

## **Increasing Knowledge About Hypertension Through Health Education in Nagog Hamlet, Kutaagung Village**

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### **ABSTRACT**

The high cases of hypertension are a problem in Indonesia, including in Nagog Hamlet. This hypertension usually affects older people. Hypertension in the long term can cause various complications such as strokes, heart attacks, heart failure, and can even cause death. Even though there are many effective medicines available for controlling hypertension but they are still not good, therefore health education is very important to do to increase public knowledge about hypertension prevention. Health Education was carried out involving Umtas Thematic KKN students from 25 August to 03 September 2021 in Nagog Hamlet. The purpose of this research is to provide knowledge about hypertension to the people of Dusun Nagog so that they know about hypertension prevention. The method used in this study was blood pressure checks, health education followed by questions and answers and discussions with 30 respondents. By giving counseling, the respondent gets learning which results in a change from those who did not know before to know and those who did not understand to understand.

**Keywords:** Hypertension

### **INTRODUCTION**

Hypertension is still a big challenge in Indonesia. Imagine, hypertension is a condition that is often found in primary health care services. It is a health problem with a high prevalence. The prevalence of hypertension in Indonesia, which was obtained through measurements in the age group  $\geq 18$  years, was 25.8%. The prevalence of hypertension in every province in Indonesia in the age group  $\geq 18$  years is quite high. As an example, the prevalence of hypertension in several provinces, including Bangka Belitung, South Kalimantan, East Kalimantan and West Java, in 2013 averaged above 29.4%. Meanwhile, the prevalence of hypertension in the age group  $\geq 18$  years in Central Java in 2013 was 26.4%. If currently Indonesia's population is 252,124,458 people, then there are 65,048,110 people who suffer from hypertension. A condition that is quite surprising. There are 13 provinces whose percentage exceeds the national figure, with the highest being in Bangka Belitung Province (30.9%) or in absolute terms as much as  $30.9\% \times 1,380,762$  people = 426,655 people (Ministry of Health RI, 2014).

Increased blood pressure that lasts for a long time (persistent) can cause damage to the kidneys (kidney failure), heart (coronary heart disease) and brain. Hypertension or high blood pressure is an increase in

systolic blood pressure of more than 140 mmHg and diastolic blood pressure of more than 90 mmHg on two measurements with an interval of five minutes in a state of sufficient rest/calm. Increased blood pressure is influenced by several risk factors including age, gender, family history, genetics (risk factors that cannot be changed/controlled) and lifestyle such as smoking habits, salt consumption, consumption of saturated fat, use of used cooking oil, drinking habits alcoholic beverages, obesity, lack of physical activity, stress, use of estrogen (Kemenkes RI, 2014).

The emergence of health problems is not caused by individuals, but can also be caused by public ignorance as a result of a lack of correct information about a disease (Rahadiana, 2012). Low knowledge of health workers, patients and the public about hypertension is the main cause of uncontrolled blood pressure, especially in hypertensive patients in Asia (Park J.B., Kario, K., and Wang, 2015).

Knowledge can be obtained through health education. Health education about hypertension care for family members can provide information needed by families that can increase family knowledge so that families can determine a better attitude in treating hypertension for family members (Mardhiah, A., Abdullah, 2013). Health education has an effect on increasing knowledge of the behavior of hypertensive clients, will improve lifestyle so they can control blood pressure properly (Purwati, R. D., Bidjuni, H. And Babakal, 2014).

Based on this, health education is urgently needed to increase knowledge about hypertension and change healthy lifestyles for mothers in Nagog Hamlet, Kutaagung Village.

## **RESEARCH METHOD**

The materials used in efforts to promote hypertension prevention health are presentation materials about hypertension and its risk factors consisting of power point files about hypertension and leaflets. The method used in providing health education is the method of counseling and checking blood pressure, followed by questions and answers and discussion.

## **RESULT AND DISCUSSION**

This community service activity was carried out in Nagog Hamlet, Kutaagung Village on August 25 and September 3 2021 for assistance. Participants in this Health Education activity were attended by the women of Nagog Hamlet. The implementation of the activities carried out was in the form of delivering material regarding hypertension through health promotion media, namely counseling followed by questions and answers and discussions as well as carrying out health checks, namely blood pressure. The picture below is the documentation of activities during implementation.



Figure 1. Assistance to Nagog Hamlet Mothers



Figure 2. Blood pressure check for hypertension detection in Nagog Hamlet women



Figure 3. Realization of Hypertension Health Education

Health education is carried out by counseling methods about hypertension and risk factors for hypertension and how to change healthy lives for hypertension. The purpose of this counseling is to provide knowledge about hypertension to the people of Dusun Nagog so that they know about hypertension prevention. Information obtained from counseling can have a short-term effect so that it can result in changes or increases in knowledge (Widianingrum and Dewi, 2013).

Increasing patient knowledge about hypertension will encourage someone to behave better in controlling hypertension so that blood pressure remains under control, patient knowledge regarding also affects patient adherence in taking treatment. Along with increasing knowledge about hypertension, it can manage the disease so that patients get better (Wulansari, Ichsan and Usdiana, 2013). Good knowledge about hypertension can influence people's behavior in preventing hypertension (Limbong, Rumayar and Kandou, 2016).

Based on the research by Muthia et al., it was found that there was a significant difference between the final knowledge level and the initial knowledge level of respondents who received health education. Health education is an activity that can influence changes in the behavior of respondents, one of which is a change in knowledge.

By providing counseling, respondents get learning that results in a change from those who did not know to know and those who did not understand to understand (Muthia, Fitriangga and R.S.A, 2016).

Counseling with the lecture method is more effective than demonstrations in increasing health knowledge. This is because the lecture method is considered more effective for listeners with more than ten people but often causes boredom if the material presented is not interesting and too long (Bany, Sunnati and Darman, 2014).

## **CONCLUSION AND SUGGESTION**

The community service activities in Dusun Nagog ran well and smoothly and all participants really appreciated this counseling activity.

With this counseling, it is hoped that the women of Dusun Nagog can change their healthy lifestyle to avoid hypertension and it is hoped that it can also add knowledge about hypertension for mothers in Nagog Hamlet.

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