

## **Ib-M Aisyiyah Group of Tasikmalaya City in Early Detection of Cardiovascular Disease Risk Factors**

**Ida Rosidawati\*, Hana Ariyani, Yuyun Solihatin, Bayu Brahmantia, Sunanih**

*Universitas Muhammadiyah Tasikmalaya*

*\*Corresponding Author: ida.rosidawati@umtas.ac.id*

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### **Abstrak**

Non-communicable diseases are the largest cause of death in the world, one of which is cardiovascular disease. Health development goals are directed towards achieving an independent society for healthy living, therefore community empowerment is needed to support these goals. This condition is a shared responsibility, especially Muhammadiyah and Aisyiyah Universities as women's organizations that pay attention to health services to the community. The solution offered is the implementation of health services on an ongoing basis whose activities include cadre training, health counselling and blood pressure checks, body mass index and first aid in emergency cardiac disease. The activity was held in 2021; the target was women's majelis taklim group organized by the Head of Aisyiyah District of Tasikmalaya City. The implementation of activities is carried out by lecturers and students and assisted by PDA Kota Tasikmalaya.

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## **INTRODUCTION**

The cause of death by non-communicable diseases is approximately 70% cases in the world. One-third of deaths from non-communicable diseases are 82% died prematurely before reaching the age of 70 years. Most of these non-communicable diseases occur in lower middle income countries (WHO, 2018). Diseases that include non-communicable diseases number one are heart disease and stroke (WHO, 2018). According to (WHO, 2017) 17.9 million people die each year from cardiovascular disease.

In West Java, the number of coronary heart disease sufferers based on doctor's diagnosis in 2013, as many as 160 thousand people or 0.5%, and this is the largest in Indonesia. In addition to coronary heart, West Java also occupies the highest estimated number of heart failure sufferers based on diagnosis / symptoms, which is as many as 96 thousand people or 0.3% (Kompas, 2017). Health development is directed to achieve an independent society for healthy living. The health development targets are in line with the global commitment to achieve the Sustainable Development Goals (SDGs). Four main factors determine the degree of public health. First, environmental factors with the largest contribution are 45%, community behaviour factors with a contribution of 30%, health care factors with a contribution of 20% and genetic factors with a contribution of 5% (West Java Provincial Government, 2017).

The causes of this disease are smoking, lack of physical activity, alcohol and unhealthy food (WHO, 2017) (WHO, 2018). WHO's efforts to address cardiovascular disease are detection, screening and treatment and providing palliative care for patients in need (WHO, 2017). This early detection effort is a very beneficial effort. According to (WHO, 2017) that early detection

of cardiovascular disease is an economic investment because it can reduce the need for more complex and more expensive treatments. This detection effort can be in the form of counselling and examination (WHO, 2017).

This early detection program of heart disease risk factors has been agreed to be prioritized with partners. The media that will be used are the women's majelis taklim group fostered partners. Most of the member is in middle to old ages and very susceptible to cardiovascular disease. The results of the study (Masriadi, 2016) showed that the risk factor for heart disease is women over the age of 45 years. The group of women's majelis taklim is considered very suitable for health counselling media on the grounds that the principles of holistic nursing include physical, psychological and spiritual health and the increasing responsibility of religious organizations towards religious communities that have a unique character that is very obedient to the leader in their studies/taklim (Harun, 2018).

Based on the analysis of the situation described above, the main problem in the community is the lack of knowledge about the risk factors for heart disease and what must be done to do early detection. This is also a problem for partners because Aisyiyah's regional leader is a women's organization that is one of Muhammadiyah's autonomous organizations that pay attention to health services. But it has limitations on human resources, tools and knowledge. The solution that will be done to deal with health problems that occur in the community, especially women's majelis taklim group, is to hold health services on an ongoing basis whose activities include cadre training, health counselling and blood pressure examination, body mass index and first aid in cardiac disease emergencies. This program is one of the activities to support the Sustainable Development Goals (SDGs) program, namely in healthy and prosperous living programs as well as quality education programs. This program is in collaboration with the Regional Leader of Aisyiyah Kota Tasikmalaya which is an autonomous muhammadiyah organization that pays attention to health services in the community.

### **METHOD OF IMPLEMENTATION**

This method of implementation is the participatory learning and action (PLA). The PLA method is more comprehensive with the stages of team formation, activity planning, implementation and monitoring and evaluation of Chambers (2001) in (Trapsilowati W, Juwono S M, 2015). The test took place in Aisyiyah's Kindergarten Kota Tasikmalaya in accordance with the agreement with the partner. The form of activities was counselling and health examinations.

The partner in this activity is the head of Aisyiyah District of Tasikmalaya City. Efforts made by the proposing team so that partners and targets have awareness of early detection of cardiovascular disease risk factors so that they are willing to provide this information as much as possible and take prevention as early as possible. This activity is carried out using knowledge, attitude, practice principles (PPS). The principle of learning emphasizes that science and technology transfer begins with the transfer of knowledge, changes in perception or attitude and adopts through practice. Through these stages it is expected that the science

and technology transfer process provided can be sustainable, becoming a habit carried out by partners and they can share their abilities with other communities.

### **RESULTS AND DISCUSSIONS**

The activity is carried out by beginning with opening activities, conducting pre-tests, providing material about early detection of cardiovascular disease risk factors, then conducting simulations of hand washing practicum and body mass index (BMI) calculation. Furthermore, participants are given the opportunity to try to practice independently, and then end with the implementation of a post test to assess whether there is an increase in their knowledge. This community service activity was followed by women's majelis taklim group with an age range of 26-75 years and the knowledge level of participants before the activity averaged 68.6 and after the activity averaged 87.6 so that the average increase was 19.

Knowledge is information that is generally learned to be known. Improvement is especially important before an action is taken even though knowledge does not always lead to behavioural changes (Soekidjo Notoatmodjo, 2012). Behaviour based on knowledge will usually last longer than those without knowledge. The high or low knowledge of a person is influenced by several factors, among others: age, education, experience and information (Trapsilowati W, Juwono S M, 2015). With the holding of this activity is an effort to increase knowledge as a promotive and preventive effort against the incidence of cardiovascular disease.

### **CONCLUSIONS AND SUGGESTIONS**

The implementation of community service carried out went well and smoothly. The program implemented is health counselling on early detection of cardiovascular disease risk factors along with health checks. Based on the activities that have been carried out by lecturers and students, it is expected that partner cooperation with the Regional Leader of Aisyiyah Kota Tasikmalaya can continue as part of the community. And this community service activity can continue to be continued to be moved to other programs.

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