

## **Provision of Health Education as An Effort To Prevent and Control Hypertension in The Elderly in Cikondang Hamlet, Datar Village, Cilacap District**

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### **ABSTRACT**

Elderly is someone aged 60 years and over. The elderly are said to be at risk for various degenerative diseases compared to young people. One of the degenerative diseases that often occurs without symptoms is hypertension. Hypertension is called the "silent killer" because it can appear without any symptoms or warning signs, so many are not aware of it. The causes of delays in handling patients with hypertension are the majority of patients coming to health facilities when complications have occurred, and the lack of public access to health services, resulting in a lack of control over their disease state, especially in the elderly. Therefore, by conducting counseling related to hypertension, it is hoped that the role of cadres in preventing and controlling hypertension in the elderly can run optimally. This counseling aims to increase the understanding of cadres on the prevention and control of hypertension in the elderly. The main target of this program is health cadres in Cikondang Hamlet, Datar Village, Dayeuh Luhur District, Cilacap Regency. This activity includes an initial survey related to hypertension in the elderly, and conducting counseling on prevention and control of hypertension in the elderly using counseling methods and interactive discussions. The result of this community service activity is an increase in the understanding of health cadres related to Hypertension, especially efforts to prevent and control hypertension in the elderly in Cikondang Hamlet, Datar Village, Dayeuh Luhur District, Cilacap Regency.

**Keywords:** Community Service, Hypertension Control.

### **INTRODUCTION**

Hypertension is a preventable cause of premature death worldwide (Katherina; Joshua; Tanika, et al, 2016). In Indonesia, hypertension is one of the main causes of mortality and morbidity, so the management of this disease is a very common intervention at various levels of health facilities (Indonesian Association of Cardiovascular Specialists, 2015). Hypertension is often referred to as a "silent killer" because it can appear without warning signs or symptoms, so many people don't realize it (Brunner and Suddarth, 2013). Such conditions are one of the causes of delayed treatment of patients with hypertension, because the majority of patients come to health facilities when complications have occurred due to hypertension. Other than that, less

The community's access to health services also causes a lack of control over the state of the disease, especially in the elderly.

The increase in the prevalence of non-communicable diseases is a serious threat in development, because it threatens national economic growth. Therefore, a community-based PTM control model was developed through Posbindu PTM. Posbindu PTM is a form of community participation in efforts to control risk factors independently and continuously

(Ministry of Health RI, 2012). Posyandu PTM is a form of community empowerment that can bridge between health workers and the community.

Datar Village is a village located in Dayeh Luhur District, Cilacap Regency. Geographically, Datar village is located in very fertile mountains in the province of Central Java. Datar Village, Cikondang Hamlet is directly adjacent to Perhutani on the Central side, Binngkeng Village on the South side, and Panulisan village on the West side. Datar Village consists of four hamlets, namely Cikondang Hamlet, Serang Hamlet, Ketra Hamlet and Singaraja Hamlet.

The population in Datar village is 4364 people, with details of 2181 male souls and 2183 female souls. The final education of the residents in Datar Village varies. The majority of formal education attained by residents in Datar Village is Elementary School (SD) with 1963 people, 925 with junior high school education, 404 with high school education, 58 with bachelor's degrees, and the remaining 1014 people have never attended formal education. According to research conducted by KKN students (2021) shows that there is a significant relationship between the education level of respondents and knowledge (KKN students, 2021).

Access to health workers or health facilities is not too much of a problem for residents of Cikondang hamlet because village nurses and midwives are located in this hamlet. However, road access to the health center is very difficult because the distance is very far and the condition of the road is damaged.

## **RESEARCH METHOD**

The implementation method used to achieve the objectives of this program is to conduct counseling and interactive discussions. Counseling was given by 2 presenters to 20 respondents in Cikondang Hamlet with 20 minutes each. Activities carried out in the morning at 08:00 WIB to 10:30 WIB. The material provided is material related to hypertension, efforts to prevent hypertension in the elderly and efforts to control hypertension in the elderly. In addition to explaining the material provided during the counseling, the presenters also distributed assistive media such as hypertension leaflets in the elderly to the cadres.

This activity was carried out to increase respondents' understanding regarding efforts to prevent and control hypertension in the elderly. To assess the level of understanding of cadres related to hypertension, especially efforts to prevent and control hypertension in the elderly, before being given counseling, the cadres will do a pretest and at the end of the counseling will do a posttest. Broadly speaking, the questions included in the pre and posttest are questions about hypertension such as the definition of hypertension, risk factors for hypertension, causes of hypertension, impact of hypertension, efforts to prevent hypertension, and efforts to control hypertension.

## **RESULT AND DISCUSSION**

The KKN program, which was carried out in Cikondang Hamlet, Datar Village, Dayeh Luhur District, Cilacap Regency, received a positive response from Posbindu and Datar Village Officials, especially Health Cadres in Cikondang Hamlet. The main target of this program is the elderly in Cikondang Hamlet, Ds.Datar, Kec. Dayeh Luhur, Cilaca Regency. This pre-activity was carried out on August 19, 2021 at the Elderly Posyandu.

The extension activities were carried out 1 (one) time, namely on August 19, 2021 at the Elderly Posyandu using the lecture method and interactive discussions with 20 elderly respondents. Counseling activities were

delivered by 2 presenters, namely Rismyatul Faridah and Agis Fahmi S1 Nursing with the following material details: Hypertension and efforts to prevent hypertension in the elderly, and efforts to control hypertension in the elderly.

Table 1. Blood Pressure Measurement Results

No	Name	Age	Results
1	Narsem	80 tahun	164 / 99 mmHg
2	Warni	80 tahun	185 / 85 mmHg
3	Ilah	57 tahun	120 / 90 mmHg
4	Karsem	80 tahun	150 / 85 mmHg
5	Wakem	60 tahun	163 / 90 mmHg
6	Saonah	50 tahun	130 / 80 mmHg
7	Karnah	60 tahun	180 / 100 mmHg
8	Misni	60 tahun	170 / 80 mmHg
9	Titin	59 tahun	125 / 80 mmHg
10	Carsih	55 tahun	120 / 80 mmHg
11	Anah	64 tahun	155 / 80 mmHg
12	Maiti	60 tahun	150 / 90 mmHg
13	Warti	70 tahun	160 / 70 mmHg
14	Dedah	68 tahun	155 / 80 mmHg
15	Suminah	80 tahun	180 / 70 mmHg
16	Wati	65 tahun	170 / 90 mmHg
17	Khodijah	70 tahun	165 / 70 mmHg
18	Nunung	70 tahun	180 / 80 mmHg
19	Cicih	65 tahun	170 / 60 mmHg
20	Nanah	50 tahun	140 / 90 mmHg

Based on the table 1, as many as 15 respondents had blood pressure above normal, with an average age of 60 years and over. And as many as 5 respondents have normal blood pressure.

## **CONCLUSION AND SUGGESTION**

Community Community Service Program activities carried out in Cikondang Hamlet, Datar Village, Dayeuh Kuhur District, Cilacap Regency were carried out according to the plans that had been prepared, including providing education using lecture methods and interactive discussions to 20 respondents in Cikondang hamlet. Health education to respondents in Cikondang Hamlet, Datar Village, Dayeuh Luhur District, Cilacap Regency regarding the importance of preventing hypertension indicates an increase in respondents' understanding regarding hypertension in the elderly, including how to make efforts to prevent and control hypertension, especially in the elderly.

From the results of this activity, the suggestions that the author can give are (1) for health services, especially the elderly Posyandu, it is hoped that they can play a role in providing health examination services, and become educators in providing information or counseling about hypertension to elderly people or families, especially related to diet , physical activity, routine health control, and stress management; and (2) For elderly families, it is hoped that they can always pay attention to the health status of individuals in the family, especially the elderly, to provide support for routine check-ups at health care facilities.

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