

INTELLIGENT BEHAVIOR SOCIALIZATION PROGRAM IN EFFORTS TO INCREASE KNOWLEDGE AND SKILLS TO PREVENT NON-CONNECTED DISEASES (PTM) IN COMMUNITIES IN THE PROTECTED AREA OF UPTD PUSKESMAS SUKARAYA OGAN KOMERING ULU YEAR 2022

**I Gusti Ayu Putu Desy Rohana^{1*}, Lisdahayati², Gunardi Pome³,
Eva Luthfiati Putri⁴, D. Eka Harsanto⁵, Zanzibar⁶, Saprianto⁷**

Politeknik Kesehatan Kementerian Kesehatan Palembang, Indonesia.

^{1*} igustiayu_desyrohana@poltekkespalembang.ac.id, ² lisdahayati@poltekkespalembang.ac.id,

³ gunardi@poltekkespalembang.ac.id, ⁴ eva@poltekkespalembang.ac.id,

⁵ ekaharsanto@poltekkespalembang.ac.id, ⁶ zanzibar@poltekkespalembang.ac.id,

⁷ saprianto@poltekkespalembang.ac.id

Abstract

The partner problem from the results of the preliminary study is that the target for providing hypertension treatment services has not been achieved by 84.6%, the low number of visits to Pos Bindu PTM. The results of environmental observations showed that community behavior has the potential to cause hypertension to become increasingly uncontrolled, such as rarely doing health checks, consumption of high-salt and fast food foods, cigarette consumption, and no routine, and scheduled sports activities. Community service activities aim to provide education programs and procedures for implementing SMART behavior to control PTM in people with hypertension in the UPTD Sukaraya Community Health Center target area. The methods used are lectures, discussions, questions and answers, SMART gymnastics demonstrations, and red demonstrations. The activity was attended by 30 people with a history of hypertension treatment. The output of this activity is a modified video of the SMART exercise with nuances of local wisdom, and a popular article in the OKU regional health bulletin. The results of the activity showed an increase in knowledge of 11.34% and an increase in skills of 72.67% from the results of pre and post-tests in people with hypertension who became participants in the activity.

Keywords: Hypertension, SMART Behavioral, SMART Exercise

INTRODUCTION

The number of people with hypertension in 2025 is estimated to reach 1.5 billion, and it is estimated that every year 9.4 million people die from hypertension and its complications. Hypertension is most common in the elderly age group, namely 55-64 years (55.2%), 45-54 years (45.3%), and 31-44 years (31.6%) (Ministry of Health of the Republic of Indonesia, 2021). Based on data from the Health Office in South Sumatra, there were 17.8% of hypertension cases in Palembang, while data from the Health Office of Ogan Komering Ulu District (OKU) revealed that hypertension was the most common disease with the first order of the top ten diseases in

OKU with 90,432 cases (62.5%) in 2020. There was an increase in the coverage of hypertension services when compared to 2018 by 10.9% (4.5%) in OKU District. Health services for hypertension sufferers in 2019 were 15.4% (MSS target of 100%). The total number of cases of hypertension at the Sukaraya Health Center was 7,999 people, which is the area with the second highest incidence of hypertension in the OKU District (OKU District Health Office, 2020).

The partner problem obtained from the results of the preliminary study at the Person in Charge (PJ) of the Non-Communicable Disease Program (PTM) is that the target for providing hypertension treatment services has not been achieved by 15.4% (SPM target of 100%). The low number of visits to PTM Bindu posts (15%) of the total PTM persons recorded at the Puskesmas. There has never been a delivery of information about Hypertension and how to implement SMART behavior launched by the Director General of Prevention and Control of Non-Communicable Diseases (P2PTM) to the public. The results of environmental observations showed that the behavior of people in the UPTD Sukaraya Community Health Center had the potential to cause hypertension to become increasingly uncontrolled, such as rarely checking health conditions, eating foods high in salt and fast food, the number of people smoking both inside and outside the home, there were no sports activities in the community that are routine and scheduled.

Efforts made by the government in preventing and controlling PTM are by establishing a national strategy that includes 3 (three) dimensions, namely a community-based approach, surveillance system, and case handling. Another policy related to PTM that has been determined nationally is the Smoke-Free Area (TKR) policy. However, the policy is still considered not optimal due to various factors, namely lack of support, risky community behavior (limited media and educational methods, PTM posbindu coverage is not optimal, and many behavioral factors outside the health sector), and PTM service capacity are not optimal (Ministry of Health of the Republic of Indonesia, 2017).

Research conducted by Lisa Mustika, et al (2021) stated that there is a relationship between the level of knowledge on SMART behavior in people with hypertension which has an impact on the lifestyle of hypertension patients. Hypertension can be prevented by controlling risky behaviors such as smoking, unhealthy diets such as less consumption of vegetables and fruit and excessive consumption of sugar, salt, and fat, obesity, lack of physical activity, excessive alcohol consumption, and stress (Ministry of Health of the Republic of Indonesia, 2021). Therefore, efforts that can be made in the prevention and control of hypertension include increasing health promotion through IEC in controlling hypertension with SMART behavior ("Check health regularly, Get rid of cigarette smoke, Diligent in physical activity, Healthy diet with balanced calories, Adequate rest and manage stress"). The achievement of prevention and control of PTM requires cooperation from various sectors, especially community health behavior.

Sukaraya Village is a fostered area of the Baturaja Nursing Study Program, based on observations and observations in the area, Posbindu activities have been carried out once a month which is driven by Health cadres and PJ Program PTM UPTD Sukaraya Community Health Center. However, posbindu visits are still few, the low motivation and healthy behavior of the community cause not many people to carry out routine checks, and health education related to PTM is not conveyed. Based on the obstacles presented by the Health cadres and the PJ Program of the PTM UPTD Puskesmas Sukaraya, the group of lecturers of the Baturaja

Nursing Study Program, Poltekkes, Ministry of Health, Palembang, felt the need to carry out community service activities with the theme of Disseminating Smart Behavior Programs in Efforts to Increase Knowledge and Skills to Prevent Non-Communicable Diseases (PTM) in the UPTD Work Area of Sukaraya Public Health Center, Ogan Komering Ulu Regency.

IMPLEMENTATION METHOD

The initial stage of community service activities is an assessment of community problems, especially those with hypertension. This activity aims to plan health promotion for community empowerment. Education about SMART behavior to increase knowledge and skills to prevent non-communicable diseases (PTM) in the community in the UPTD Sukaraya Community Health Center, OKU in 2022 is an intervention activity carried out by a service team. Referring to the health promotion strategy, the first is to do advocacy, in this case, to permit the Village Head of Sukaraya Village to determine the success of health promotion activities. Health Promotion is an activity of delivering health messages to the public through lectures, discussions, and demonstrations both individually and in groups. The health message conveyed is an effort to increase knowledge about good and right health. Knowledge is an important domain in the formation of individual behavior. Good individual knowledge and accompanied by a positive attitude can affect health behavior (Notoadmojo, 2012). Health promotion carried out in Akeguraci village has been proven to increase the active role of the community in preventing PTM (Rahman, 2021). The method of implementing this service activity is carried out by direct educational activities face to face with the elderly group. The activity steps taken were the delivery of healthy and happy elderly materials during the Pandemic, followed by discussions and questions and answers with participants, as well as the implementation of demonstrations for activities that required demonstrations. Before the delivery of the material, participants were given 15 questions, with details of 10 items measuring knowledge, and 5 items measuring skills to be done (pre-test). After the delivery of the material and the demonstration, the participants did a post-test by doing the same questions as before. Questions were formulated to measure the knowledge and skills of participants before and after being given health education. The mapping of the implementation of this community service activity uses the concept of the methodology used in the previous service which provides details on the implementation stage, technical implementation, and expected results (Hidana & Adriana, 2019).

RESULTS AND DISCUSSION

Community service activities by the Baturaja Nursing Study Program Lecturer group in the preparation stage began with a meeting with the leadership of the Puskesmas and the Person in Charge of the Non-Communicable Disease Program (PTM) at the Sukaraya Health Center. After obtaining data that the highest hypertension cases were in the working area of the Sukaraya Health Center, it was in the Sukaraya Village, then the service group coordinated with the Sukaraya Village apparatus. As the result of coordination with community service partners, namely the Community Health Center and outpatient officials, it was agreed to carry out community service activities on Monday 27 June 2022 in the courtyard of the Nurul Islam Mosque, Sukaraya Village, Baturaja Timur District. Sukaraya a total of 30 women and also Posbindu Cadres, as well as PJ PTM Health Center officers. Community service activities are

carried out with the support of Health Cadres and puskesmas officers, in community groups with the same health problems (self-help group). Cadre is an intrinsic component in the motivating role and is a complimentary resource for health workers to reach unreached populations (Rohana, 2019).

The implementation of the activity began with the opening of community service activities which were also attended by staff of the Sukaraya Sub-District Government, health workers of UPTD Puskesmas Sukaraya, health cadres, and community service implementers, namely the Baturaja Nursing Study Program community service team with 6 (six) lecturers, 1 (one) education staff and 13 (thirteen) students. Community service activities by transforming knowledge about the program and applying SMART behavior in daily life, after it is continued with SMART gymnastics training created by Study Program students. Baturaja nursing and blood pressure measurement by a team of lecturers and students once a week for 1 (one) month. Activities carried out in communities with the same health problems (self-help groups) have been shown to increase knowledge and skills to shape healthy behavior (Rahman et al, 2021).

The distribution of the characteristics of participants who take part in community service activities is as follows:

Table 1. Distribution of Respondent's Characteristics
Distribution of Characteristics of Respondents in the Application of SMART Behavior in Sukaraya OKU Village, July 2022 (n=30)

Characteristic i	Frequency	Percentage
Age		
Original adult	2	6,6
Late adulthood	10	33,33
Pre elderly	10	33,33
Elderly	8	26,67
Gender		
Man	0	0
Woman	130	100
long hypertension		
< 1 year	22	77,33
> 1 year	8	26,67

Source: Smart Behavior Questionnaire, 2022

Based on table 1, it can be seen that the distribution of respondents based on age in the community service activities of the SMART program socialization is the same proportion between early and late adulthood, each of which is 33.3%, based on the gender of all participants are women and most of them are 77.33% of participants. are hypertensive patients diagnosed with hypertension within less than 1 year? The age of the respondents participating in community service activities is mostly late adulthood and the elderly, these age categories are participants who are very at risk of experiencing uncontrolled PTM (Asih & Rohimah, 2022).

The activity was carried out on Monday, 27 June 2022, the event started at 08.00 WIB attended by 30 mothers of hypertension patients in the UPTD Sukaraya Community Health Center, the activity was carried out in the courtyard of the Nurul Islam Sukaraya Mosque. The technical implementation of the activities is filling in the attendance list, providing checklist sheets for pre-tests, then providing Health education with SMART Behavior Program Socialization materials to prevent and control PTM, followed by a discussion and question and answer process. The activity continued with demonstrations of SMART gymnastics modified by students of the Baturaja Nursing Study Program, Poltekkes, Ministry of Health, Palembang, which added local wisdom (Palembang) movements and music. The activity ended with a joint commitment to the establishment of a routine and scheduled exercise schedule every Sunday morning. The evaluation of the training was carried out using the SMART knowledge and behavioral skills questionnaire. A questionnaire is a measuring tool that has been used by previous research that has passed the reliability and validity test. The questionnaire consists of 10 (ten) items of knowledge questions and 10 (ten) items of skill questions. The results of the data processing of the evaluation of the activities of the participants in community service activities are as follows:

Table 2. Average Distribution of Knowledge and Behavioral Skills SMART
Distribution of SMART's Average Knowledge and Behavioral Skills Before and After
Intervention in Communities with Hypertension in Sukaraya OKU Village, July 2022 (n=30)

Category	Measurement	n	Mean	Difference
knowledge	Before	30	75,33%	11,34%
	After	30	86,67%	
Skills	Before	30	12,00%	72,67%
	After	30	84,67%	

Source: Smart Behavior Questionnaire, 2022

Based on table 5.2, it can be seen that the change in the average knowledge before the SMART program education and after the education was carried out was 11.34, which means that there was an increase in knowledge of 11.4%, this result is in line with the results of previous studies which stated that there was an effect of health education on health education. knowledge of the elderly in preventing hypertension is evidenced by an increase in the difference in scores on the post-test (Asih & Rohimah, 2022). Meanwhile, according to Ulya (2017), health education about hypertension is one of the efforts in preventing hypertension.

Participants were very enthusiastic about this information and training because they had never received information and training before and also because of the many problems experienced by participants regarding symptoms and decreased productivity due to PTM they experienced. To make it easier for participants to understand and repeat at home or continuously after the service activity ends, the community service implementers also distribute booklets containing SMART behavior material.

The activity was closed with a post-test. Details of the implementation of service activities can be seen in the following picture:



Figure 1. Opening of activities



Figure 2. Health Education



Figure 3. Demonstration



Figure 4. Post Test

CONCLUSION

Community service activities can be carried out at the Majelis Nurul Islam, Sukaraya Village, Ogan Komering Ulu Regency, can be carried out well, because there has been cooperation in the implementation of the Tri Dharma College activities with the Baturaja Nursing Study Program, Health Poltekkes, Palembang. Participants who attended the implementation of Community Service were very enthusiastic. The results of community service activities showed that there was a transfer of science and technology in the form of knowledge and skills of SMART behavior in the prevention and control of PTM. The increase in the results achieved in the pre-test and post-test activities was 11.34% increasing knowledge, and 72.67% improving skills. Participants expressed a desire that the activities be carried out continuously. This activity is expected to be continued by the UPTD Health officers of the Sukaraya Health Center and Health Cadres. The person in charge of PTM UPTD Puskesmas Sukaraya is expected to carry out health education activities and provide assistance to people who experience PTM by referring to the SMART health service guidelines that have been socialized by the Director General of P2P of the Ministry of Health of the Republic of Indonesia. It is also hoped that PJ PTM will continue to maintain the continuity of the implementation of scheduled gymnastics activities by facilitating health checks once a month assisted by local health cadres.

REFERENCES

- Dinkes Ogan Komering Ulu. (2020). Profil Kesehatan Kabupaten Ogan Komering Ulu 2020. [https://dinkes.okukab.go.id/wp-content/uploads/2020/11/Profil- Kes-Kab-OKU-2020.pdf](https://dinkes.okukab.go.id/wp-content/uploads/2020/11/Profil-Kes-Kab-OKU-2020.pdf) (accessed 05/06/2021).
- Kementerian Kesehatan. (2021). InfoDATIN Hipertensi. <https://pusdatin.kemkes.go.id/resources/download/pusdatin/infodatin/infodatin-hipertensi-si-pembunuh-senyap.pdf> (accessed 05/06/2021).
- Kementerian Kesehatan. (2017). Rencana Aksi Kegiatan Pengendalian Penyakit Menular. Direktorat Pencegahan dan Pengendalian Penyakit Tidak Menular : Jakarta.
- Notoadmodjo, S., 2012, Promosi kesehatan dan perilaku kesehatan, Jakarta: Rineka Cipta
- Susi Wahyuning Asih & Mamlu Atur Rohimah Upaya Peningkatan Pengetahuan Lansia Tentang Hipertensi Melalui Health Educationprogram SMART Di Wilayah Kerja Puskesmas Patrang Kabupaten Jember, Jurnal Ilmu Kesehatan Vol. 10\No.1, Nopember 2021.
- Ulya, Zakiyatul, et al. (2017). Pengaruh HEALTH EDUCATION Dengan Media Poster Terhadap Pengetahuan Manajemen Hipertensi Pada penderita Hipertensi. Nursing Student, Nursing Program, Faculty of Health Science, University of Jenderal Soedirman 2 Nursing Program, Faculty of Healt Science, Universityof Jenderal Soedirman 3Public Health Office Banyumas Jurnal Keperawatan Soedirman (The Soedirman Journal of Nursing), Volume 12(38), No.1 Maret 2017.
- Hidana, R., & Adriana, A. (2019). Pencegahan Hipertensi Dalam Rangka Upaya Peningkatan Kesehatan Desa Cibatok 1. *Abdi Dosen : Jurnal Pengabdian Pada Masyarakat*, 3(1).
- Sari, Lisa Mustika; Adrianto, Arfian Jefri. (2021). Hubungan Tingkat Pengetahuan terhadap Perilaku SMART pada Penderita Hipertensi Selama Masa Pandemi Covid-19 di Wilayah Kerja Puskesmas Gulai Bancah Bukittinggi. *Jurnal Kesehatan Tambuasi : Riau*. 2(4), 368-374.
- Rahman, H. ., Ramli, R., La Patilaiya, H. ., Hi. Djafar, M. ., & Musiana, M. (2021). Promosi Kesehatan untuk Meningkatkan Peran Aktif Masyarakat dalam Pencegahan Penyakit Tidak Menular. *BAKTI : Jurnal Pengabdian Kepada Masyarakat*, 1(1), 1-11.
- Rohana, I Gusti Ayu Putu Desy; Jauhar, Muhamad; Rachmawati, Utami; Kusumawardani, Lita Heni; Rasdiyanah. (2019). Empowering community health volunteer on communitybased tuberculosis case management programs in lowerincome countries: A systematic review. Yogyakarta : Journal of Community Empowerment for Health. 10.22146/jcoemph.47148, accessed pada 21 Juli 2021.