' Motivation in Nurwachid Inpatient Primary Clinic on August 2022 (n = 45).

Motivation	Frequency (f)	Percentage (%)
Not enough	8	17.8
Enough	13	28.9
Good	24	53.3
<b>Total</b>	<b>45</b>	<b>100.0</b>

Sources: Primary Questionnaire, 2022.

Based on table above, it shows that more than half of the respondents have good motivation (53.3%), while some respondents have less motivation (17.8%).

*Distribution Frequency of Respondents Based on Sufferers' Participation*

**Table 3.** Distribution Frequency of Respondents based on Sufferers' Participation in Nurwachid Inpatient Primary Clinic on August 2022 (n = 45).

Participation	Frequency (f)	Percentage (%)
Not enough	8	17.8
Enough	4	8.9
Good	33	73.3
<b>Total</b>	<b>45</b>	<b>100.0</b>

Sources: Primary Questionnaire, 2022.

Based on table above, it shows that most of the respondents had good participation (73.3%), while some respondents had sufficient participation (8.9%).

**DISCUSSION***Motivation of people with Hypertension and Diabetes Mellitus in participating in Prolanis activities at the Nurwachid Inpatient Primary Clinic*

Motivation is an impulse that arises in a person consciously or unconsciously to take an action with a specific purpose. Motivation according to Vroom in Keith Davis (1985) in Elisabeth and Triani's research (2015) is the result of three kinds of feelings, namely: hope, instrumentality, and valence, which are interrelated with one another. Therefore, if a Prolanis participant believes that participating in Prolanis activities, that will generate hope, namely health care can be monitored and complications of hypertension and diabetes mellitus can be prevented as early as possible. However, if one of the three kinds of feelings is low, the motivation is low, and vice versa, the three kinds of feelings are good or high, then the motivation is good or high.

The description above shows that the motivation of the respondents in participating in Prolanis activities is in a good category, this is due to the three elements that form motivation, namely hope, instrumentality and valence. Based on the results of distributing the questionnaire on the element of hope, where hope is the belief that Prolanis participants participating in Prolanis activities can have a positive impact on health levels, this is shown by the majority of responding to answers that strongly agree regarding chronic disease management program activities, such as participating in gymnastics, counseling, examinations or controlling blood pressure in people with hypertension and blood sugar levels in people with diabetes mellitus.

In the element of instrumentality, where instrumentality is the belief of Prolanis participants regarding the facilities and infrastructure of Prolanis activities at the Nurwachid Inpatient Inpatient Clinic leads to an increase in the level of health of Prolanis participants, which is shown to be the largest in responding to strongly agree answers related to providing information about Prolanis given by Prolanis officers, adequate facilities and infrastructure, friendly Prolanis staff services. In the element of valence, where valence is the assessment of Prolanis participants in participating in Prolanis activities, it is shown that most of the responses strongly agree with regard to Prolanis being able to increase participant knowledge, can assist in monitoring the health of Prolanis participants, participating in Prolanis activities regularly can improve a healthy life participants, and can prevent complications early. Based on the results of this study it can be concluded that the results of the responses of the Prolanis participants strongly agree on the three elements of feelings, namely: hope, instrumentality, and valence can produce good motivation in Prolanis participants in participating in Prolanis activities.

The research results show that more than half of the respondents have good motivation. Influenced by several factors, such as: age, gender, education level, occupation, facilities and infrastructure, and distance traveled. However, the most dominant factor found in the field at the time of research was the level of education. Where according to Prastinawati (2017), motivation is an encouragement that arises either within oneself or through the encouragement of others. Good motivation is due to the self-awareness of the Prolanis participants about personal health. Meanwhile, the education level of Prolanis participants changes the mindset that can raise awareness of Prolanis participants in participating in chronic disease management programs (Afrilla, 2020).

The research results show that more than half of the respondents have good motivation (53.3%), while some respondents have less motivation (17.8%). Influenced by several factors, such as: age, gender, education level, occupation, facilities and infrastructure, and distance traveled. However, the most dominant factor found in the field at the time of research was the level of education. Where according to Prastinawati (2017), motivation is an encouragement that arises either within oneself or through the encouragement of others. Good motivation is due to the self-awareness of the Prolanis participants about personal health. Meanwhile, the education level of Prolanis participants changes the mindset that can raise awareness of Prolanis participants in participating in chronic disease management programs (Afrilla, 2020).

*Participation of people with Hypertension and Diabetes Mellitus in participating in Prolanis activities at the Nurwachid Inpatient Primary Clinic*

Participation in Prolanis participants is the level of activeness of participants in participating in Prolanis activities, while participation according to Rofiq's research (2018), is community involvement in a government program either directly or indirectly for the success of a goal, while Prolanis activity programs include: medical consultations, clubs Prolanis, home-visit and health screening. In participatory research using the theory of the health belief model (HBM), which theory according to Bandura, (1994) and Glanz, (2008) cited by Irwan (2017), consists of susceptibility, perceived severity, perceived benefit, support for taking action (cues to action), perceived benefit, and self-efficacy.

The description above shows that the participation of people with hypertension and diabetes mellitus in participating in Prolanis activities is in the good category and as small the category is sufficient, indirectly the participation of the Prolanis participants shows high participation. This is because participation is caused by several elements, namely vulnerability, perceived seriousness, perceived benefits, perceived obstacles, support for taking action, and confidence in the ability to take action. The results in the field proved that based on the results of distributing the questionnaires, it showed that in the element of vulnerability, most of the Prolanis participants responded strongly in agreement about the statement that checking blood pressure and blood sugar levels in DM sufferers regularly every month, trigger factors for hypertension and DM can be prevented routinely. participating in Prolanis activities, while not being able to do light sports such as jogging and gymnastics, the majority of the responses did not agree.

The element of severity felt by most Prolanis participants responded strongly to the question of blood pressure and uncontrolled blood sugar levels leading to complications. Complications of hypertension and DM can be prevented early by routinely participating in Prolanis activities. Blood pressure and blood sugar levels can be controlled by routinely participate in Prolanis activities. Regarding the perception of obstacles, most of the Prolanis participants responded strongly in agreement about the complete statement of facilities and infrastructure for Prolanis activities. They have the role of hypertensive and DM sufferers in participating in Prolanis activities, and the poor quality of service for Prolanis officers can reduce interest in the role of hypertensive and DM sufferers in participating in Prolanis activities.

In support of taking action, most of the Prolanis participants responded strongly to the statements of the families of the participants who were indifferent to Prolanis activities resulting in delays in participating in Prolanis activities, lack of information about Prolanis resulted in delays in participants participating in Prolanis activities. In the belief that most of the Prolanis participants responded strongly to the statement that participating in Prolanis activities is able to restore hypertension and diabetes mellitus, Prolanis exercise activities can normalize blood pressure and blood sugar levels and improve the working ability of Prolanis participants.



The results of this study can be concluded that the statement strongly agrees that the element of participation consists of vulnerability, perceived severity, perceived benefits, support for taking action, perceived benefits, and belief in being able to have a positive impact, namely good or high participation in Prolanis participants in participating in Prolanis activities, with high participation in Prolanis participants, the objectives of the chronic disease management program held at the Nurwachid Inpatient Clinic, namely health care providers for people with hypertension and diabetes mellitus can be achieved optimally which leads to an increase in the quality of life of Prolanis participants.

The results of the study can be stated that the participation of Prolanis participants is very high, this is because most of the respondents' participation is good. This participation was influenced by several factors, namely the age of the respondents > 65 years. According to Priyanto (2014), that the older you are, the more you need health services, the older you use more health services than the younger ones. This is probably due to physical endurance, where as you get older you will experience a decrease in your susceptibility to exposure to a disease.

The description above shows that the age of participation for Prolanis participants is mostly good, aged 56-> 65 years. This is in accordance with Priyanto's theory that the older a person will need health services, if in old age they experience chronic diseases that require intensive care and monitoring, namely diabetes mellitus and hypertension. Therefore, Prolanis participants in participating in chronic disease management program activities at the Nurwachid Inpatient Primary Clinic are very good, this is because participants need care and monitoring of their illness with the aim of preventing complications. The description above shows that the age of participation for Prolanis participants is mostly good, aged 56-> 65 years. This is in accordance with Priyanto's theory that the older a person will need health services, if in old age they experience chronic diseases that require intensive care and monitoring, namely diabetes mellitus and hypertension. Therefore, Prolanis participants in participating in chronic disease management program activities at the Nurwachid Inpatient Primary Clinic are very good, this is because participants need care and monitoring of their illness with the aim of preventing complications.

The gender, more than half of the respondents were male. According to Tawakkal (2015), female Prolanis participants have a greater chance than men of taking advantage of chronic disease management programs because they have better awareness of disease, so that more women take advantage of chronic disease management programs to prevent the occurrence of the disease they suffer from. The above description is contrary to Tawakkal's theory, which according to Tawakkal states that women have more awareness of using chronic disease management programs than male participants, but contradicts what is in the field where more than half of the respondents who have good participation are male participants. This is due to diabetes mellitus and hypertension, more than half of the respondents suffered from male participants, of which the number of Prolanis participants was 45 people, more than half of 25 participants were male, while the remaining 20 were female. In addition, only from the comparison of the number of Prolanis participants between male and female participants,

however, the awareness of Prolanis participants, both those with diabetes mellitus and hypertension, has awareness in treating and monitoring their illness, this is related to the prevention of complications they suffer from.

The work, that more than half of the work of self-employed respondents. According to Notoatmodjo (2014), work is the main activity carried out by a person to achieve certain goals that can support life and can affect the time a person has to obtain various information. The description above that work is one of the activities that interact with the outside world, with interaction with the outside world, it will add to the information, more than half of the respondents work as self-employed. This makes it easier for Prolanis participants to evaluate the benefits of the chronic disease management program, so that in participating in Prolanis activities the Prolanis participants are in a good category, while the participants work as housewives, where household chores have free time to obtain information related to chronic disease management programs through counseling provided by local health workers, so that participation in Prolanis activities is in a good category. Thus it can be concluded that a good level of participation is due to awareness caused by participants understanding the benefits of Prolanis obtained from information.

In terms of education, that most of the respondents' last education was secondary. According to Priyoto (2014), a high level of education can lead to an increase in the use of service facilities. The description above shows that the educational level of the Prolanis participants is mostly medium and a small proportion is high, where the education level of the Prolanis participants is quite capable of analyzing information related to chronic disease management program activities, so that Prolanis participants understand very well the benefits of participating in Prolanis activities as a whole. routine which leads to increased participation in participating in chronic disease management program activities

Judging from the facilities and infrastructure, where the majority of facilities and infrastructure are in the complete category. According to Ratnata (2021), the facilities and infrastructure for implementing Prolanis activities attract the interest of Prolanis participants to participate in chronic disease management program activities. The description above shows that the facilities and infrastructure at the Nurwachi Inpatient Inpatient Clinic as a whole are complete, in which the facilities and infrastructure, such as medical examination equipment and equipment for chronic disease management program activities, are available, as well as the location or place of activity is clean, so this cause Prolanis participants to be interested in participating in participating in Prolanis activities properly.

Judging from the respondent's distance to the Nurwachid Inpatient Pratama clinic, the category is far (>3 km). According to Prastinawati (2017), mileage is the distance that must be traveled by Prolanis participants to reach a destination that has a relationship with participation in Prolanis activities. The description above shows that most of the distance between the residence of the Prolanis participant and the Nurwachid Inpatient Pratama clinic is far away and almost half of the respondents are close to having good participation, indirectly indicating that far or near the distance does not affect

Prolanis participants in participating in Prolanis activities, which where the participation of Prolanis participants is quite good. this is because the participants fully understand the benefits of participating in Prolanis activities regularly, and besides that because the facilities and infrastructure of the Nurwachid Inpatient Pratama clinic are complete, so that participants are interested in participating in Prolanis activities which are shown by good participation in participating in chronic disease management program activities at the Nurwachid Inpatient Pratama clinic.

#### LIMITATION

There is no limitation.

#### CONCLUSION

More than half of the respondents' motivation for people with hypertension and diabetes mellitus in participating in Prolanis activities at the Nurwachid Inpatient Primary Clinic was in a good category and most of the participation of people with hypertension and diabetes mellitus in participating in Prolanis activities at the Nurwachid Inpatient Primary Clinic were in good category.

#### AUTHOR CONTRIBUTION

**Zuliani Zuliani:** Literature review, conceptualization, methodology, investigation, resources, formal and statistical analysis, writing-original draft validation, project administration, and manuscript drafting.

#### ORCHID

Zuliani Zuliani : None.

#### CONFLICT OF INTEREST

There is no conflict of interest in this study.

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