

EDUCATION ON HYPERTENSION FOR EARLY PREVENTION IN BEACH LABUBAR VILLAGE

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Abstract

Generally, hypertension occurs in the elderly, but some observations prove that hypertension can grow since adolescence and its prevalence increases over a certain period of time. The causes of hypertension, including unhealthy lifestyles, environment, education, and the lack of public insight regarding the management of hypertension sufferers. The target of this service is the Labu Baru Beach community, the procedures carried out by community service are surveys and advocacy. The survey was conducted to determine the indicators of public knowledge of Labu Baru Beach about Hypertension. Advocacy is carried out in three stages, namely: 1) Providing information about hypertension problems that occur. 2) Make joint efforts to solve the problem of hypertension for the community by involving the village head, village secretary, village officials, village midwives and village cadres to provide or explain hypertension. 3) Socialization of hypertension to mothers or the local community. 4) Insight about hypertension to the local community.

Keyword: Hipertensi, Advokasi, Unhealthy life.

INTRODUCTION

Field Learning Practice (PBL) is a field learning program that students in universities need to take in applying the knowledge they have gained in education on campus. This activity is prepared in order to develop community soft skill competencies, and it is hoped that in this experience students gain broad skills and knowledge.

Hypertension is one of the health problems that is quite dangerous in Indonesia, because it is a major risk factor that focuses on cardiovascular disease, such as kidney, myocardial infarction, and stroke. Hypertension is a non-communicable disease characterized by an increase in hypertension above the normal limit of 120/80 mmHg. According to WHO, hypertension is a health condition in which systolic blood pressure is above the normal limit of 140 mmHg, and diastolic blood pressure is 90 mmHg.

Hypertension usually occurs in the elderly, but some analyzes prove that high blood pressure can grow from adolescence and the rate of spread increases over a period of time. Factors that cause hypertension include an unhealthy lifestyle, education, environment, and the lack of public knowledge regarding the management of hypertension sufferers.

Labu Baru Beach Village was founded in 1890, which is located approximately 2 km from the coast which was named Kampoeng Soeka Raja. This research and counseling was conducted in Hamlet I and Dusun II Pantai Labu Baru with a population of 1099 people. The

population in this village is likely to change every year according to the number of deaths and births as well as population movement.

Economically, generally the livelihood in Pantai Labu Baru Village is a farmer, laborer, trader and so on. In addition, there are several activities in the hamlet, namely recitation of fathers and mothers, recitation of youth, PKK women, and other associations. This village is the main goal of researchers because in this area there are still high cases of hypertension.

From the focus of the problem above, through the implementation of PBL, we formulate efforts to make solutions to existing problems by making counseling about hypertension where the initial stage is conducting village consultations and then holding counseling seminars about hypertension and also its handling in Pantai Labu Baru Village. Through PBL activities, students play an active role in participating in counseling and for the community to always improve a healthy lifestyle and knowledge about hypertension management in order to achieve optimal health status.

IMPLEMENTATION METHOD

This study uses a qualitative method with a descriptive approach. Data obtained by interview techniques, direct research and looking for some references. The target of this service is the Labu Baru Beach community, the procedures carried out by community service are surveys and advocacy. The survey was conducted to determine the indicators of public knowledge of Labu Baru Beach about Hypertension.

Advocacy is carried out in three stages, namely: First, providing information about hypertension problems that occur. Second, make joint efforts to solve the problem of hypertension for the community by involving the village head, village secretary, village officials, village midwives and village cadres to provide or explain hypertension. Third, socialization of hypertension to mothers or the local community. Fourth, insight about hypertension to the local community.

RESULTS AND DISCUSSION

This service activity in the form of counseling was carried out on September 15, 2022 which lasted for 2 hours located in Pantai Labu Baru Village, Hamlet I and Hamlet II. The series of counseling activities began with the delivery and presentation of material by UINSU PBL students, conducting in-depth interviews with the local community, there were 30 respondents in the interview results who were affected by hypertension as many as 10 respondents.

After that, perform routine blood pressure checks and exercise for the elderly which aims to strengthen muscles and joints, improve blood circulation, and reduce the risk of the disease. This sports activity really helps the body to stay healthy, because it keeps bones strong and helps eradicate free radicals in the body.

Mother's Knowledge About Hypertension or High Blood Pressure

High blood pressure is a condition in which a person is said to have increased blood pressure above normal limits. The majority of hypertension in the elderly is isolated systolic hypertension (HST), an increase in systolic pressure results in a large chance of developing

stroke and myocardial infarction. In one study, hypertension reached 87% of cases in people aged 50-59 years.

Based on the results of interviews that have been conducted directly, the community said that:

"Hypertension is always high blood pressure, because I like to eat salted fish. If the tension goes up, sometimes the shoulder hurts, the joints hurt."

"Tension is rising. Then he was exposed to hypertension since he was a few years after the elderly, his blood pressure went up."

Daily Diet and Efforts to Reduce Salt Levels in Food

Foods with High Fat Content (high fat) will increase the cholesterol content which will cause obstruction of the blood vessels, resulting in an increase in hypertension. Meanwhile, consuming foods with high salt content causes the diameter of the arteries to shrink and the heart will work faster which can cause hypertension to rise.

Although there are no foods that can reduce hypertension quickly, at least there are some hypertension-lowering foods that are good for people with hypertension, such as salmon, green vegetables, carrots, low-fat milk and others.

Based on the results of interviews conducted directly, the community said that:

"Eat safe with 3 times a day, eat vegetables and fruit. Reduce salt, don't eat salted fish, reduce micin like Indomie".

"Eat a little bit because you don't have an appetite, but the fruits and vegetables keep going. Reduce eating salty and micin".

What Physical Activity Do You Often Do

Physical activity is anything related to moving the body. Activities carried out can be in the form of aerobic exercise such as walking, jogging, cycling and others. According to several studies, suggests that physical activity is very influential on hypertension.

Physical activity that is done regularly and well, will train the heart muscle which can inhibit the rise of hypertension. Regular exercise can increase the release of endorphins hormones that cause the effect of euphoria and muscle relaxation, so that hypertension does not rise.

Based on the results of interviews conducted directly, the community said that:

"Washing the dishes, sweeping the house, doing gymnastics."

"Sweep the house, clean the garden, wash the dishes, cook and also sometimes join the gymnastics at every posyandu for the elderly."

ADVOCACY

Advocacy is carried out in 3 stages, namely:

1. Provide information about hypertension problems that occur in Pantai Labu Baru Village.



2. Socialization or counseling about hypertension to the local community so that the community understands more deeply and so that the community understands more about how to prevent hypertension.



3. Do a health check



4. Publish or perform hypertension exercise which aims to increase blood flow and oxygen supply to active muscles and skeleton, especially to the heart muscle.



CONCLUSION

This outreach activity received a good response from the people of Pantai Labu Baru Village, the enthusiasm and participation looked very good, then provided a place to assist in the smooth process of the activity.

This activity is also very effective in increasing public knowledge of hypertension. Raise awareness to improve a better lifestyle, and regularly participate in elderly gymnastics and the elderly posyandu.

Based on the results of the activity, it is recommended to carry out regular counseling and education about hypertension and for hypertension sufferers it is recommended to consume foods that are high in sodium levels and reduce the use of salt.

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