

# FAMILY SUPPORT WITH THE HEALTH BEHAVIOR OF PULMONARY TUBERCULOSIS PATIENTS AT THE X SIDOARJO HEALTH CENTER

*By Diana et al*

## Original Research Article

# FAMILY SUPPORT WITH THE HEALTH BEHAVIOR OF PULMONARY TUBERCULOSIS PATIENTS AT THE X SIDOARJO HEALTH CENTER

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### Abstract

**Background:** Tuberculosis is a very dangerous disease and can cause death. Many efforts have been made by the government to overcome this disease and have saved around 66 million lives since 2000. However, efforts to overcome this disease have been in vain due to the pandemic of COVID-19.

**Objectives:** The aim of this research is to identify the relationship between family support and the health behavior of pulmonary tuberculosis sufferers.

**Methods:** This research uses a cross-sectional approach using incidental sampling techniques. The sample in this study was 51 pulmonary tuberculosis patients at Community Health Center X who had undergone treatment for two to six months.

**Results:** Based on the data obtained in this study, the majority of respondents with good family support had good health behavior, namely 56%. The analytical test used to determine the relationship in this research is the Spearman rank analysis test. The results of the Spearman analysis obtained a p-value of 0.001

**Conclusion:** it can be concluded that there is a significant relationship between family support and self-care for pulmonary TB clients (p-value <0.05), with a correlation coefficient showing a positive value of 0.442. This shows that the higher the family support for pulmonary tuberculosis sufferers, the better the implementation of health behavior by sufferers.

**Keywords:** *Tuberculosis, Family Support, Health Behavior*

## INTRODUCTION

Pulmonary tuberculosis is a contagious infectious disease caused by the bacteria *Mycobacterium tuberculosis*. The source of disease transmission in tuberculosis sufferers is through droplets or splashes of saliva that they emit when talking or sneezing. This disease can cause dangerous complications and even death if you do not receive prompt and appropriate

treatment. Pulmonary tuberculosis treatment must be carried out regularly within a specified time period if you want to recover completely. It is very important for sufferers not to stop taking medication while undergoing treatment therapy.

Tuberculosis is a very dangerous disease and can cause death. Many efforts have been made by the government to overcome this

disease and have saved around 66 million lives since 2000. However, efforts to overcome this disease have been in vain due to the pandemic of COVID-19. For the first time in a decade, deaths from tuberculosis increased in 2020. The estimated number of people diagnosed with tuberculosis in 2022 is 10.6 million cases. This figure makes tuberculosis the second most deadly infectious disease after COVID-19 (WHO, 2022). Indonesia is the country with the second-largest number of tuberculosis cases in the world after India. Tuberculosis cases in Indonesia in 2022 are estimated to be 969,000 (one person every 33 seconds). This figure rose 17% from the previous year. In 2021, the average monthly number of pulmonary tuberculosis patients at Puskesmas X Sidoarjo will reach 60. In 2022, the average monthly number of pulmonary tuberculosis sufferers with criteria of age 17 years and over and who have undergone treatment for 2–6 months will be recorded, namely 56 patients.

Long-term treatment makes sufferers feel bored; some sufferers choose not to continue treatment as recommended so that symptoms arise where the treatment they are taking becomes resistant (Alifrapika, 2019). This is because treatment for tuberculosis requires long-term treatment, approximately 6–9 months, and the sufferer must take at least 4 types of medication. During treatment, sufferers must be disciplined in taking medication regularly and checking with the doctor until they are considered completely cured. If not, the tuberculosis treatment process will be incomplete, and the tuberculosis germs will become resistant (Gumelar, 2022). Health behavior is a combination of knowledge and attitudes related to health. Health behavior can also be interpreted as the result of experience and interaction with the environment, as well as individual responses related to stimuli regarding illness and disease, the health service system, food, and the environment. Good health behavior is one of the ways a person can improve their health status (Pera, 2021). Health behavior will be formed if you get family support, motivation, communication, attitudes, and support from health workers. (Gumelar, 2022).

**Objective(s):** The aim of this research is to identify the relationship between family

support and the health behavior of pulmonary tuberculosis sufferers.

## METHODS

### Study Design

This research using cross-sectional approach where data collection on both variables is carried out at one time. This research uses the incidental sampling technique..

### Setting

This research conducted in The X Sidoarjo Health Center during march 2023.

### Research Subject

The sample in this study was 51 pulmonary tuberculosis patients at X Sidoarjo Health Center who had undergone treatment for two to six months

### Instruments

The instrument for the two variables in this research is a questionnaire. Questionnaires were distributed to pulmonary tuberculosis sufferers when taking medication at Puskesmas.

### Data Analysis

The analytical test used to determine the relationship in this research is Spearman rank analysis test. The results of the Spearman analysis with a significance level of  $\alpha < 0.05$ .

### Ethical Consideration

This research has also been approved by the research ethics commission from Poltekkes Kerta Cendekia.

## RESULTS

**Table 1. Demographic Characteristic of Research Respondent (N=51)**

Characteristic	Σ	%
<b>Age</b>		
17 – 25 years old	4	7,8
26 – 45 years old	19	21,3
> 45 years old	28	54,9
<b>Sex</b>		

Male	30	58,8
Female	21	41,2
<b>Occupation</b>		
Private Sector	25	49,0
Self-employed	6	11,9
Unemployment	19	37,1
Retired	1	2,0
<b>Long of Suffering</b>		
≤ 4 month	32	62,8
5 – 6 month	19	37,2
<b>Family Support</b>		
High	25	49
Moderate	16	31
Low	10	20
<b>Health Behavior</b>		
High	17	33
Moderate	25	49
Low	9	18

**Table 2. Hypotesis Test Result**

Correlations			
		Family Support	Health Behavior
4 Spearman's rho	Family Support	Correlation Coefficient	1.000
		Sig. (2-tailed)	.442**
		N	51
	Health Behavior	Correlation Coefficient	.442**
		Sig. (2-tailed)	.001
		N	51

\*\* . Correlation is significant at the 0.01 level (2-tailed).

**DISCUSSION**

Based on the data obtained in this research, almost half of the respondents have good family support (49%), and almost half of the respondents have adequate health behavior (49%). The analytical test used to determine the relationship between the two variables in this research is the Spearman rank analysis test. The results of the Spearman analysis obtained a p-value of 0.001, so it can be concluded that there is a significant relationship between family support and the health behavior of pulmonary tuberculosis sufferers, with the correlation coefficient showing a positive value of 0.442. This shows that the higher the family support

for pulmonary tuberculosis sufferers, the better the implementation of health behaviors by sufferers.

The family has an important role in overcoming health problems that exist in the family itself. Health problems in the family will affect family members and the surrounding community. Due to its strategic position, families can be used as part of the health service unit (Diana, 2022). Family support is still one of the problems in self-care for pulmonary TB clients, so it has an impact on the patient's treatment and recovery. Family support can help improve individual coping accompanied by other alternative strategies based on positive experiences that the individual has had. Family support given to pulmonary tuberculosis sufferers focuses on positive aspects in the form of praise for health progress, always loving and paying attention, and accepting the sufferer's condition during illness. In this aspect of family support, the family can provide appreciation in the form of an expression of self-satisfaction with the success of their family members who are able to maintain consistency in taking medication regularly (Berkanis, 2019). People who live in a supportive environment are in much better condition than those who do not have a supportive environment (Dewi, 2020).

Pulmonary tuberculosis sufferers need to get good family support because support from other people can directly reduce the psychological burden associated with the disease they suffer from. Apart from that, the family is a safe and peaceful place to calm the mind, and everyone definitely needs help from the family. Family support for pulmonary tuberculosis sufferers plays an important role in their lives in their struggle to achieve healing and improve their quality of life (Suryani, 2020). Appreciative support also plays a big role in the patient's recovery process. Appreciation gives encouragement to sufferers and eliminates feelings of insecurity about the disease they are experiencing. Even though other support is needed, such as medication, sufferers also need to get enough rest and consume balanced nutrition to speed up the healing of the disease. Healthy living behavior is behavior related to a person's efforts to maintain their level of health (Notoatmodjo, 2011).

Health behaviors must be implemented by pulmonary tuberculosis sufferers in their

daily lives to improve their health status. The role of family support for pulmonary tuberculosis sufferers can play a very important role, namely in providing understanding about lifestyle changes, helping sufferers when they are sick, and accompanying sufferers when carrying out therapy programs. The family also plays a role in helping decide and plan therapy programs, as well as providing for the sufferer's needs (Sunarni, 2021). Support from the family is what sufferers need most. Support can be obtained from the partner and children, both those who live with the sufferer and those who live near the sufferer's house. Sufferers who are given support by their families will feel stronger, more grateful, and able to accept their illness (Wulandari, 2021).

## CONCLUSION

There is a significant relationship between family support and the health behavior of pulmonary tuberculosis sufferers. This shows that the higher the family support for pulmonary tuberculosis sufferers, the better the implementation of health behavior by the sufferer

## SUGGESTIONS

Family assistance is really needed by pulmonary tuberculosis sufferers, not only providing assistance when taking medication, but also in meeting daily needs and providing motivation in carrying out daily healthy living behavior.

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## DECLARATION OF CONFLICTING INTEREST

The Researchers stated that there was no conflict of interest in conducting this research.

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## AUTHOR CONTRIBUTION

**Meli Diana:** Literature review, design of the work, analysis and interpretation data, and drafting the work.

**Agus Sulityowati:** The acquisition data, analysis preliminary data, and drafting the work.

**Mira Febrianti:** Data collector and drafting the work.

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