

DOI: <http://dx.doi.org/10.33846/hn50502>
<http://heanoti.com/index.php/hn>



RESEARCH ARTICLE

URL of this article: <http://heanoti.com/index.php/hn/article/view/hn50502>

Social Support of Parents on Medication Adherence to Tuberculosis Patients in Children

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ABSTRACT

Adherence to taking this medication is needed in all diseases, especially TB disease, because this disease requires extra supervision in its treatment. Adherence to medication behavior is basically influenced by several factors, one of which is social support from those closest to the patient. Support can be obtained from the patient's family (father and mother), who always monitor the progress of patients. The 4 basic forms of social support, namely emotional support, instrumental support, informative support and reward support. This was qualitative research. Focus group discussion with 12 informants used for collected data. Results of this research showed that parents gave social supports i.g emotional support, instrumental support, informative support and reward support which related with medication adherence.

Keywords: social support; parents; medication adherence; tuberculosis; children

INTRODUCTION

Background

Tuberculosis (TB) is a chronic disease with a high prevalence and is associated with one of the causes of death in the world due to infectious diseases. TB needs serious attention, this is related to the fact that the incidence of this disease is higher in poor households. In Indonesia there has been a decrease in the number of TB sufferers since treatment for TB sufferers has been made free by the government, this is intended to further alleviate and help TB sufferers with economic difficulties.

TB is a disease that requires long-term treatment to achieve a cure. Pranoto ⁽¹⁾ states that obedience is like obeying orders, obeying orders, while obedience is behavior according to rules and is disciplined. Sarafino ⁽²⁾, defines adherence (obedience) as the level of patients carrying out treatment methods and behaviors suggested by doctors or other people. Adherence can also be defined as a patient's positive behavior in achieving therapeutic goals ⁽³⁾.

Adherence to taking this medication is needed in all diseases, especially TB, because this disease requires extra supervision in its treatment. TB drugs are given in a combination form of several types, in sufficient quantities and the right dose for 6-8 months, so that all germs can be killed. If the drug guidelines used are inadequate (type, dose and duration of treatment), germs will develop into drug-resistant germs. For this reason, direct supervision is required to ensure patient compliance with medication during the treatment process.

The social support provided by family members and those closest to TB sufferers can be in the form of emotional assistance, support, appreciation, instrumental, and information that has emotional benefits or behavioral effects for TB sufferers. In this case, TB sufferers who get social support feel much more emotionally at ease when they are noticed, get suggestions or pleasant impressions of themselves. Family support and care from those closest to TB sufferers provide comfort, attention, affection, and motivation to achieve recovery by accepting their condition. This can be observed through the expression of a TB sufferer who said that, through his efforts and assistance from close people, this patient regularly takes the drug according to the dose given by the doctor.

Purpose

The purpose of this study was to describe the social support of parents in child TB patients who are undergoing TB treatment.

METHODS

This research was a qualitative study with a phenomenological approach. This research was conducted from September to December 2020. The key informants in this study were the District Head of Jember Regency, while the primary informants were parents of child TB patients, and the additional informants were TB cadres.

This research focuses on parents' social support for children's compliance with TB in taking medication. Data was collected through a focused group discussion (FGD) involving informants, by paying attention to data saturation. Data validation by using source triangulation and data analysis using content analysis.

RESULTS

Parents' Emotional Support

Parents' emotional support is needed to encourage children to obey their medication. Based on the main informant's explanation, the form of emotional support given to children is attention to giving praise and appreciation. Child TB patients are still enthusiastic about taking regular treatment.

The feeling of boredom and boredom felt by child TB patients is the main obstacle faced by mothers. This is because pediatric TB patients in this study were children under 18 years of age, so they quickly experience boredom and burnout in taking drugs for a long time. The following is an expression from a parent of a child TB patient (U1, the parent of a child TB patient):

"At first my son didn't drink the medication, every time he drank, they vomit, he said he couldn't drink it. Most. Every day it doesn't work to make him drink the medication, I make white lie, I pretending phoned The doctor , and I had angry from the doctor, make him sympatic to me ...and finally he drank the medication.

Also, the long duration of treatment, the side effects of taking the drug, make child TB patients feel anxious like one child patient who asked her mother about side effects.

"At first like this" why my pee is red? ", I said that I took medicine like that. But in the end, I will. "

This is where the role of parents is needed. Various attempts were made by mothers who were the primary informants in this study. One of the patient's mothers tried to convince the child that their taking was a vitamin. Some say that the drug is candy, but these efforts are ineffective because their taste is bitter. Besides, there are also attempts to scare the child into taking medicine, that if the child does not take medication, the doctor will inject it. Parents make all these efforts, so that child TB patients are willing to continue their treatment.

Instrumental Support of Parents of Child TB Patients

Instrumental support is a form of support that can be realized in the form of direct assistance to provide the right resources to deal with the stressful situation that a person feels, provide direct assistance or help when a person is experiencing problems such as providing funds or providing assistance in the form of real actions or objects ⁽²⁾. Based on the results of the interview, for the treatment of pulmonary TB is given free of charge by health facilities because it is a program of the government. Furthermore, for drug taking is carried out by the patient's family every week to the Puskesmas. Instrumental support of parents is also needed to support the success of drug compliance. Instrumental support can be realized in the form of direct assistance such as providing health facilities, materials or money, vehicle facilities, and providing additional food for child TB patients who need good nutrition. According to Wardani et al. ⁽⁴⁾ revealed that although almost every family can provide its members with money, care, or other forms of assistance, direct or instrumental assistance is most effective when the assistance is seen appropriately by the individual.

Award Support from Parents of Child TB Patients

Award support according to Sarafino in ⁽⁵⁾ is in the form of appreciation of individual ideas or feelings, encouragement or approval, expression of respect, encouragement to progress, as well as helping a person to see the positive aspects that exist in him to be compared with others that serve to add self-esteem and approval to individual ideas or feelings. Support for parents and cadres' appreciation of the scope of drug-taking compliance in the form of ideas, encouragement, expressions of respect, and appreciation for what has been successfully passed.

Most parents will provide support in the form of an invitation to travel and also in the form of food. They will take a walk outside if they have been declared fully cured of TB. Here's an excerpt.

"When you get well, go for a walk. said so" (D, parents of TB patients)

In addition, there are also parents who often give cakes or ice as a form of appreciation because one day the TB patient has taken his medicine well.

"if they drank the medication, they will have reward to eat ice cream or cake" (DM, parents of TB patients)

Based on this information, it can be concluded that the award support is fully handed over to the parents of the child's TB patient. Meanwhile, cadres reaffirmed the children to be motivated to take medicine because of the promise from their parents.

DISCUSSION

Emotional Support of Parents

Emotional support is a form or type of support provided by the family in providing attention, compassion and empathy. Emotional support involves empathy, attention and encouragement or concern for a person. Emotional support is support that can make a person feel comfortable, calm, feel like they have and be loved when stressed. This support is realized by trying to comfort family members who are grieving or experiencing

distress is also a form of emotional support⁽⁶⁾. The parents in this study are mothers who have done emotional support to the child in order to be obedient to take medication. Families can be a very influential factor in determining an individual's health beliefs and values and can also determine which treatment programs they can receive. The support provided by family members is an important factor in the patient's adherence to the medical treatment undergone by the patient⁽⁷⁾. Children who feel the warmth of the family, feel noticed allows a more cooperative and motivated state to obediently take medication and the spirit to heal. The family is a frontline caregiver for a person's efforts to recover from the disease⁽⁸⁾. This research is strengthened by Wardani, et al.⁽⁴⁾, with compassion, empathy and family attention is a very important family support so that children feel loved and cared for. This condition allows the child to be easier to comply with medication.

Instrumental Support of Parents

Child TB patients have received tremendous instrumental support from the family. Medications that are always available at home for drinking by children's TB patients will improve the compliance of taking medications that will also improve healing. Instrumental support some families have given support to members his family who suffered mental disorders well and positive, the family is able to his role as a family with well by providing support in the form of treatment, delivering sufferers for control and keep an eye on taking medicine⁽⁹⁾. Good support from the family makes the patient feel cared for so as to improve the patient's recovery.

Information Support of Parents

The mother conveys simple information to the child about the basis and why to take medication regularly and why to take medication. This is an information support from the mother to the child to be obedient to take medication to support his recovery. This is in accordance with the theory, the compliance of taking the drug includes the degree of accuracy of an individual's behavior with medical advice, the use of the drug in accordance with the instructions as well as covering use at the correct time. This is in line with Karmila, et al.⁽⁸⁾ patients who do not comply with taking drugs because of the lack of supervision of taking drugs from the family and patients also do not understand the instructions to take drugs. Therefore, family support in the form of information also plays an important role for the compliance of drug taking from patients. In order for the patient's behavior to be more obedient, it is necessary to strengthen the driving force by nencourage persuasion and information. One of the family information support is drug information support. this is important because it is associated with the presence of side effects of the drug.

Award Support of Parents

Child TB patients are very likely to experience boredom due to the length of TB treatment, this also occurs in other chronic diseases such as hypertension that also require long-term treatment⁽¹⁰⁾, hence support from the family is needed especially mothers, people closest to the child. Support appreciation from the mother motivates the child to take medication, this is related to the characteristics of the child who needs support from his parents. According to⁽¹¹⁾ Support award is a form of appreciation given by the family to the sick so that it can affect the positive nature of the patient's pain that can affect his recovery. Because the patient feels he is valuable and important to his family.

CONCLUSION

Parents, especially mothers, have provided social support to children's TB patients in Kaliwates Health Center. Social support is provided in the form of emotional support, instrumental support, informative support and award support. This social support is done to encourage children who often feel bored on taking drugs.

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