

Prolanis Patient Participation Enhancement Model Through a Recreational Environmental Approach

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Abstract

Prolanis is a health service system and a proactive approach implemented in an integrated manner involving Participants, Health Facilities, and BPJS Health, aimed at maintaining the health of BPJS Health participants suffering from chronic diseases to achieve an optimal quality of life with effective and efficient healthcare costs. The purpose of this study is to analyze the factors that increase the participation of Prolanis patients through a recreational environment approach. The sampling technique used is the total population sampling method. This research is a qualitative descriptive analytical study. Statistical instruments are used quantitatively with the Normality Test method and Pearson Correlation. Based on the research results, the influence of the recreational environment on Prolanis participation is significant. The findings show that the recreational environment contributes 80% to the increase in Prolanis patient participation. The remaining influence is affected by other factors not studied in this research, such as personal motivation, family support, respondents' views on the recreational environment, health conditions, or other social factors.

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1. INTRODUCTION

Non-communicable diseases (NCDs) remain a major challenge to the global health system, particularly chronic diseases such as hypertension and diabetes mellitus. Hypertension is a leading cause of premature death worldwide and significantly contributes to the increasing burden of healthcare costs. The World Health Organization (WHO, 2019) states that hypertension can trigger serious complications such as heart disease, stroke, and kidney disorders if not optimally managed. This condition not only affects the elderly but is also increasingly found in productive age groups and across socioeconomic strata. Simanullang (2019) emphasized that hypertension is among the top three causes of premature death, thus requiring a sustainable and integrated management approach.

In an effort to reduce the impact of chronic diseases, the Indonesian government, through BPJS Kesehatan, developed the Chronic Disease Management Program (PROLANIS). This program is a health service system with a proactive approach implemented in an integrated manner between participants, health facilities, and BPJS Kesehatan to achieve optimal quality of life with effective and efficient service costs. PROLANIS is intended for BPJS Kesehatan participants who suffer from chronic diseases, especially type 2 diabetes mellitus and hypertension. Data shows that the global prevalence of hypertension has increased from 26.4% in 2000 to a projected 29.2% in 2025 (Masriadi,

2016), while in Indonesia, the prevalence of hypertension in the population aged ≥ 18 years reached 25.8%, with significant variations between regions.

Although PROLANIS has been comprehensively designed through various activities such as education, health exercises, reminders, and health status monitoring, the level of participant participation in this program remains a problem. Several studies have shown that patient compliance and participation in chronic health programs are influenced by various factors, including individual motivation, accessibility of health facilities, social support, and perceptions of the program's benefits. Research by Deiby, Herlina, and Hedison (2016) showed that regular implementation of Prolanis exercises can significantly reduce systolic and diastolic blood pressure in hypertensive patients, but this success is highly dependent on the consistency of participant participation.

One of the factors inhibiting PROLANIS participation is limited access and the program's low appeal to some patients. Fitriani (2020) revealed that approximately 30% of patients are inactive in PROLANIS due to the relatively long distance to health facilities and the lack of comfort in participating in routine activities. This situation indicates that the conventional approach based solely on health facilities is not fully able to address patient needs and preferences, particularly those with chronic illnesses who require long-term support.

The recreational environment approach is an alternative strategy that has the potential to increase patient participation in the PROLANIS program. Recreational environments integrate physical, psychological, and social elements designed to create a comfortable, enjoyable, and stress-free atmosphere for participants. Green Open Space (RTH), as regulated by the Minister of Public Works Regulation Number 05/PRT/M/2008, is an open area that allows people to engage in recreational activities that are economical and easily accessible. Utilizing the natural environment as a medium for health activities is believed to increase comfort, reduce stress, and strengthen participants' emotional attachment to the health program.

Various studies have shown that outdoor recreational activities provide significant biopsychosocial benefits, including improved mood, enhanced coping mechanisms, and strengthened social interactions. The natural environment also acts as a therapeutic medium, supporting the mental and physical health of patients with chronic diseases. Therefore, integrating a recreational environment approach into the implementation of PROLANIS is expected to reduce barriers to participation, increase patient motivation, and encourage more sustained engagement in chronic disease management.

Based on this description, this study is crucial for assessing and formulating a model for increasing PROLANIS patient participation through a recreational environment approach. This approach is expected to not only increase participant participation rates but also significantly contribute to improving patients' quality of life and the overall effectiveness of chronic disease management programs. The results of this study are expected to serve as a reference for policymakers and healthcare professionals in developing innovative PROLANIS services that are more adaptive, humane, and patient-centered.

2. RESEARCH METHODS

This study uses a descriptive analytical approach with a survey design to describe and analyze patient participation in the Chronic Disease Management Program (PROLANIS) through a recreational environment approach. This approach was chosen because the study aims to obtain an empirical picture of the phenomenon of PROLANIS patient participation systematically and objectively, based on conditions that occur in the field. PROLANIS, as a program managed by BPJS Kesehatan, emphasizes long-term health care for patients with

chronic diseases such as hypertension and diabetes mellitus through an integrated promotive and preventive approach, so that a research method is needed that is able to capture the dynamics of participant behavior and experiences comprehensively.

The study was conducted at the Yostavan Medika Primary Clinic, Prambon District, Sidoarjo Regency, East Java, which is one of the first-level health facilities with active PROLANIS implementation. The study was conducted in June 2025, taking into account the availability of PROLANIS participants and the continuity of health club activities. The population in this study was all PROLANIS patients who were registered and actively participating in activities at the Yostavan Medika Clinic. The sampling technique used was total sampling, namely, all PROLANIS club members who met the inclusion criteria were made research respondents, so that it was expected to be able to represent the condition of the population as a whole and minimize sample selection bias.

The inclusion criteria for this study included actively registered PROLANIS participants, those willing to participate, and those who had participated in PROLANIS activities for at least two years. Exclusion criteria included participants who were absent during data collection or unable to complete the questionnaire due to certain health conditions. These criteria were selected to ensure that respondents had sufficient experience participating in PROLANIS and were able to provide relevant information regarding their participation in and perceptions of the recreational environment approach implemented in the program.

The research instrument used was a structured questionnaire designed to measure the level of PROLANIS patient participation and respondents' perceptions of the recreational environment. The questionnaire was designed based on the concept of health behavior and patient participation in chronic health programs, using a Likert scale as the assessment system. Before being used in primary data collection, the research instrument underwent validity and reliability testing. Validity testing was conducted using Pearson correlation by comparing the calculated r and table r values, while reliability testing was conducted using Cronbach's Alpha to ensure the internal consistency of the instrument. The test results showed that all questionnaire items were valid and reliable, making it suitable for use as a measuring tool in research.

Data analysis was conducted descriptively and analytically to describe the characteristics of respondents and the relationship between the recreational environment and PROLANIS patient participation. Data obtained from the questionnaire were processed through editing, coding, and tabulation stages, then analyzed using normality tests and Pearson correlation tests to determine the closeness of the relationship between variables. In addition, this study pays attention to the principles of research ethics by upholding the confidentiality of respondents' identities, voluntary consent for participation, and respect for the rights and dignity of research subjects. With this methodological approach, this study is expected to produce valid, reliable, and relevant findings as a basis for developing a model for increasing PROLANIS patient participation through a recreational environment approach.

3. RESEARCH RESULTS AND DISCUSSION

3.1. Research result

This research results section presents empirical findings obtained from the process of collecting and analyzing data on respondents participating in the Chronic Disease Management Program (PROLANIS) at the Yostavan Medika Primary Clinic. Data were collected through a structured questionnaire that has been tested for validity and reliability, so that the results obtained are expected to be able to describe the real conditions related to PROLANIS patient participation and the role of the recreational

environment approach in encouraging participant participation. The presentation of research results focuses on the characteristics of respondents, descriptions of research variables, and the relationship between the recreational environment and PROLANIS patient participation.

Based on the results of descriptive analysis, the number of respondents in this study was 50 PROLANIS participants. The majority of respondents were female, at 84%, while male respondents were 16%. In terms of age, most respondents were in the age range above 50 years, which is an age group with a high risk of chronic diseases such as hypertension and diabetes mellitus. The educational level of respondents was dominated by high school and junior high school graduates, which indicates that PROLANIS participants mostly came from the secondary education group. These characteristics indicate that PROLANIS participants are predominantly elderly with relatively heterogeneous educational backgrounds.

The results of the descriptive analysis of the recreational environment variables indicate that the majority of respondents had a positive perception of PROLANIS activities carried out using recreational environments. Respondents stated that activities carried out in an open environment or a more relaxed and pleasant atmosphere provided comfort, reduced boredom, and increased motivation to participate in activities regularly. The recreational environment was also considered capable of creating a more intimate social atmosphere, so that participants felt more accepted and motivated to actively participate in PROLANIS activities.

Furthermore, analysis of PROLANIS patient participation variables showed that the majority of respondents were in the high participation category. This was reflected in their relatively regular attendance, active involvement in PROLANIS club activities, and adherence to the established schedule of health check-ups and activities. This high level of participation indicates that participants were not only physically present but also committed to participating in a series of activities aimed at sustainable chronic disease management.

The results of analytical tests using Pearson correlation indicate a strong relationship between the recreational environment and PROLANIS patient participation. The correlation coefficient value shows a significant positive relationship, which means that the better the respondents' perception of the recreational environment, the higher their level of participation in the PROLANIS program. The analysis results also show that the recreational environment contributes 80% to increasing PROLANIS patient participation, while the remainder is influenced by other factors not examined in this study, such as personal motivation, family support, health conditions, and other social factors.

3.2. Discussion

The results of this study indicate that a recreational environment approach plays a significant role in increasing PROLANIS patient participation. This finding reinforces the concept that the success of a chronic disease management program is determined not only by medical and administrative aspects, but also by environmental and psychosocial factors that influence participant behavior. A recreational environment can create a more comfortable and enjoyable atmosphere, so that participants do not view PROLANIS activities as a burden, but rather as a beneficial activity worthy of continued participation.

The predominance of elderly respondents in this study indicates that this age group requires a more humanistic and adaptive approach. Recreational environments provide space for elderly participants to engage in light physical activity, socialize, and reduce the boredom of long-term treatment routines. This aligns with the principle that patients

with chronic illnesses require environmental support that enhances motivation and quality of life, not just medical intervention alone.

The strong positive relationship between recreational environments and PROLANIS patient participation can be explained through the perspective of health behavior theory. A supportive and enjoyable environment can reduce psychological barriers, increase self-efficacy, and strengthen an individual's intention to engage in health behaviors. With recreational activities, patients tend to feel more confident and motivated to participate regularly, which ultimately impacts continued participation in the PROLANIS program.

The large contribution of the recreational environment, at 80%, to patient participation indicates that environmental factors have a very dominant influence. However, these results also indicate that other factors influence patient participation, such as family support, individual health conditions, and perceptions of the program's benefits. Therefore, a recreational environment approach should be combined with other supporting strategies, such as health education and strengthening social support, to achieve optimal results.

Overall, the results and discussion of this study confirm that a recreational environment approach is an effective and relevant strategy for increasing PROLANIS patient participation. These findings provide practical implications for healthcare facilities and PROLANIS administrators to develop innovative, environment-based activities that are more engaging, inclusive, and patient-centered. Thus, the PROLANIS program serves not only as a means of managing chronic disease but also as a vehicle for improving participants' overall quality of life.

4. CONCLUSION

This study aims to analyze a model for increasing patient participation in the Chronic Disease Management Program (PROLANIS) through a recreational environment approach. Based on the research results obtained, it can be concluded that PROLANIS patient participation is significantly influenced by environmental factors, particularly a recreational environment that supports physical activity, social interaction, and psychological comfort for participants. This approach has been proven to provide a more pleasant atmosphere and does not cause boredom, thus encouraging patients to participate in PROLANIS activities more consistently.

The analysis showed that the majority of PROLANIS participants had a positive perception of the activities carried out in a recreational setting. The open, comfortable, and social environment provided a more meaningful experience for patients, especially for the elderly group, who dominated this study's respondents. This situation suggests that a non-medical approach that focuses on participant comfort and experience plays a crucial role in increasing patient engagement in long-term health programs.

This study also showed that PROLANIS patient participation was high when activities were implemented using a recreational environment. This participation was reflected in regular attendance, active involvement in PROLANIS club activities, and adherence to health screening and monitoring programs. These findings indicate that a recreational environment not only increases participants' physical attendance but also encourages commitment and active participation in the entire PROLANIS program.

Based on the results of analytical tests, there is a strong positive relationship between the recreational environment and PROLANIS patient participation. The recreational environment significantly contributes to increased patient participation, while other factors such as personal motivation, family support, health conditions, and social factors also play a supporting role. Thus, the recreational environment can be seen as a key determinant in

efforts to increase the success of the PROLANIS program implementation in primary healthcare facilities.

The findings of this study reinforce the understanding that chronic disease management cannot rely solely on medical and administrative approaches. Psychosocial and environmental aspects play a crucial role in shaping patient health behaviors. A recreational environment approach can reduce psychological barriers, increase comfort, and strengthen patient motivation to engage sustainably in chronic disease management programs such as PROLANIS.

The implications of this research suggest that healthcare facilities and PROLANIS administrators should consider developing recreational environment-based activities as part of their healthcare strategy. Utilizing green open spaces, recreational group activities, and creating a supportive social atmosphere could be innovative alternatives to increase program effectiveness. This approach also has the potential to improve patients' quality of life, both physically, mentally, and socially.

Overall, this study concludes that the model of increasing PROLANIS patient participation through a recreational environment approach is an effective and relevant strategy for chronic disease management. This approach not only increases patient participation but also positively contributes to the sustainability of the PROLANIS program. Therefore, the implementation of a recreational environment in PROLANIS activities is expected to be a strategic solution to improve the quality of healthcare services and patient well-being sustainably.

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