

FACTORS INFLUENCING CLEAN AND HEALTHY BEHAVIOR AMONG ELDERLY WITH HYPERTENSION

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ABSTRACT

Background: Previous studies suggest that healthy lifestyle plays an important role in improving health-related quality of life. As a kind of behavior-related disease, the occurrence of hypertension is closely associated with unhealthy behaviour. However, the rate of hypertension self-awareness, access to treatment service, and hypertension control among elderly are low because early stages of the disease do not show any obvious signs and symptoms. This study aimed to examine factors influencing clean and healthy behavior among elderly with hypertension.

Subjects and Method: This was a cross sectional study conducted in Ngawi, East Java, from June to July 2019. A sample of 200 elderly was selected for study by a multistage random sampling. The dependent variable was clean and healthy behavior. The independent variables were perceived susceptibility, perceived benefit, attitude, and family support. The data were collected by questionnaire and analyzed by a multiple linear regression.

Results: Clean and healthy behavior increased with high perceived susceptibility (OR= 4.38; 95% CI= 0.15 to 0.41; $p < 0.001$), high perceived benefit (OR= 4.51; 95% CI= 0.13 to 0.33; $p < 0.001$), positive attitude (OR= 9.81; 95% CI= 0.30 to 0.45; $p < 0.001$), and strong family support (OR= 2.61; 95% CI= 0.03 to 0.23; $p = 0.010$).

Conclusion: Clean and healthy behavior increases with high perceived susceptibility, high perceived benefit, positive attitude, and strong family support.

Keywords: clean and healthy behaviour, health belief model, elderly

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