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**HEALTH SEEKING BEHAVIOR IN PATIENTS  
NON-COMMUNICABLE DISEASES IN MAGELANG CITY**

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**Abstract**

Non-communicable diseases (NCDs) are currently the leading cause of death in the world. Morbidity and mortality due to NCDs are a double burden for the government because the high incidence of NCDs still coincides with the incidence of infectious diseases that have not shown a decline. Patients with non-communicable diseases have very complex problems related to their health status and the development of the disease itself.

This study is a survey research that aims to determine health-seeking behavior in the community. The results showed that most of the respondents suffered from hypertension as many as 117 people (47%) and the second most disease was diabetes mellitus as many as 66 people (26%). The closest health facility is Puskesmas with 192 people (77%). Most of the people seek health assistance by visiting health care facilities, as many as 178 people (71%), seeking help from health workers as many as 39 people (16%), buying drugs without a prescription as many as 22 people (9%) and traditional medicine as many as 11 people (4%).

**Keyword:** non-communicable disease, health seeking behaviour

**Background**

Non-communicable diseases (NCDs) are currently the leading cause of death in the world. Every year, 15 million people die from non-communicable diseases, between the ages of 30 and 69 years. 85%

of deaths from non-communicable diseases occur in developing countries (WHO, 2018).

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communicable diseases are the most common cause of death in Indonesia. Riskesdas (2018) shows that the prevalence of non-communicable diseases has increased compared to Riskesdas in 2013. Non-communicable diseases are the cause of death in 41 million people every year, or equivalent to 71% of all deaths globally. Patients with non-communicable diseases who are treated in five homessick in the Magelang City area during 2019 namely diabetes mellitus, hypertension, heart disease and stroke as many as 77,852 people.

Health service seeking behavior is aimed at controlling health status, administering drugs, health education and health care. It is important to increase public awareness to utilize health facilities to reduce the risk of death from non-communicable diseases. The search for health services is needed by people with non-communicable diseases to improve their quality of life. The speed of seeking health services will affect the level of success in service. The behavior of seeking public health services varies widely because it is influenced by various factors, both inhibiting and supporting factors. Variations in seeking treatment are influenced by the number of health care facilities, types of health services, service methods and available service equipment. Routine control behavior is also influenced by attitude as a predisposing factor and family support as a reinforcing factor for patients (Nursalam, 2016).

The purpose of this study was to obtain information about the behavior of seeking health services in patients with non-communicable diseases. Obtaining information and analyzing the factors that influence health service seeking behavior in patients with non-communicable diseases. Develop educational media to improve health seeking behavior. Implement educational media to improve health seeking behaviour.

## **Method**

This study is a survey research that aims to determine health-seeking behavior in the community

## **Results and Discussion**

**Table 1. Distribution of respondents based on the characteristics of respondents**

<b>Characteristics</b>	<b>Total</b>	<b>(%)</b>
<b>Age (years)</b>		
40 - 49	8	3
50 - 59	68	28
60 - 69	102	40
70 - 79	69	28
> 80	3	1
<b>Gender</b>		
Man	70	28
Woman	180	72
<b>Marital status</b>		
Not married yet	3	1
Marry	169	68
Widow/widower	78	31
<b>Education</b>		
Primary school	92	37
Junior high school	58	23
Senior high School	82	33
D3	13	5
S1	5	2
<b>Profession</b>		
Entrepreneur	120	48
Housewife	65	26
Laborer	40	16
Civil		
<b>Servant/Indonesian</b>	20	
National		
Army/Police		8
Employee	5	2

The study was conducted on 250 community members in the Magelang City Region who experienced non-communicable diseases divided into 5 (five) Puskesmas working areas. The highest number of respondents were in the age range of 60 – 69 years, as many as 102 people (40%). The number of female respondents is more than male respondents where female respondents are 180 people (72%). Most of the respondents were married as many as 169 people (68%). The education level of the most respondents is elementary school, amounting to 92 people (37%) and the occupation of most respondents is as an entrepreneur as many as 120 people (48%).

**Table 2. Distribution of respondents by illness**

Disease	Total	(%)
Hypertension	117	47
Diabetes Mellitus	66	26
Arthritis	51	20
Heart disease	12	5
Asthma	2	1
Stroke	2	1
Jumlah	250	100

Most of the respondents suffered from hypertension as many as 117 people (47%). Other non-communicable diseases, which are quite large in number, are diabetes mellitus, which is 66 people (26%).

**Table 3. Distribution of respondents based on the nearest health facility**

Nearest health facility	Total	%
Public health center	192	77
Healthcare independent practice	32	13
Hospital	20	8
Clinic	6	2
Distance to health facilities	Total	(%)
< 1 km	133	53
1 - 2 km	96	39
2 - 5 km	21	8

Responden dengan penyakit tidak menular di wilayah Kota Magelang sebagian besar bertempat tinggal dekat dengan Puskesmas yaitu sejumlah 192 orang (77%).

**Table 4. Health Seeking Behavior**

Perilaku health seeking	Total	(%)
Self-medicating with traditional medicine	11	4
Self-medicating by buying drugs without a prescription	22	9
Seek help from health workers	39	16
Seek help at a health facility	178	71
<b>Total</b>	<b>250</b>	<b>100</b>

Respondents who seek help at health facilities prefer Puskesmas as the first health facility to visit when they are sick or for health control. A total of 141 people (79%) chose Public Health Center as their target health facility

Health seeking behaviour / disease	HT	DM	Arthritis	HD	Asthma	Stroke	<b>Total</b>
Self-medicating with traditional medicine	7	1	3				<b>11</b>
Self-medicating by buying drug without a prescription	17	5					<b>22</b>
Seek help from health workers	24	5	2	6	1	1	<b>39</b>
Seek help at a health facility	69	55	46	6	1	1	<b>178</b>
<b>Total</b>	<b>117</b>	<b>66</b>	<b>51</b>	<b>12</b>	<b>2</b>	<b>2</b>	<b>250</b>

The majority of the Health Seeking Behavior of patients with the illness is to

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seek help from a health facility. Some patients with hypertension, diabetes mellitus, and arthritis self-medicate with traditional medicine. Some patients with



hypertension and diabetes mellitus also self-medicate by buying drugs without aprescription.

Table 5. Preferred health facilities to seek medical help

Health facilities	Jumlah	(%)
Public health center	141	79
Healthcare independent practice	16	9
Hospital	12	7
Clinic	9	5
Jumlah	178	100

The majority of health facilities selected by respondents with non-communicable diseases are Puskesmas.

## Discussion

A non-communicable disease is a medical condition that cannot be passed from one individual to another. Non-communicable diseases are more common in low- and middle-income countries. Every year non-communicable diseases are predicted to increase (Adhania, 2016). This happens because of various factors that can increase the occurrence of non-communicable diseases. Risk factors that can increase non-communicable diseases include factors that can be controlled and factors that cannot be controlled. Risk factors that cannot be controlled include heredity, gender, and age. Meanwhile, other controllable factors related to lifestyle behavior are obesity, lack of physical activity, smoking, alcohol, education, work and diet (Kurniadi, 2014).

Based on the data above, it can be seen that the majority of respondents are aged 60-69 years or are classified as elderly. Age affects the changes in the structure and function of body organs. One of the structural changes with increasing age is the cardiovascular system where there is a change in elasticity of the blood vessels and aorta, the heart valves become thick and stiff and there is a decrease in the ability to pump blood from the heart. This is what causes disease problems in the

cardiovascular system such as hypertension, heart failure and stroke (Setiyorini, 2018).

Hypertension is the most common disease suffered by respondents. The data is in accordance with the Health Profile of the Province of Central Java in 2019 which shows that hypertension occupies the largest proportion of all non-communicable diseases reported, while the second highest is diabetes mellitus (Prabowo, 2019).

Hypertension is a non-communicable disease called the silent killer and is an important health problem worldwide. Hypertension is called the silent killer because in addition to its prevalence increasing every year, hypertension is also associated with cardiovascular diseases such as heart disease, stroke and kidney disease (Sartik, 2017). Diabetes mellitus is a metabolic disease with signs of high blood sugar levels caused by impaired insulin secretion, insulin resistance or both (Nugroho. KPA., 2019).

Respondents as sufferers of non-communicable diseases try to do help for their health. Health behavior is the second largest factor in influencing the health of individuals, groups and communities. Health behavior can be classified into two groups, namely the behavior of healthy people in taking action to maintain their health and the behavior of sick people in taking action to get help for their recovery (Mukaffi, 2016).

Predisposing factors that contribute to the emergence of a health behavior are knowledge, beliefs, beliefs and attitudes. Health seeking behavior is the behavior of individuals or groups to perform or seek treatment. Various types of health behavior in the community are quite varied, there are those who immediately seek health assistance to health facilities, but there are also those who do nothing (Notoatmodjo, 2014).

People who use health facilities as an effort to seek health assistance choose Puskesmas as their health facility of choice. This happens apart from the fact that the location of the Puskesmas is close to where they live, the Puskesmas is also the place for the first-level health services that serve BPJS. There are several factors that influence the level of utilization of health care facilities, including health facilities, service costs, distance traveled, education level and socio-economic status of the community

(Hermawan, 2017). Puskesmas is a health service facility that carries out public and individual health efforts by prioritizing

promotive and preventive efforts. Puskesmas as community service providers who work across programs and across sectors. The Puskesmas as the first health facility acts as a provider of basic health services (Anita, 2019). Puskesmas in carrying out their duties as a public health effort and first-level individual health efforts integrate the program with a family approach (Prabowo, 2019).

People choose to buy their own medicine without a doctor's prescription at the pharmacy. The reason that arises is that people have long experienced the disease so that the treatment given by doctors is always the same, for that people choose to continue buying drugs that are usually consumed. As for the people who choose to do their own traditional treatment using traditional ingredients such as certain plants or fruits. The treatment carried out tends to follow culture or heredity (Hermawan, 2017).

As for the people who choose traditional ingredients for the treatment of diseases such as hypertension because people have knowledge of making traditional medicines that have been obtained from generation to generation (Fathonah & Hernawilly, 2012).

## **Conclusion**

Most of the respondents were female as many as 180 people (72%). Most of the respondents were married as many as 169 people (68%). The education level of the most respondents is elementary school, amounting to 92 people (37%) and the occupation of most respondents is as an entrepreneur as many as 120 people (48%).

Most of the respondents suffer from hypertension as many as 117 people (47%) and the second most disease is diabetes mellitus as many as 66 people (26%). The closest health facility is Puskesmas with 192 people (77%). Most of the people seek health assistance by visiting health care facilities, as many as 178 people (71%), seeking help from health workers as many as 39 people (16%), buying drugs without a prescription as many as 22 people (9%) and traditional medicine as many as 11 people (4%).

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