

## **The Analyses of Role of Nursing Agency of Nurse and Family in GERMAS Behavior to Increasing the Preventive of Stroke to High Risk Patient Around the Public Health Center of Poncokusumo Subdistrict Malang Regency**

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**ABSTRACT**

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In high risk groups have a higher risk of stroke, so the role of family and nurse nursing agencies is needed in prevention efforts. The thing that is needed is to nurse and family to effort for improve healthy behavior. The purpose of this study was to determine the effect of nurse and family nursing agency roles on GERMAS behavior. The research design used was cross sectional with questionnaire sheet instruments. The population of this study was a high risk group of strokes in as many as 256. Samples were 155 using random sampling techniques, while to determine the effect between variables used ordinal regression test with a significant level of 0.05. Based on the results of the study, it was found that the role of nursing nurses was good 72 (46.5%) and most of the family nursing agency roles were quite good, 85 (54.8%) and good ,16 (10,3%) and GERMAS behavior good categories, 108 (69.7%) respondent. The results of data analysis show that the value of P value = 0,000. The results of statistical tests show that there is a significant influence between the role of nurse and family nursing agency on behavior. The existence of a good role from family and nurses with the existence of supervision and information from nurse and family will be able to change individual behavior for the better because the success of prevention depends on the readiness of the nursing agency to carry out their duties in the field of care properly and correctly.

**Keywords:** Nursing agency, nurse, family, behavior, GERMAS and stroke

### **INTRODUCTION**

Stroke is a disease that often occurs in the community with high mortality and disability, this is due to the lack of awareness of the community in recognizing risk factors and early symptoms of stroke (Young T et al., 2009). One of the behavioral causes of a lack of public awareness of strokes is due to family support that is lacking in early detection so that it can slow down high risk groups in seeking medical help and the role of health workers who have not maximized the impact of late stroke management (Kim et al. 2011).

Based on the results of the Preliminary study at Poncokusumo Health Center Malang Regency, there were many individuals with a high risk of stroke. Data shows that there are 310 people with hypertension with age above 55 years, 40 patients with Diabetes Mellitus, and about 5 cases of stroke each month with previously unknown risk factors resulting in paralysis and even death (incident report of Poncokusumo Health Center PTM in August 2018).

The Indonesian Ministry of Health specifically reminded the public to maintain health through a healthy living community movement (GERMAS) to realize a healthy Indonesia. GERMAS is a very important program to foster public awareness to carry out early health checks to prevent and avoid complications as much as possible, namely stroke.

For this reason, the role of the closest patients is needed, namely nurse and family nursing agency in an effort to prevent stroke re-attacks. Things that can be done is to identify early causes,

signs and symptoms, risk factors and ways of treatment to prevent stroke. The important role of the family to help self-care for sick family members is to provide support or motivation is very influential on the prevention of stroke. The results of the study show that one of the efforts to prevent stroke in high-risk communities is that they have a strong social support system and good family functions to help with their personal care and also the role of health workers (Barbara, 2010). Therefore, an effort is needed to improve the behavior of improving healthy living in one of the communities, namely GERMAS through cross-sectoral support, one of which is the role of health and family personnel.

## MATERIALS AND METHODS

The design used in this study is cross-sectional. The population is all high risk population in public health center in Poncokusumo on 256. The sample size is 155 respondents using simple random sampling technique. Independent research variables are Nursing agencu of nurse and family. Dependent variable is GERMAS Behaviour. Data were collected using questionnaire, then data were analyzed using ordinal regression test with a significance level of p value  $\leq 0.05$ .

## RESULTS

Table 1. Distribution f rekuensi based on Nursing Agency of Nurse

Length of work	n	f (%)
High	72	46,5
Medium	49	31,6
Low	34	21,9
Total	155	100

Source: Primary data of research in 2018

Based on table 1 shows that of 155 respondents almost half of is high categories of the Nursing Agency of Nurse of 72 respondents (46.5%).

Table 2. Distribution f rekuensi based on Nursing Agency of Family

Education	n	f (%)
High	16	10,3
Medium	85	54,8
Low	54	34,8
Total	155	100

Source: Primary data of research in 2018

Based on table 2 shows that of 155 respondents most of Nursing Agency of Family is Medium as many as 85 respondents (54.8%).

Table 3. Frequency distribution based on GERMAS Behaviour

Motivation	n	f (%)
High	108	69,7
Medium	18	16,8
Low	21	13,5
Total	155	100

Source: Primary data of research in 2018

Based on table 3 shows that from 155 respondents most of the high category of GERMAS Behaviour as many as 108 respondents (69,7%).

Table 5 Pseudo R-Square Test Results

#### Pseudo R-Square

Cox and Snell	,300
Nagelkerke	,372
McFadden	,217

Statistical test results in this study was obtained Pseudo R-square value at Nagelkerke amounted to 0.372 it means nursing agency of nurse and family affect the GERMAS behaviour by 37.2% and the rest influenced by other factors equal to 63%.

Based on backward logistic table shows that from two variables after logistic regression test there is all variable that influence in applying of GERMAS behaviour in public health center in Poncokusumo , that is nursing agency of nurse ( $p = 0,001$ ) and nursing agency of family ( $p = 0,000$ ). This implies that if the nursing agency of nurse and family is high will be make effect GERMAS behaviour.

## DISCUSSION

### A. Role of Nursing Agency of Nurse In Poncokusumo Public Health Center

The results of the research that has been done, it was found that from 155 respondents as many as 72 (46.5%) respondents argued that the nursing agency nursing role was good, while as many as 34 (21.9%) respondents thought the role was less than nurses in an effort to improve behavior in high risk group of stroke, and almost half of the respondents 49 (31.6) respondents indicated that the role of nurses was sufficient in an effort to improve GERMAS behavior in efforts to prevent stroke.

According to Sudiharto (2007) argued that in nursing practice, nurses carry out two main roles that must be performed by nurses as educators where nurses are responsible for providing health education to families, especially to maintain families in caring for family members who have health problems and the second role is as Nurse facilitators can be a place to ask individuals, families and communities to solve the health and nursing problems they face on a daily basis and can help provide solutions to problems.

The results of the research role of nursing nursing agency showed that out of 155 respondents, almost half of respondents thought the nurse nursing agency role was good, namely as many as 72 respondents (46.5%) with good nursing agency nurse role indicators found in the role of nurses as educators and facilitators . Based on the questionnaire results obtained from 7 roles in nursing nursing agencies, starting from as educators, coordinators as executors of nursing services, supervisors, defenders, facilitators and researchers there are two roles that are mostly performed by nurses namely the role of nurses as educators and as facilitators. Nurses who carry out their role as educators who at any time educate patients about how to overcome the problems they face, namely

nurses provide insight into stroke, nurses teach to recognize signs of symptoms of stroke and also nurses inform how to prevent stroke so that patients or groups with high risk can more vigilant so as not to have a stroke. In addition to the role of educators, nurses also carry out their role as facilitators where nurses provide opportunities to ask something related to stroke that has not been understood by patients and also provide solutions in dealing with problems faced by patients, by providing insight, providing problem solving and being able to empower patients in healthy behavior, so those who are expected to experience health problems can be overcome properly.

### **B. Role of Nursing Agency of Family on Poncokusumo Public Health Center**

The results of the research that has been done, the results obtained that of the 155 respondents most of the respondents get enough family nursing agency role that is equal to 85 (54.8%) respondents, while as many as 54 (34.8%) respondents get less role from the family. And some get a good family nursing agency role that is equal to 16 (10.3%) in an effort to improve GERMAS behavior.

According to Setiadi, (2008) Families have duties in the health sector that need to be understood and carried out, including recognizing health problems, deciding health actions, caring for families, modifying the environment, and utilizing health care facilities. The results of this study are also in line with the opinion of Siskha (2016), which states that family support is an important factor for someone when facing problems (health) and as a preventive strategy to reduce anxiety where life views become widespread. Family support is needed in patient care, can help reduce patient anxiety, increase enthusiasm for life and patient commitment to continue treatment. From several indicators about the Role of the Family, indicators about recognizing health problems and caring for families who experience health problems are lacking. This is based on the statement of most respondents in the questionnaire who said that the family did not monitor the respondent's blood pressure, the sugar content and weight of the respondent and also the family rarely stated the control schedule to the respondent.

Based on the results of the study that the role of the nursing agency family is good enough to be able to restore the enthusiasm of the respondent with a high risk of stroke, especially in terms of carrying out tasks in the health field for family members namely in caring for and utilizing existing health facilities. This is important for all families with family members who are sick because with the family can run their role will help family members who are sick because who can control patients so that they can avoid strokes is a family role because the family is the closest person and people who can be trusted by patients.

### **C. GERMAS Behaviour for High Risk Population In Poncokusumo Public Health Center**

Based on the research results obtained from 155 respondents as many as 108 (69.7%) respondents behaved well, 26 (16.8%) respondent respondents behaved adequately, and 21 (13.5%) respondents lacked behavior.

Health behavior is a person's response to stimuli or objects related to healthy illness, disease, and factors that affect healthy illness such as the environment, food, drinks, and health services so that health behavior can be concluded as all activities that can be observed or not relating to the maintenance and improvement of health which includes preventing and protecting themselves from diseases or other health problems, improving health, seeking healing if sick (Notoatmodjo, 2010).

Based on the description above, it can be concluded that the existing obstacles in improving health behavior, namely the unavailability of health facilities that are close to settlements, or the difficulty of using health facilities, costs, the lack of active role of health workers can become obstacles to improve health behavior. Each individual perceives differently, when an individual assesses these obstacles as an obstacle in improving healthy behavior, it will be reflected in his poor behavior. But if the individual assesses that the infrastructure facilities are not an obstacle, then the individual will try independently to improve his healthy behavior. This is also supported by the presence of internal factors that individuals have, including experience, knowledge, economic status, motivation,

ownership of health insurance, thus supporting them to behave more healthy. From the description above, researchers assume that the behavior of GERMAS can be influenced by several factors including age, history of treating stroke, work, and education.

#### **D. The Role Of Nursing Agency Family and Nurse on GERMAS Behaviour in Stroke Prevention in High Risk Stroke Population**

Statistical test results using the Ordinal Regression test obtained the value of p value = 0,000 ( $\alpha = 0.05$ ). This means that there is an influence on the role of nurses and family nursing agencies on the behavior of GERMAS in an effort to increase the alertness of stroke prevention in high-risk groups.

The Movement for Healthy Living Society (GERMAS) is a systematic and planned action carried out jointly by all components of the nation with awareness, willingness and ability to behave healthy to improve the quality of life. The implementation of GERMAS must start from the family, because the family is the smallest part of the society that shapes the personality.

The role of nurses as educators is needed by high risk groups because of prevention. Planning for the provision of good and comprehensive knowledge will improve the quality of health services to reduce the risk of stroke, with this will help patients with high risk of stroke get sufficient information about the disease, how to prevent it until the way of treatment.

Besides that the influential role in overcoming health problems is the role of facilitator. According to Sudiharto (2007) states that nurses can be a place to ask questions, family and society to solve health and nursing problems they face everyday and can help provide a way out in solving problems. According to researchers a health problem is resolved not separated from the role of nurse facilitator. By making nurses as a place to ask and share, it will be easier for nurses to find the root of the problem and solutions to the problems faced by the health problem. Thus the patient's welfare will be achieved.

In addition to the need for the role of nurses, families also have a very large role in the care of sick family members. The family as a nursing agency which can act as a nurse in providing care at home, which provides supervision for patients at home and also plays a role in using existing health services. When the role of the family is lacking, there will be no one that can motivate sick family members to behave better in stroke prevention efforts.

From the above assumptions, the role of the closest person (nursing agency) is needed in an effort to prevent and deal with health problems, especially stroke problems. Collaboration between nurses and families carry out their roles and duties properly and correctly in the health sector so that welfare and healing will be achieved, thus health problems in the form of strokes will not occur in groups at high risk of stroke.

#### **CONCLUSION**

1. Nearly half of the respondents think the nurse nursing agency role is good, namely as many as 72 respondents (46.5%) in the high risk group of strokes in the working area of Poncokusumo Health Center Malang Regency.
2. Most respondents think the family nursing agency role is sufficient, namely as many as 85 respondents (54.8%) in the high risk group of stroke occurring in the working area of Poncokusumo Health Center Malang Regency.
3. There are influences of nurse and family nursing agency on GERMAS behavior in the effort to prevent stroke in high risk groups in Poncokusumo Public Health Center Malang Regency.

#### **SUGGESTION**

1. Community

Always strive to be alert to stroke in preventing stroke by always applying healthy lifestyle behaviors or GERMAS behaviors and especially for families to increase their role in giving care to sick family members.

2. Research Land

For stakeholders to further activate the role in providing facilities to the community in an effort to increase public awareness in recognizing strokes by further increasing Health promotion, especially in the prevention of stroke and things to watch out for and do when symptoms of stroke appear.

3. Researchers

As a reference for further researchers to conduct more specific research on the provision of interventions with a nursing theory approach in an effort to improve stroke alert behavior by using all components / factors that have an influence on GERMAS behavior.

4. For Health Agencies

For health workers, especially nurses who are in the community health center or community to make stroke detection and conduct health promotion to the community to increase public awareness in preventing stroke, one of them is more applied to the behavior of GERMAS in the community, especially high risk groups and run more 7 roles not only nurses 1 only the roles that are highlighted and also with the results of family behavior are only enough that the health agency is expected to further increase efforts to increase the role of the family in the care of sick family members by providing health education to the family.

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