



Spiritual Approach For Hypertension Sufferers in Riverbank Areas

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ABSTRACT

Hypertension is categorized as the silent disease, the number always increases every year. Hypertension sufferers can experience anxiety which has an impact on their psychological well-being. In a mood of sadness, fear and anxiety, religiosity and spirituality become a guide to life, religious practices become daily activities. Spiritual well-being or spiritual well-being is one of the factors that shows how a person can deal with problems and stress in their life, such as degenerative diseases and other problems that arise. This research aims to explore the spiritual approach of hypertension sufferers using a cross-sectional method in communities along the Martapura river. The results obtained show the spiritual approach of the people along the Martapura river. Very good at controlling emotions and anxiety in dealing with hypertension problems. Society establishes a vertical relationship with God just as building religious rituals is very well established, so are horizontal relationships with fellow creatures (man and the universe). A spiritual approach is of particular concern in treating hypertensive patients.

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ABSTRAK

Hipertensi dikategorikan sebagai silent disease, jumlahnya selalu meningkat setiap tahunnya. Penderita hipertensi dapat mengalami kecemasan yang berdampak pada kesejahteraan psikologisnya. Dalam suasana sedih, takut dan cemas, religiusitas dan spiritualitas menjadi pedoman hidup, amalan keagamaan menjadi aktivitas sehari-hari. Kesejahteraan spiritual atau spiritual wellbeing merupakan salah satu faktor yang menunjukkan bagaimana seseorang mampu menghadapi masalah dan stres. dalam kehidupannya, seperti penyakit degeneratif dan permasalahan lain yang muncul. Penelitian ini bertujuan untuk mengeksplorasi pendekatan spiritual penderita hipertensi dengan metode cross-sectional pada masyarakat bantaran sungai Martapura. Hasil yang diperoleh menunjukkan adanya pendekatan spiritual masyarakat bantaran sungai Martapura. Sangat baik dalam mengendalikan emosi dan kecemasan dalam mengatasi masalah hipertensi. Masyarakat menjalin hubungan vertikal dengan Tuhan sebagaimana bangunan ritual keagamaan sudah sangat terjalin baik, demikian pula hubungan horizontal dengan sesama makhluk (manusia dan alam semesta). Pendekatan spiritual menjadi perhatian khusus dalam pengobatan pasien hipertensi.

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INTRODUCTION

Hypertension is now a major problem for all of us, not only in Indonesia but in the world, because hypertension This is one of the gateways or risk factors for diseases such as heart, kidney failure, diabetes, stroke, (PPTM Ministry of Health RI, (17/5/2019).

Sufferers find out that they have hypertension after having their blood pressure checked so this disease is categorized as the silent disease. WHO (2014) states that hypertension is the number one disease that causes death in the world. The older a person gets, the more likely they are to develop hypertension. The number of hypertension sufferers is almost 1 billion people in the world. Around 972 million people (26.4%) suffer from hypertension, this figure is likely to increase to 29.2% in 2025. Around 333 million (34.2%) are in developing countries, including Indonesia.

Sufferer Hypertension can experience anxiety which has an impact on their psychological well-being. Psychological well-being includes affect, fulfillment, stress and mental state, self-esteem, status and respect, religious beliefs and sexuality. Psychological factors are important factors for individuals to control all the events they experience in life. In a mood of sadness, fear and anxiety, religiosity and spirituality become a guide to life, religious practice becomes a daily activity. This is a step to get closer to God which has an impact on the meaning of the experience of illness. Spiritual well-being or spiritual well-being is one of the factors that shows how a person can deal with problems and stress in his life such as degenerative diseases and other problems that arise due to changes in the dimensions of life, conditions that arise or arise from a state of spiritual health or can arise from the expression good health, an indication of a person's quality of life in the spiritual sphere.

This research describes the spiritual approach of hypertension sufferers on the banks of the Martapura river.

METHODS

Design. The research used was an analytical survey, using a cross-sectional approach in East Melayu District, Banjar Regency. The data collection process was carried out from June to August 2023 using questionnaires from 60 people in the community along the banks of the Martapura river.

RESULTS AND DISCUSSION

The majority of people along the Martapura River are Muslim and have good habits in controlling their emotions and anxiety in dealing with the problems of hypertension they experience, namely with a spiritual approach through:

- Read the Quran every day as much as 80%
- Tahajjud prayers are always performed at 20% and sometimes 80%
- Fasting Monday – Thursday 78%
- Attending recitations is always done 95% of the time
- Communities along the Martapura River can withstand anger by 95%

The spiritual domain focuses on the search for meaning and transcendence that can improve health conditions. Strengthening the spiritual aspect of hypertension sufferers is very important because it can make hypertension sufferers

more ready and strong to accept and face their illness, loss due to the death of relatives and close friends, as well as changes in their social life.

Spirituality is a source of support and strength for hypertension sufferers in achieving a level of health and well-being in life (Amir and Lesmawati, 2016). Harmonious relationships with individuals can provide motivation or psychological and social support for hypertension sufferers when problems arise. Rather, spiritual support. Relationship with nature is like admiring God's creation which can create physical and spiritual harmony, caring for the surroundings, thus creating peace consisting of justice and compassion for the entire universe (Yusuf et al., 2016). Relationship with God (vertical dimension) is a relationship that regulates a person's relationship with God (Azizah, 2011) such as building religious rituals, being grateful for what God has given, fasting, praying, praying, someone who is close to God will find peace. , inner feeling of peace and comfort (Yusuf et al., 2016). Several relationship factors that are not harmonious will give rise to conflict between people that can affect a person's spirituality, including the level of elderly, which results in lack of education, social pressure, past experiences (Fitriani, 2016).

Previous research explained the role of spirituality as a perception of illness. In the research, it was stated that someone who has a good spiritual level will be able to adapt to physical changes due to vulnerability and disease problems that occur in the elderly (Dewi, 2016). Spirituality is used to improve health, especially in physical and psychological health (Mcsherry, 2004) in (El Fath, 2015). Spiritual characteristics are invisible, cannot be touched and can influence the thoughts and behavior of hypertension sufferers which are built through love, religion, belief, a sense of belonging, personal strength, interaction with nature (Yusuf, A.H and , R & Nihayati, 2016). There are 6 aspects of spirituality, namely the escape of the meaning of life, spirituality is the process of seeking relationships, spirituality is the process of approaching oneself to Transgender (God), spirituality contains manifestations such as love, peace, wisdom, miracles, and so on, spirituality contains phenomena that are not in the form of concepts (Bergunder et al., 2015). According to (Naewbood and Kantharadusadee, 2012) when someone is sick and stressed, religion and spirituality play a very important role in coping mechanisms. This research is in line with research conducted by (Gholami et al., 2017) with a significant p value in somatic complaints experienced by elderly people with hypertension (Gholami et al., 2017). Previous research results showed that there was a significant relationship between spiritual coping strategies and religiosity and a reduced risk of hypertension (Kozier et al., 2018). Transgender beliefs are also a factor that can influence blood pressure (Koenig, 2012).

A person who is able to achieve spiritual comfort or spiritual well-being will gain peace of mind. Mental peace can reduce stress levels so that body homeostasis will be better maintained. Spiritual beliefs help individuals create emotional bonds that can increase marital satisfaction, spirituality helps recognize oneself, develop positive emotions and be satisfied with the life lived.

CONCLUSIONS AND SUGGESTION

Achieving spiritual comfort or spiritual well-being will result in peace of mind. Mental peace can reduce stress levels so that body homeostasis will be better maintained. Spiritual

beliefs help individuals create emotional bonds that can increase satisfaction, spirituality helps recognize oneself, develop positive emotions and be satisfied with the life lived. Religion and spirituality have an influence in improving the welfare of hypertension sufferers.

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