



Reasons why people with hypertension are still active smokers: a phenomenological study

Alasan mengapa penderita hipertensi masih merokok aktif: studi fenomenologi

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ABSTRACT

Background: Hypertension is a disease with a high prevalence. Smoking is one of the factors that cause hypertension, even though there are still many people with hypertension who smoke and even become heavy smokers. We need to know the reasons why people with hypertension become active smokers.

Objective: This research was conducted to find out the reasons for hypertensive patients who remain active smokers.

Method: The research method used is qualitative research with a phenomenological approach. The 6 (six) subjects were interviewed face to face with an interview guide. The research results were analyzed using thematic analysis techniques.

Result: The results of the study found 5 themes about why people with hypertension are still active smokers. The five are lack of knowledge, addiction, habits, environment and economic conditions. Q

Conclusion: Based on the theme obtained, it can be concluded that hypertension sufferers have low knowledge about hypertension so they are still active smokers

Keywords: active smokers, hypertension.

ABSTRAK

Latar belakang: Hipertensi adalah penyakit dengan prevalensi yang tinggi. Merokok merupakan salah satu faktor penyebab hipertensi, meskipun begitu masih banyak penderita hipertensi yang merokok bahkan menjadi perokok berat. Kita perlu mengetahui alasan mengapa penderita hipertensi menjadi perokok aktif.

Objektif: Penelitian ini dilakukan untuk mengetahui alasan penderita hipertensi yang tetap menjadi perokok aktif.

Metode: Metode penelitian yang digunakan adalah penelitian kualitatif dengan pendekatan fenomenologi. Ke 6 (enam) subjek diwawancarai secara tatap muka dengan pedoman wawancara. Hasil penelitian dianalisis menggunakan teknik analisis tematik.

Hasil: Hasil penelitian menemukan 5 tema tentang alasan penderita hipertensi masih menjadi perokok aktif. kelima tersebut adalah kurang pengetahuan, kecanduan, kebiasaan, lingkungan dan kondisi ekonomi. T

Kesimpulan: Berdasarkan tema yang didapatkan dapat disimpulkan bahwa penderita hipertensi memiliki pengetahuan yang rendah tentang hipertensi sehingga masih menjadi perokok aktif

Kata kunci: perokok aktif, hipertensi.

INTRODUCTION

Hypertension is one of the diseases that fall into the category of non-communicable diseases (NCDs) that often occur in the world, especially in Indonesia. World Health Organization reports that this disease category has contributed about 71% of deaths in the world. Hypertension is high blood pressure where the systolic blood pressure is 140 mmHg and the diastolic pressure is 90 mmHg. There are two risk factors for hypertension. Risk factors for hypertension that cannot be modified are gender, age, genetics, race¹. The modifiable risk factors for hypertension are education, oral contraceptives, salt diet, obesity, dyslipidemia, alcohol, cigarettes, coffee, physical exercise, non-steroidal anti-inflammatory drugs, mental stress. Hypertension can cause complications of other diseases such as an increased risk of heart disease, kidney disease and even stroke¹. [1]1

WHO states that hypertension is one of the diseases that is a problem in the world, the article is that as many as 26% of adults or around 972 million people suffer from hypertension. Riskesdas reported that based on a doctor's diagnosis, the prevalence of hypertension in Central Java Province at the age of 18 years was 8.4%. While the prevalence of hypertension based on measurement results at the age of 18 years in Central Java Province has a percentage of 37.4%².

The increase in hypertension is caused by an unhealthy lifestyle including smoking behavior, consuming alcoholic

beverages, lack of physical activity (sports) and eating unhealthy foods³. Smoking behavior is one of the factors that can cause hypertension.

The World Health Organization (WHO) 2020 states that in 2018 the total number of adults who smoke is around 1.3 billion. In 2018 men who smoked were around 38.6% and women who smoked were around 8.5%⁴.

One of the characteristics of rural communities is religious, often people manifest it in local customs such as tahlilan events, etc. In the event, usually the host will provide various meals, one of which is cigarettes. In addition, another characteristic is respect for others or commonly referred to as "ngajeni", so that when the host serves various meals, for example, the village community will respect the host by consuming it⁵.

Based on the description of the background and also the researchers want to explore more deeply about this, the researchers have an interest in conducting research on the reasons why patients are still active smokers in hypertension patients. with the hope that it can be used as a reference for intervention to people who want to quit smoking.

METHOD

This study uses qualitative research methods with phenomenology. This research instrument uses interview guidelines, namely in-depth interview

consisting of topics about the reasons why people with hypertension are still active smokers. In addition to the interview guide, the author also uses a recording instrument, namely a cellphone to record interviews with informants. Data collection was carried out in the village of Ketitangkidul for 2 months, from 19 February 2022 to 22 March 2022.

The first informant was found by asking village cadres for village data regarding who had hypertension and smoking. Then the next informant was found using the snowball method, namely by asking the first informant whether there was the same thing related to the research I was researching. Informants were also determined by the inclusion criteria that the researchers set, namely 1. Individuals suffering from hypertension, 2. Smoking 10 years, 3. Blood pressure 120/80 mmHg.

Informants who participated in this study amounted to 6 informants. The informants were around 39 – 45 years old and they smoked more than 23 years and their average blood pressure was 140/90 mmHg (see table 1).

Data analysis in this study used thematic data analysis, that is, after the data was collected, the researcher made a backup copy of all the original data.

Material, then the researcher carried out the process of appreciating the data by reading it over and over again to find out whether the data obtained were in accordance with the objectives of the researcher. After experiencing the data,

the researcher made coding by grouping the coding into categories so that the common thread was found. The next process is data verification, data verification is carried out using data source triangulation methods, peer debriefing, and member checking. The method of triangulation of data sources is carried out by researchers by comparing the results of interviews with the contents of a document, namely with the results of recording interviews conducted with informants. Meanwhile, the peer debriefing method is where the researcher conducts a discussion session with experts regarding the results obtained, from the results of the discussion the results obtained by the researcher are still inconvenient, so the researcher returns again to ask the thing that is blocking it. In addition, the researcher also uses the member checking method, namely by confirming to the informant whether the data obtained by the researcher is in accordance with the perception of the informant.

RESULT AND DISCUSSION

Table 1. Participants Characteristics

Participant s (age)	Characteristics		
	Smoking time (years)	Blood pressure	Educational background
Tn. B (39)	26	140/90	Junior High School
Tn. D (42)	27	140/90	Junior High School
Tn. A (42)	29	150/90	Senior High School
Tn. F (39)	23	140/90	Senior High School
Tn. J (41)	25	140/90	Senior High School
Tn. N (45)	28	150/90	Senior High School

The purpose of this study was to find out why hypertensive patients are still active smokers. Based on the results of research with in-depth interviews obtained 5 themes, namely 1. Lack of knowledge, 2. Addiction 3. Habits, 4. Environment, and 5. Economic conditions.

The theme obtained is lack of knowledge, this theme describes that the informants do not know that smoking can cause hypertension. Several informants explained that the cause of hypertension is eating salty food, stress, lack of rest. They think that smoking does not cause hypertension, but causes heart attacks, cancer, lung disease, pregnancy disorders, this can be seen from the following interview results.

"...if that's what I don't know, sis, usually the cause of hypertension is salty food...." (S5, 20 March 2022).

The informant also said that when the informant knew that smoking could cause hypertension, the informant would reduce the frequency of smoking, and some would even stop smoking when the disease recurred.

"... yes... if you have a relapse, yes... if you already know that if you feel dizzy, you should stop smoking first, maybe mba... (S1, 13 June 2022).

One of the reasons people with hypertension are still active smokers is a lack of knowledge. Knowledge is the result of knowing, and this happens after people sense a certain object⁶.

There were 5 out of 6 informants who reasoned that they lacked knowledge, almost all of them said that they only knew that the cause of hypertension was eating salty foods, stress and also eating fatty foods in excess. They also mentioned that if they knew that smoking could cause hypertension, they would at least reduce their cigarette consumption, and some would even stop when their hypertension recurred.

Knowledge will affect a person's behavior in behavior, especially smoking behavior. This is in line with research conducted by Meng in 2019, that someone with low knowledge becomes a heavy smoker and a person with high knowledge becomes a light smoker, because someone who has knowledge knows that smoking can harm his health⁷.

Factors that influence knowledge, namely age, education level, income level and exposure to information have no significant effect⁸. Knowledge can be increased through health education, such as a study showing that health education through Instagram has an effect on knowledge, attitudes, and smoking behavior control practices for female students¹⁸. In addition, the factors that influence knowledge are environmental, experience, social, cultural and economic⁹.

Then another theme that was obtained during the research was addiction. This theme describes the informant smoking for reasons of addiction, the informant here experiences feelings or

discomfort such as feeling sour, sour and sour when the informant does not smoke, this can be seen from the results of the following interview.

"... yes, the mouth feels sour, it's sour, it's sour, sis..."

"...yes, it's clear that addiction continues if you want to get rid of cigarettes, it's a bit difficult..." (S1.19 February 2022).

In one cigarette there is a substance that can cause addiction, namely nicotine. If a person consumes cigarettes continuously will cause addiction¹⁰. Someone who is already addicted will tend to find it difficult to stop smoking, this is in accordance with research conducted by Nubairi that the factors that affect the difficulty of quitting smoking are cigarette addiction factors or can also be called addiction¹¹.

Another reason for the informant is that the informant is addicted, there are 5 out of 6 informants who are addicted. They experience effects or discomfort such as feeling suffocated, sour and sour when not smoking so that they cannot stop smoking.

Symptoms of addiction usually include dizziness, feeling uncomfortable, depression, frustration, difficulty sleeping, feeling tired, increasing appetite and feeling uncomfortable¹². In this study, subjects experienced addiction by feeling uncomfortable when quitting smoking, namely feeling sour and sour when not smoking.

In addition to the addiction, the informant has another reason, namely habit, this theme describes the informant smoking for reasons of habit. Smoking habits related to peers, friendship is the most influential element in smoking behavior¹⁹. The informants here smoked since they were in junior high school, some even started smoking from elementary school and it was done every day and it was long enough to form a pattern of the informants' daily habits. This can be seen from the results of the interview as follows.

".....yes since elementary school maybe mba, around 6th grade already smoked....."

"...if you want to quit smoking, it's a bit difficult because you've been smoking since you were little, you're used to it..." (S1.19 February 2022).

In this study, all subjects smoked for more than 10 years and carried out every day. There are subjects who smoke starting from junior high and high school, there are even 2 informants who smoked since they were in elementary school, so that a habit pattern has been formed for the research subjects. However, this habit is a bad habit that is still carried out for subjects who suffer from hypertension.

Consuming cigarettes every day and lasting long enough will make smoking a habit that has become a person's habit so it is difficult to get rid of it. This is in accordance with research conducted by Rosita, that someone who already has a smoking habit will find it difficult to stop it,

because the higher the frequency of smoking, the higher the nicotine content in the body. Nicotine itself is a substance that can cause dependence¹³. Perceptions of nicotine and addiction among non-smokers, former smokers, exclusive smokers and dual users of cigarettes and e-cigarettes vary based on smoking status, but there is a common tendency to believe that nicotine is addictive, that addiction results from more than just nicotine, and that very low nicotine cigarettes will not necessarily reduce the addictiveness of cigarettes²⁰.

In addition to the themes above, the informant also stated that the environment also influenced his behavior when smoking. This theme describes the informant smoking on the grounds that the surrounding environment is a friend, even if the informant spends more cigarettes with his friends than when the informant is not with his friends. This can be seen from the results²⁰ of the interviews as follows.

"... it depends, sis, if you have friends, usually 1 pack is used up, almost 2 packs, sis...."

"... the first one is from your neighborhood, I've been smoking for a long time. My friends have smoked. The air wants to smoke again, so it's time to smoke again." (S6, 22 March 2022).

Another reason people with hypertension are still active smokers is the environment. The environment is very influential in a person's behavior. Someone who is in an environment where the

majority are active smokers will tend to find it difficult to quit smoking. Environmental factors include the influence of friends, family and the surrounding environment that can influence someone to do something¹⁴.

In this study, there were 3 out of 6 informants who influenced this environmental factor for smoking. There are informants who have an effect on smoking because their friends and when they are with friends, the informants spend more cigarettes than when they are at home alone. This is in accordance with research conducted by Khairani in 2019 that the factors that cause informants to smoke are the social environment, peers, oneself and the family environment or the presence of parents who smoke¹⁵.

There is one informant who stated that his economic condition determined him to smoke. The economic condition here is a factor where a person smokes according to his economic condition. In this study, there is one informant who influences this economic condition. When the informant has cigarettes, the informant will smoke, and vice versa if the informant does not have cigarettes, the informant does not smoke. From the observations, the informant's economic condition is not always stable, because the informant's job is odd so that his income is not fixed. This can be seen from the results of the interviews, which are as follows.

"...never quit smoking my sister because I don't have cigarettes, if I have

cigarettes, I still smoke (laughing)...” (S1.19 February 2022).

Another reason the subject is still smoking is economic conditions, there are 1 out of 6 informants who influence this economic factor. He said that when he had a cigarette he would smoke, and if he did not smoke he would not smoke. From the observation, his economic condition is also unstable because he works odd jobs every day so that his income is not fixed.

Economic conditions are conditions where the position or position in a community group is determined by the type of economic activity, education and income of a person¹⁶. The economic condition here is when someone with good economic conditions will tend to fulfill what they want, in this study there was one subject who was affected by this factor, namely when he did not have a cigarette he would not smoke, on the other hand if the subject had a cigarette he would smoke. This is in accordance with research conducted by Pawelas, namely that a sufficient economic level will affect a person in fulfilling his wishes¹⁷.

CONCLUSION

After completing the research entitled "The Reasons for Hypertension Patients Still Being Active Smokers in Ketitangkidul Village" include internal factors which include lack of knowledge, addiction and habits. Then the external factors are the environment and economic conditions. The results of this study can be

used as input for health institutions to be more aggressive in socializing about smoking as a factor that can cause hypertension and for the public so that they should not underestimate health and begin to realize that their behavior can be an example for the younger generation, for example smoking behavior.

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