

Eksplorasi pengalaman pasien hipertensi dalam menjalani terapi alternatif komplementer herbal = An exploration of hypertension patients experience in herb complementary and alternative medicine / Nurul Laili

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Abstrak

[<b>ABSTRAK</b><br>

Penggunaan terapi alternatif komplementer cenderung meningkat setiap tahunnya dan sudah menjadi pilihan dalam mengatasi masalah kesehatan. Penelitian ini berfokus pada pengalaman pasien hipertensi dalam menjalani terapi alternatif komplementer herbal. Penelitian kualitatif dengan pendekatan fenomenologi deskriptif pada duabelas partisipan ini menggunakan metode purposive sampling dalam penentuan partisipan. Pengumpulan data dilakukan dengan wawancara dan dianalisis menggunakan metode Colaizzi. Tema yang ditemukan sebagai hasil penelitian yaitu: keputusan menjalani terapi alternatif komplementer herbal terpicu kekhawatiran efek samping terapi medis, peningkatan kenyamanan fisik yang dirasakan setelah mengonsumsi terapi herbal, aksesibilitas sarana untuk lebih mendapatkan kemudahan dalam terapi herbal, dan pembuatan sediaan herbal yang tidak praktis menyebabkan inkonsistensi dalam menjalani terapi herbal.

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The use of complementary and alternative medicines tend to increase and has become a choice in addressing health problems. This study focuses hypertension patients experience towards the use of herbs complementary and alternative medicine. This qualitative study applied a descriptive phenomenology approach twelve participants who gathered with purposive sampling. An indepth interview was used to collected data and analyzed with Colaizzi Method. Themes revealed were: the decisions to use herbs complementary and alternative medicine triggered by worries about an effects of medical therapy, an increase of perceived physical comfort after consumed herb therapies, accessibility of means to got herb ingredients easily in herb therapies, and impracticability in preparing herbs that caused inconsistencies in herb therapies., The use of complementary and alternative medicines tend to increase and has become a choice in addressing health problems. This study focuses hypertension patients experience towards the use of herbs complementary and alternative medicine. This qualitative study applied a descriptive phenomenology approach twelve participants who gathered with purposive sampling. An indepth interview was used to collected data and analyzed with Colaizzi Method. Themes revealed were: the decisions to use herbs complementary and alternative medicine triggered by worries about an effects of medical therapy, an increase of perceived physical comfort after consumed herb therapies, accessibility of means to got herb ingredients easily in herb therapies, and impracticability in preparing herbs that caused inconsistencies in herb therapies.]