

Overview of Heart Disease Patients' Lifestyle in Sidikalang Regional General Hospital, Dairi District in 2024

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ABSTRACT

Background: Heart disease is not only a threat of pain but also a disease that lurks with the threat of death. This disease can cause a high death rate. According to WHO 2018, around 31% of all deaths in the world, and the majority or around 8.7 million, are caused by heart disease. According to Riskesdas 2018, the prevalence in Indonesia reached 1.5%. Heart disease can be triggered by various lifestyle factors, including a lifestyle with smoking habits, consuming alcohol, exercise habits, the habit of consuming pickled and preserved foods, and a history of obesity. Objective: find out the description of the lifestyle of heart disease sufferers at the Sidikalang Regional General Hospital, Dairi District in 2024. Method: This type of research was descriptive, and carried out from January to April 2024. The population in this study is 235 people with heart disease, using an accidental sampling technique, the total sample was 70 people. Results: Lifestyle after suffering from heart disease, the majority did not smoke as much as 61.42% and were heavy smokers as much as 10%, the majority did not have the habit of consuming alcohol as much as 68.51% and had the habit of consuming alcohol frequently alcohol 12.85%, the majority do exercise enough as much as 22.4% and do not exercise 14.7%, the majority sometimes consume pickled and preserved foods as much as 37.14%, and those who do not consume salted and preserved foods as much as 21.42% , the majority were not obese as much as 37.1% and obesity was 11.9%. Better health services are expected to provide education about the lifestyle of heart disease sufferers.

Keywords: Lifestyle, Heart Disease, Sufferers



1. INTRODUCTION

Heart disease is a deadly threat, which is lurking with many death threats. Heart disease is not just a health threat, but rather a journey of darkness that ends life, so that this disease can cause high mortality rates, heart disease which must continue to be a global health challenge and result in an increase in death rates. (1)

Cardiovascular disease is something that occurs when the liver and blood vessels function properly. (2) Anyone can get cardiovascular disease, including workers. According to whatever there is a very strong relationship, there is a strong suspicion that the risk of germs in cardiovascular disease in factors related to work, such as noise, work stress, and stress can be unhealthy. Hasanah, N. Et al, 2021 (3)

The 2018 Basic Health Survey shows that the overall prevalence of heart disease in Indonesia is 1.5% including AMI (Indonesian Ministry of Health 2018). (4) Based on the prevalence in North Sumatra Province, it is around 1.33% and 1.40% and 1.25% in urban and rural areas. Ministry of Health of the Republic of Indonesia, 2019. (5)

Factors that greatly influence heart disease are abnormalities in one or more blood vessels accompanied by plaque that disrupts blood flow to the heart muscle, which as a result can disrupt

heart function. In general, the risk of heart disease is influenced by smoking, lack of activity, alcohol consumption, and blood pressure Dian, Lukman, Karnirius 2021. (6)

A healthy lifestyle has many dimensions, not just limited to preserving the body which involves diet and exercise. A healthy lifestyle is defined as actions to maintain or improve health that are formed through regular physical activity, not smoking, ideal body weight, and maintaining a regular diet. This healthy lifestyle includes thinking, emotions, movement and exercise, nutrition and spiritual aspects. This healthy lifestyle is associated with a reduction in all causes of death and an increase in lifespan and well-being Pusparani I 2016. (7)

Research results from Ikhsan Sodik Lifestyle: Coronary heart disease sufferers, the majority of respondents who do not exercise, 26 respondents (75.6%) are obese, 22 people (71.0%). And the majority of respondents smoked as many as 20 people (60.6), and drank alcohol as many as 28 people (85.61%). (8) Likewise, the results of research from Marniati 2019 on the lifestyle of heart disease sufferers at Zainoel Hospital, Banda Aceh, the majority of respondents were obese, 22 people (71.0%). Likewise, the results of research from Ahda Yuni 2005: Genetic factors and lifestyle of heart disease sufferers. Minangkabau ethnic respondents who have fast food and preserved food and eating patterns. Ready to eat as much as (50%) and preserved as much as (75%). (9).

2. METHOD

The type of research used in this research is descriptive research. The research used in this research is research that usually tries to see pictures of phenomena (including health) that occur in a population (Notoadmojo. 2010).

A population is any subject that meets specified criteria, or a group of subjects or a particular setting or that have certain characteristics in common. Population can take the form of people, groups of people, organizations, objects or case events, according to Suiroaka (2019).

The research sampling technique used was the accidental technique, which was taken using cases or respondents in the context of the Notoadmojo (2010) survey which occurred or was available somewhere. This research uses the Slovin formula, the minimum sample size obtained is acceptable based on the research design used, namely a descriptive method of at least 10% of the population. For relatively small populations, at least 20% of the population.

3. RESULTS AND DISCUSSION

Table 1: Distribution of Respondents Based on Smoking Habits, Alcohol Consumption, Sports Habits, Alcohol Consumption, Sports Habits, Pickled and Preserved Ready Foods Based on Obesity.

No.	Smoking Characteristics	Frequency	Percentage (%)
1	Do not smoke	43	61.42
2	Light smoker	11	15.71
3	Moderate smoker	9	6.3
4	Heavy smoker	7	10
	Amount	70	100%
No	Characteristics of Alcohol	Frequency	Presentation (%)
1	Don't consume	48	68.51
2	Sometimes	12	17.14
3	Consume often	9	12.85
	Amount	70	100%

No	Sports Characteristics	Frequency	Percentage (%)
1	No sports	21	30
2	Enough	32	45.71
3	Good	17	24.28
	Amount	70	100

No	Characteristics of Alcohol	Frequency	Percentage (%)
1	Don't consume	48	68.51
2	Sometimes	12	17.14
3	Consume often	9	12.85
	Amount	70	100%

No	Sports Characteristics	Frequency	Percentage(%)
1	No sports	21	30
2	Enough	32	45.71
3	Good	17	24.28
	Amount	70	100

No	Consuming characteristics Preserves and Pickles	Frequency	Presentation (%)
1	Not Consuming	15	21.42
2	Sometimes	26	37.14
3	Often	18	25.71
4	Always	11	15.71
	Amount	70	100

No	Characteristics of Obesity	Frequency	Presentation (%)
1	Not Obese	53	58.57
2	Obesity	17	11.9
	Amount	70	100

Discussion

Based on research results regarding the lifestyle of heart disease sufferers at Sidikalang Regional Hospital in 2024, the majority of the lifestyle is non-smoking, 43 respondents (61.42%). The results of the research are in line with Sodik Iksan and Suryadi Bambang's research on "Lifestyle of Coronary Heart Disease Patients at PMI Bogor Hospital in 2017" that the majority of heart disease patients do not smoke (54%). And it was found that the results of this study were not in line with the results of research by Marniati, Notoadmojo, S, Kasiman, S, Rochandi, K, regarding "Lifestyle of Coronary Heart Disease Patients at Zainoel Abidin Hospital Banda Aceh" that the majority smoked (58.3%).

Based on research results regarding the lifestyle of heart disease sufferers at Sidikalang Regional Hospital in 2024, the majority of the lifestyle was not consuming alcohol, 48 respondents (68.51%). And the results of this research are in line with Sodik, Ikhsan Bambang Suryadi's research on "Lifestyle of Coronary Heart Disease Patients at PMI Bogor Hospital in 2017" that the majority do not consume alcohol (71.0%), and the results of this research are also in line with Chayanti, D's research on "Lifestyle Description of Heart Disease Sufferers at Ngudi Waluyo Wlingi Blitar Regional Hospital in 2015" that the majority do not consume alcohol (90%).

Based on the results of research regarding the lifestyle of heart disease sufferers at the Sidikalang Regional General Hospital, Dairi Regency in 2024, the majority of those living with exercise <3 times a week were 32 respondents (45.71%). The results obtained by the researchers are the same as the results of Hamid.RM's research on "Lifestyle Description of Coronary Heart Disease Sufferers at Prof.DR Aloe Saboe Hospital Gorontalo in 2023" that the majority were <3 times a week, namely (74.0%). The research

results are different from the research results of Marniati, Notoadmojo, S, Kasiman, S, Rochandi, K, regarding "Lifestyle of Coronary Heart Disease Patients at Zainoel Abidin Hospital Banda Aceh" that the majority of people exercising in the irregular exercise category are (82.5%).

Based on the results of Lifestyle research at the Sidikalang Regional General Hospital, Dairi Regency, 26 respondents (37.14%) consumed pickled and preserved foods in the sometimes consumed category. The results of this research are in line with research by Adha, Y, Sumarni, L, on "Genetic Factors and Lifestyle of Coronary Heart Disease in Minangkabau District Hospital in 2013," the majority of whom consumed preserved and pickled foods in the sometimes category (75%). The results of this research are also in line with Sodik IkhsanI and Suryadi Bambang's research on "Lifestyle of Coronary Heart Disease Patients at PMI Bogor Hospital in 2017" that the majority of respondents consumed preserved and pickled foods in the sometimes category (32%).

Based on the results of research on heart disease at the Sidikalang Regional General Hospital in 2024, 53 respondents (58.57%) were not obese. The results obtained by researchers are the same as the results of Bertalina, An's research on "Lifestyle and genetic factors with blood pressure in people with coronary heart disease at RSHAM Lampung Province in 2018" stating that the lifestyle of heart disease sufferers is the majority who are not obese (52, 1%).

4. CONCLUSION

The lifestyle of heart disease sufferers at the Sidikalang Regional General Hospital is that the majority do not smoke, 43 respondents (61.42%), the majority do not consume alcohol, 48 respondents (68.51%), the majority have exercise habits <3 times a week. 32 people (45.71%), the majority who consumed preserved and pickled foods in the sometimes category were 26 respondents (37.14%), the majority who were not obese were 53 respondents (58.57%).

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