

Education Efforts to Increase Knowledge About Hypertension And Hypotension in Masawah Village Communities, Cimerak Sub-District, Pangandaran District

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ABSTRACT

Blood pressure is an essential factor in the circulatory system. Not all blood pressure in the objects is within normal limits, so it leads to disorders of blood pressure, hypertension and hypotension. Hypertension is a symptom in which abnormal pressure is high in the arteries, causing increased risk of stroke, aneurysm, heart failure, heart attack and kidney damage. Hypotension is a state where blood pressure drops below normal numbers, which is a low of 90/60 MMHG. According to information from the elderly poshaandu in the village of Masawah, hypertension is the highest disease in the village of Masawah, especially in the elderly. On the other hand, hypotension is lower than hypertensive. The public's performance of devoted activity is carried out in the village of Masawah, the cipeacock district. This public devotion was carried out from August 8 to September 8, 2022. The object of this devotion was the rural community of Masawah especially the elderly. The purpose of this society's devotion is to increase public knowledge about things related to hypertension and hypotension. The dedicated method of learning about hypertension and hypotension by including advanced village, community and cultural and cultural tools. Implement by direct examination of blood pressure, the transmission of materials for hypertension and hypotension, and explained that the majority of diseases that people suffer in the village of Masawah are hypertensive. Results from such educational activities promote public awareness of health care. In light of this educational activity, people have become better at understanding about things related to hypertension as well as hypotension and society can implement their daily knowledge by abstaining from all things that cause rise and fall in blood pressure.

Keywords: hypertension, hypotension, seniors, Masawah, devotion

INTRODUCTION

Blood pressure is the pressure of blood flow in the arteries (Kowalski, 2010). Blood pressure is also a very important factor in the circulatory system. Where not all blood pressure is within normal limits, causing disturbances in blood pressure known as hypertension or high blood pressure and hypotension or low blood pressure (Fitriani & Nilamsari, 2017).

Hypertension or high blood pressure where the systolic pressure is ≥ 140 mmHg and the diastolic pressure is ≥ 90 mmHg. Hypertension is a global public health challenge, which can reduce the quality of life

significantly and is also a risk factor that is closely related to cardiovascular disease and mortality or death at a young age due to hypertension (Barron et al., 2014). Hypertension is an asymptomatic condition, in which abnormally high pressure in the arteries causes an increased risk of stroke, aneurysm, heart failure, heart attack and kidney damage. This disease is responsible for the high cost of treatment due to the reasons for the high number of visits to the doctor, hospitalization and long-term use of drugs.

Hypotension or low blood pressure is a condition where blood pressure falls below normal, which reaches a low value of 90/60 mmHg. Hypotension occurs when there is an imbalance in the blood or the heart is too weak to produce the balance between its vascular capacity and blood volume or when the heart is too weak to produce enough blood pressure to push blood (Sherwood, 2001).

University of Muhammadiyah Tasikmalaya students carry out Thematic Real Work Lecture (KKNT) activities. This activity is expected so that students can become motivators, facilitators and dynamists in the process of problem solving and community development. According to information from the Elderly Posyandu in Masawah Village, hypertension is the highest disease in Masawah Village, especially in the elderly. Meanwhile, for hypotension disease is lower than hypertension disease. In this KKNT activity students conduct an education in an effort to increase knowledge about hypertension and hypotension to the people of Masawah Village. Knowledge that must be owned by the community regarding hypertension and hypotension includes general definitions, causes, symptoms, prevention and complementary therapy in hypertension and hypotension. The purpose of this community service is to increase public knowledge of matters related to hypertension and hypotension.

RESEARCH METHOD

The implementation of this community service activity was carried out in Masawah Village, Cimerak District, Pangandaran Regency. This community service was held from 8 August to 8 September 2022. The target of this community service is the Masawah Village community, especially the elderly with an age range of 60-69 years.

The service method to find out hypertension and hypotension is by involving village officials, the community and the elderly Posyandu. The implementation was carried out by measuring height, weight, waist circumference, direct examination of blood pressure, delivering hypertension and hypotension material, and explaining the overall results of the diseases suffered by the people in Masawah Village, both hypertension and hypotension.

This community service program is a form of effort in preventing hypertension and hypotension, as well as increasing the knowledge of the people of Masawah Village about hypertension and hypotension. The implementation of this program includes the stages of observation, permit implementation and implementation.

Table 1. Implementation Plan and Stages of Educational Activities in Efforts to Increase Knowledge of Hypertension and Hypotension in the Masawah Village Community.

Phase	Implementation stage	Time	Location	Target	Population
1.	Observation at the Elderly Posyandu.	Tuesday, August 16th 2022. 08.00-11.00	Masawah Village Hall	Community of Masawah Village (Elderly). (50 People)	583
2.	Licensing for the implementation of an educational program in an effort to increase knowledge about hypertension and hypotension in the Masawah Village community.	Saturday, September 3 2022. 09.30-10.30	Masawah Village Hall	Community of Masawah Village (Elderly). (1 People)	1
3.	Implementation (blood pressure, delivery of educational materials in an effort to increase knowledge about hypertension and hypotension in the Masawah Village community).	Wednesday, September 7 2022. 08.00-12.00	Masawah Village Hall.	Community of Masawah Village (Elderly). (50 People)	583

RESULT AND DISCUSSION

The implementation of educational activities regarding efforts to increase knowledge about hypertension and hypotension in the Masawah Village community has been well implemented starting from the observation stage to the implementation stage. The result of this education is the development of public knowledge about hypertension and hypotension, both in general and specifically in terms of symptoms, causes, prevention and complementary therapy.

The following are the results of the implementation of education about efforts to increase knowledge about hypertension and hypotension in the Masawah Village community.

1. Observations at the Elderly Posyandu

Observations at the Elderly Posyandu were carried out because they wanted to know about the problems that were becoming a boom in the world of health, especially among the elderly. Therefore, we carried out activities with PKK (Family Welfare Empowerment) mothers in elderly posyandu activities. The activities carried out are measuring height, waist circumference, and taking blood pressure.

From these observations, the results obtained were that there were two diseases suffered by the people in Masawah Village, namely hypertension and hypotension. After knowing the problems in the Masawah Village community that most of the diseases suffered are hypertension and hypotension. Therefore, we

decided to make a program in the form of educating the public in an effort to increase knowledge about hypertension and hypotension in the community.



Figure 1. Elderly Posyandu activities

2. Licensing for the Implementation of Educational Activities Program

In order for this program to be carried out, we asked for permission and invited a set of villages that this activity required the people of Masawah Village, which consists of five hamlets, each hamlet sending 10 people to attend this educational activity.

3. Implementation of Educational Activities

This educational activity will be held on Wednesday, September 7, 2022. Prior to carrying out the educational activity, we will hold free blood pressure for every member of the public who comes to this activity. After that, we provided material to the public related to hypertension and hypotension with speakers from students from our group, namely M. Fasya Febri Agapa. In this activity we provide a little knowledge to the public about hypertension and hypotension, such as causes, symptoms, prevention and complementary therapy. As well as, giving freedom to the public if anyone wants to ask about hypertension or hypotension.



Figure 2. Educational activities

CONCLUSION AND SUGGESTION

The conclusion that can be drawn from community service regarding education efforts to increase knowledge about hypertension and hypotension in the people of Masawah Village, Cimerak District,

Pangandaran Regency is that many people still do not understand about hypertension and hypotension and matters related to these diseases both in terms of definitions , causes, and prevention and lack of awareness about the disease. However, after being given educational activities about efforts to increase knowledge about hypertension and hypotension, their knowledge increased and they were enthusiastic in listening to the material that had been presented.

Our suggestions include:

1. It is hoped that the village administration and the local community can take better care of their health and exercise so that they are not susceptible to hypertension and hypotension. And always consume healthy and nutritious foods.
2. There needs to be support from the village government and the local community in prevention efforts related to hypertension and hypotension, especially in the elderly in Masawah Village.

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