

## Original Article

# The life experiences of hypertension patients in participating tera gymnastics therapy at rw 18 kelurahan padasuka in cimahi west java

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### **Abstract**

**Aims :** To explore the experience of hypertension sufferers in carry out tera gymnastics therapy at RW 18 Kelurahan Padasuka in Cimahi West Java.

**Methods :** This research includes the type of qualitative research with phenomenology approach method. Participants were hypertensive patients who were participating tera gymnastics therapy. Using purposive sampling technique involving only 6 participants who carry out the Tera gymnastics activities. Purposive Sampling Method is a type of convenience sampling technique so that a saturation point of information will be achieved. Collecting data using indepth interviews using the researcher's herself as a research instrument. The interview process used semi structured questions and open ended questions. This research was equipped with a voice recorder in the form of a cellular phone and field notes to record non verbal responses.

**Results :** It can be concluded that five main themes were identified are : (1) the condition of hypertension who experienced by the participants (2) The efforts when experiencing hypertension (3) the response during carry out tera exercise (4) the motivation in participating tera exercise (5) the expectations while hypertension suffering.

**Conclusions :** The public can choose how to control hypertension with tera gymnastics therapy as a form of non pharmacological therapy

**KEYWORDS :** Tera Gymnastics, Hypertension, Life Experience, Phenomenology

## INTRODUCTION

Increased blood pressure is one of the non communicable diseases which indicated by the high prevalence rate in Indonesia. This disease is often also called the “silent killer” because people who have increased blood pressure often do not show any symptoms. The incidence of hypertension that increases every year indicates that hypertension is important and must be treated immediately. According to Riskesdas data in 2018, hypertension occurs in the age group 31-44 years (31.6%), 45-54 years (45.3%), 55-64 years (55.2%), and the prevalence of hypertension of 34.1%. It was known that 8.8% were diagnosed with hypertension and 13.3% of people diagnosed with hypertension did not take medication at all and 32.3% did not take medication regularly. This indicates that most people with

hypertension do not know that they suffer from hypertension so they do not receive treatment.

Patients usually do not realize that they have hypertension. This is because the initial appearance or symptoms themselves are often confused with ordinary illnesses, such as dizziness, nausea, and headaches. These symptoms are often ignored until the patient checks his blood pressure. Whereas hypertension control from the beginning is needed for the impact that will occur. The impact that occurs is usually the risk of stroke, aneurysm, heart failure, heart attack, and kidney damage (1)

The lack of public awareness about hypertension is the cause of the high incidence of hypertension. Some factors that are rarely considered actually have a big effect on controlling hypertension such as internal factors or lifestyle. Several factors that may affect the magnitude of the risk or tendency of recurrence of hypertension are dietary factors, stress, and physical activity. As stated in the research journal (2) it is stated that lifestyle is actually the most important factor that greatly affects

people's lives. An unhealthy lifestyle can cause hypertension, such as food consumption, physical activity, stress, and smoking.

Therefore, controlling hypertension is very much needed by the community, and there are currently many local government programs or from surrounding health workers who are starting to make health promotions that help the community in controlling blood pressure. One of them is by holding a gymnastics program, called tera gymnastics. Complementary or non pharmacological gymnastics that serves to lower blood pressure. Tera gymnastics is an activity that trains physically by combining body movements with a breathing rhythm technique. Based on research, gymnastics activities can control and reduce blood pressure, namely tera gymnastics. Tera gymnastics if regularly done can relax muscles and reduce stress thereby reducing the production of catecholamine and cortisol hormones and can reduce the production of renin and angiotensin which are the main factors triggering hypertension. Tera gymnastics is also a form of therapy for hypertension treatment that is safe, effective, and without side effects (3).

The Effect of Tera Gymnastics on Reducing Blood Pressure in Elderly With Hypertension at Tresna Werdha Nirwana Puri Samarinda Social Home which shows that there is an effect of Tera exercise on reducing blood pressure in hypertensive elderly. (4) It has been proven that there is a change in blood pressure reduction after four weeks of being given tera gymnastics treatment in people with hypertension. Tera exercise helps reduce systolic and diastolic. (5).

Tera gymnastics can improve and increase the condition and function of the heart and blood circulation, and control hypertension also (West Jakarta Tera Indonesia Gymnastics Community in (6). This tera gymnastics activity is centered on breathing techniques that aim to relax hypertensive patients. In accordance with the tera gymnastics research that prioritizes breathing techniques. If exercise is done properly and correctly and regularly

and in the long term, it will have a positive impact that can help accelerate healing and prevent disease (5,6)

Tera gymnastics has many benefits, one of which is from every movement, namely stretching movements that aim to stretch the muscles before doing gymnastics. Joint movements, namely moving all joints that have benefits for physical and mental health (Silva et al., 2018). Tera gymnastics consists of 17 stretching movements, 25 joint movements, 20 basic breathing movements (7). This exercise lasts 35 minutes with low to moderate intensity (60-70% maximum pulse). Based on a preliminary study conducted by researchers on the elderly aged between 60-73 years old at the tera gymnastics studio in Patrang District, 10 of the 11 elderly had a pulse between 63-70% of their maximum pulse after doing tera gymnastics (8). The difference between this research and previous research is in the research method. Most research methods that examine the effectiveness of the effect of tera gymnastics use quantitative methods. However, there are also studies that use qualitative methods on non-pharmacological therapy in patients with tera gymnastics. The difference between the two lies in the independent variable performed by Ridlwan Kamaluddin, Ridlwan uses cupping therapy as the independent variable.

## METHODS

This research includes the type of qualitative research with phenomenology approach method. Selected participants are those who have various experiences that have been required by the research, namely hypertensive patients who have experience in participating in tera gymnastics, with criteria for hypertensive patients who are currently carrying out tera exercise activities, with mild to severe classification with no symptoms. (headache, nausea, chest pain, difficulty breathing), 45-85 years old, willing to participate in research as evidenced by signing a research approval statement, and be able to communicate well.

The determination of the number of research samples was carried out by saturation data so that a saturation point of information was reached as many as 6 informants. The researcher tested the credibility of the data by providing the transcribed data for rereading by the informants. This was done by extending the observation, the researcher returned to the field to make observations and interviews with data sources that had been encountered.

Data were collected by using indepth interviews and using the researcher himself as a research instrument. The process of interviews itself used semi structured questions and open ended questions to explore individual experiences deeply. This research is equipped with a voice recorder in the form of a cellular phone and field notes to record non verbal responses.

Data were analyze by using the Colaizzi method. The data were analyzed one by one until the required data was in the form of participant experience so that it had reached



saturation data. The data formulated by repeatedly reading the data or transcript so that the researcher can find data that is in accordance with the research (Acquiring a Sense of Each Transcript). The process begins with finding meaningful words or statements related to research for each participant (Extracting Significant Statements). The researcher then reads the meaning or statement of each significant statement (Formulating of Meanings). The researcher were collects several meanings then indentify them into themes by making a theme grid table containing grouping significant statements and formulating meaning into sub themes and themes (Organizing Formulated Meanings Into Clusters of Theme). Researchers will describe things that are related or related to the experience of hypertension sufferers who are undergoing tera exercise (Exhaustively Describing The Investigated Phenomenon). Then reduce it to include the structure of each phenomenon. (Describing The Fundamental Structure of The Phenomenon), and the researchers revalidated the description of the experience of hypertension sufferers in undergoing tera exercise (Returning to The Participants).

## RESULTS

From the results of this study, 5 main themes have been identified that indicate the experience of hypertension sufferers in carrying out tera gymnastics therapy are :

### 1. Theme 1 : Hypertension Conditions Who Experienced by Participants

The condition of hypertension felt by each patient with hypertension are varied. Several conditions commonly experienced by patients with hypertension are :

#### 1) The condition of hypertension who experienced by the informant

There are several conditions that are felt by the sufferers while suffering from hypertension. Conditions that are usually felt are signs and symptoms and causes.

##### a. Signs and Symptoms

This statement is expressed by the participants as follows :

"Yeah, it's not good, can't sleep well, it's a headache, so you have a headache, can't sleep that's only it feels bad headache." (P1)

"If you have signs of high blood pressure, it's a headache, and if you sleep (mmmmmm) you rarely get sleep well. (P1)

#### 2) Causes of Hypertension

"If the cause is food consumption, sleep pattern, mindset." (P1)

"I don't know, but usually when I eat salty food and drink coffee, my blood pressure goes up." (P2)

## 2. The Efforts When Experiencing Hypertension

Efforts made by sufferers to control hypertension are very diverse, one of which is by exercising. In this study found several efforts that the patient applies to control hypertension.

### a. The Efforts when experiencing hypertension

#### 1) Efforts made by the patient to find out about his illness

According to the results of research on the life experiences of hypertension sufferers in undergoing tera exercise from the 6 participants in controlling their hypertension by finding out about the disease itself. This statement is expressed by the participants as follows :

"Yes, as far as I know I have high blood pressure." (P1)

"People said it can't be cured." (P3)

#### 2) The Efforts to control hypertension

Each participant had different efforts in controlling hypertension before performing tera exercise therapy. Starting from drinking juice, drinking herbal drinks, and exercising.

"Yes, check it at the puskesmas. I like eat fruit." (P1)

"Because I eat fruit, doing exercises, sleeps regularly, mindset, It's human surely." (P1)

"Go to Puskesmas, every 2 weeks." (P2)

"Yes, that's why I often goes for a walk, often goes to the puskesmas to get well," (P2)

## 3. Theme 3: Participant's Responses Experienced During Participating Tera Gymnastics

The response experienced by people with hypertension is expressed or felt differently. Several patient responses were found covering several categories are :

a. Psychological response during doing tera exercise, b. Physical response during doing tera exercise, c. The benefits of tera exercise.

### a. Psychological response during participating tera exercise

The things that support a response are attitudes and perceptions. Patients' perceptions of participating in tera gymnastics were expressed differently. The psychological response is expressed by the statement as follows :

"Yes, I'm so happy, a lot of people joined." (P1)

"Yes, I'm happy" (P2)

"Yes, I'm happy, I have many friends."(P2)

b. Physical response during participating tera exercise

The physical response experienced by each participant was almost similar, namely feeling a change in their physical fitness. These are followings statement :

"Yes, it's fresh, healthy body" (P4)

"Before participating the tera exercise, I usually checked my blood pressure first, it usually decrease (P4)

"Moreover, if you go for walk, you must go up early to check for it.. Later, your blood pressure will be from 140 mmHg to 120 mmHg." (P5)

"Alhamdulillah, my blood pressure has dropped, usually it's 130 mmHg from 160 mmHg"

c. The benefits of participating tera gymnastics

The results of the interviews indicates that almost all participants said that tera exercise had benefits for hypertension. So that after experiencing the benefits, some participants made tera gymnastics a routine activity. These are the followings statement are :

"The function of the tera gymnastics is for health, for the heart, yes for health." (P1)

"Tera exercise is for health, especially for it to decrease my blood pressure" (P2)

4. Theme 4 : Motivation in Participating Tera Gymnastics

The motivation obtained by the participants during participating the tera exercise could come from various things. There were several categories of motivational sources are : a. Internal motivation while participating tera exercise, b. External motivation while participating tera gymnastics.

a. Internal motivation while participating tera gymnastics

Internal motivation that comes from the awareness within the participants to take part in tera gymnastics, so that it can last a long time. These are participant statements :

"My own desire, I'm sure" (P1)

"Alhamdulillah, when I was checked the blood pressure was 140 mmHg or 160 mmHg, by join the exercise my blood pressure is normal now, thank God, I continue to do the exercises." (P1)

"Thank God My Blood Pressure Decrease." (P1)

b. External motivation while participating Tera Gymnastics

The external several factors can also be a motivation for participants to participate in tera gymnastics for a long time. These are following participant statements :

"Maybe it's simple and it doesn't cost much, it doesn't cost money, it's just our own will, own will (participants laugh)." (P1)

"When I joined, I also check my weight there, if I'm not mistaken the weight is 160 kg , then my friends said, why don't you try to join the tera exercise" (P1)

5. Theme 5 : The Life Expectations of Participants While Suffering from Hypertension

Participants' expectations during participating tera exercise on changes in blood pressure were expressed in various expressions. These are their expectations of life :

"Hopefully, I feel more better than before for the future. Yes, I want to get well, just like that (participants laugh)." (P1)

"Then how are we supposed to recover, trying to be like normal" (P2)

"

## DISCUSSION

The experience that was had while participating tera gymnastics gave rise to several responses. According to the results of this study that the perceived responses were psychological, physical and perceived benefits while participating tera gymnastics. The psychological response was how to feel while participating tera gymnastics. Starting from feeling happy because they can gather with friends, feeling enthusiastic because they can gather with friends during the tera exercise process and feeling happy because of the physical changes experienced after participating tera exercise. In this case, it can be said that the participants' joy arises because of the interaction during the caching exercise process. This is in line with the opinion of (9) which says that interaction is needed by all humans who are social beings apart from being human nature as social beings as well as

being a means of channeling thoughts, opinions, and even finding new ideas and also benefit sharing advice.

Feelings of pleasure during participating tera exercise can arise due to hormonal changes that work during exercise. According to (10): From a medical perspective, regular exercise activities to burn glucose through muscle activity which will produce ATP so that endorphins will appear and bring a sense of comfort, pleasure and happiness. However, there were participants who expressed feelings of pleasure and enthusiasm arising from being able to gather with friends. This is in line with what was expressed by (11) that there are several things that can affect the satisfaction of social interaction in humans, including external factors such as work environment, family, school, community or orphanage organization. Participants revealed that during the tera exercise there were always neighbors or family members who invited or picked them up to go together. This social interaction made the participants more enthusiastic and enthusiastic in undergoing tera exercise in the long term. Good social interaction allows the elderly to get a feeling of belonging groups so that they can share stories, share interests, share concerns, and can carry out creative and innovative activities together. Elderly people can gather with people their age so that they can encourage each other and share their problems.

In the physical response that emerged in this study where all participants felt a decrease in their high blood pressure. A decrease in blood pressure can be felt if the exercise is done gradually and regularly. Participants believe that exercise is one way to control blood pressure and the sport that participants choose is tera gymnastics. (12) also explained that with exercise, blood vessels experience dilation (vasodilation, and blood vessels that have not been opened so that blood flow to cells and tissues increases because during exercise such as elderly gymnastics will stimulate more coordinated work of the sympathetic and parasympathetic nerves which can ultimately reduce elderly blood pressure. Not only the effect on lowering blood, tera exercise also provides other physical changes. Healthier physical changes felt by the participants in the study, such as feeling healthier, reducing joint pain or aches. Improving the condition and function of the heart and blood circulation, respiratory system, nervous system, food digestion, endocrine glands, muscle strength, and endurance, muscle and joint flexibility, balance and coordination and metabolic processes (6).

The motivation of participants in participating gymnastics is reflected in a motivational theme for tera exercise. According to Burutcu & Mertz (10) this internal motivation is carried out by increasing the patient's knowledge and understanding of self care to increase confidence and self confidence to recover while external motivation is in the form of social support so that it can improve the quality of life. The internal motivation that became the reason for participants in participating tera gymnastics was their own desire. The client's knowledge about his illness, awareness to recover from his illness is the basis of the client's behavior to prevent and comply with treatment (13). The participants' desire to recover was caused by feelings of restlessness, thus making the sufferers themselves do various ways to return to normal. Anxiety experienced by patients can arise because of a





very long period of suffering (a lifetime). There are often images of various kinds of frightening thoughts about the suffering process that will happen to him, even though the imagined things do not necessarily happen (14).

## CONCLUSION

The results of the study describe the experience of hypertension sufferers in participating tera exercise with various experiences. The condition of hypertension experienced was one of the reasons why participants tried non pharmacological treatment of tera gymnastics as an effort to control high blood pressure (hypertension). Of course, this is accompanied by the function of tera exercise itself which provides healthy physical changes with a decrease in high blood pressure. In the gymnastics process, participants gave various psychological and physical responses. Patients with hypertension are someone who is in an unhealthy condition and requires lifelong treatment, social support from others is needed in undergoing treatment. For further researchers, it can be done related to tera gymnastics therapy with the quality of life of the elderly.

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