

# **PATIENT EXPERIENCE OF HEALTHY LIFESTYLE FOR HYPERTENSION CONTROL IN SOUTH BUTON, SOUTHEAST SULAWESI**

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## **ABSTRACT**

**Background:** Hypertension markedly impairs quality of life in terms of both physical and mental health. In 2008, nearly a billion adults aged 25 years and older had hypertension, and three quarters of the number were living in developing countries. This study aimed to investigate the patient experience of healthy lifestyle for hypertension control in South Buton, Southeast Sulawesi.

**Subjects and Method:** This was a qualitative study with a phenomenological approach conducted in Batauga, South Buton, Southeast Sulawesi, from April to June 2019. A total of 6 patients with hypertension was selected for this study. The data were collected by in-depth interview. The data were analyzed through 5 stages: (1) Verbatim transcription; (2) Determining keywords; (3) Assigning categories; (4) Identifying themes; and (5) Identifying sub themes.

**Results:** According to the patient experience, healthy lifestyle for hypertension control was affected by positive thought, family support, and health worker support. The patients experience physical and psychological disturbance due to hypertension.

**Conclusion:** According to the patient experience, healthy lifestyle for hypertension control is affected by positive thought, family support, and health worker support.

**Keywords:** hypertension, lifestyle, control

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