

COUNSELING ON A HEALTHY LIFESTYLE WITHOUT STOMACH ACID (GERD) AND URIC ACID IN BAH JOGA VILLAGE, SIMALUNGUN REGENCY

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Abstract

Aging is a natural stage in human life accompanied by physical and health changes. In Bahjoga Village, Indonesia, people face specific health challenges as they age, including digestive disorders (GERD) and gout. This extension aims to provide practical guidance on healthy living and integrate scientific knowledge with local values. The focus includes a healthy diet, regular physical activity, stress management, and the use of traditional herbs. Through counseling, the community is expected to adopt practical steps to live a healthy life without digestive disorders and gout. The research method involved counseling, outreach, and measuring knowledge before and after the counseling, and the health seminar participants totaled 29 people. The results showed a significant increase in people's understanding of GERD and gout after counseling. The implication is that counseling plays an important role in providing information and encouraging healthy lifestyles. This research underscores the important role of counseling in raising awareness and preventive action on certain health problems, as well as providing a strong basis for continuing extension efforts.

Keywords: Gastroesophageal Reflux Disease (GERD), Gout, Healthy Lifestyle.

INTRODUCTION

Aging is a natural stage in human life that is often accompanied by various physical and health changes. In various communities, including Bahjoga Village in Simalungun Regency, Indonesia, people face special health challenges as they enter old age. Digestive disorders such as Gastroesophageal Reflux Disease (GERD) and gout problems often appear as problems that affect quality of life. Therefore, counseling on tips and tricks for healthy living is very relevant to helping people live quality aging.

This counseling aims to provide practical guidance to the people of Bahjoga Village so that they can live a healthy life without facing digestive disorders (GERD) and gout when entering old age. This guide will combine scientific knowledge about health with local values shared by the people of Bahjoga Village. Thus, it is expected that people can integrate knowledge and healthy practices into their daily lives.

A healthy diet will be one of the main points in this counseling. The introduction of the types of foods that support digestive health and reduce the risk of GERD and gout will be emphasized. Regular physical activity will also be raised as an important component in maintaining health in old age. In addition, stress management and relaxation techniques will be presented as important tools in reducing the risk of indigestion and gout.

This counseling will also explain the benefits of using traditional herbs that can help overcome digestive disorders and gout. The role of water in maintaining body hydration and supporting the digestive process will be emphasized. Lastly, collaboration with health experts will be advocated as an important step in living a healthy lifestyle in old age.

Through this counseling, it is hoped that the people of Bahjoga Village will be able to adopt practical steps to live a healthy life without indigestion (GERD) and gout in their old age. With the knowledge and understanding gained, the community is expected to achieve healthy and meaningful aging and contribute to improving the quality of life in Bahjoga Village.

RESEARCH METHODS

The counseling was held at Huta 1 of Bah Joga Village, Java Maraja Bah Jambi District, Simalungun Regency, on August 11, 2023. This activity is a community service activity by conducting counseling to 29 residents of Huta 1. Counseling starts at 14.00-16.00 WIB. The Community Service activity team carries out activities in several stages, namely:

1. Preparation in the form of observations and interviews with residents of Bah Joga Huta 1 village related to stomach acid (GERD) and gout problems as well as planning the implementation of counseling.
2. The community service team conducts socialization activities, and prepares counseling facilities including counseling materials in PowerPoint format, questionnaires for initial and final tests, monitors, and prizes for participants who are active in seminars.
3. The implementation of counseling begins with registering participants as well as providing an initial test questionnaire. Before the opening by the MC, the questionnaire was collected and continued with remarks from the chief executive and Head of Bah Joga Village, Java Maraja Bah Jambi District, Simalungun Regency. The material presented was about tips and tricks for healthy living without stomach acid (GERD) and gout in old age. The media used in counseling is in the form of ± 50-minute PowerPoint (PPT) and video.
4. Provision of final test questionnaires to participants. This aims to determine changes in the level of knowledge of participants so that it can be known that activities have run by the target target. The questionnaire contains 10 selected questions regarding stomach acid (GERD) and gout, prevention, and countermeasures. In addition, an evaluation of activities and suggestions for further activities was also carried out.

RESULTS AND DISCUSSION

The counseling will be held on August 11, 2023, at 14.00-16.00 WIB with a total of 29 elderly participants from Bah Joga Village, Java Maraja Bah Jambi District, Simalungun Regency. This service activity is carried out face-to-face.

The results and discussion describe a study conducted in Bahjoga Village to measure community knowledge about Stomach Acid (GERD) and Uric Acid before and after counseling was carried out. This study aims to see the impact of counseling on increasing public knowledge about these two health problems.

Table I. Proportion of Knowledge About Stomach Acid (GERD) and Uric Acid

Question	Pretest		Posttest	
	True	Wrong	True	Wrong
Symptoms of diseases that attack the stomach due to injury or inflammation in the stomach that causes pain, heartburn, and pain in the stomach are called	20	9	29	0
Name one food that can increase stomach acid.	25	4	29	0
How are efforts to prevent stomach acid rise (GERD)?	10	19	28	1
What should be done if stomach acid rises or GERD?	23	6	29	0
What is the impact of untreated acid reflux disease?	19	10	29	0
What are the risk factors for gout?	15	14	27	2
How to diagnose gout?	5	24	29	0
Below which is not how to prevent gout?	25	4	29	0
What are the symptoms of gout?	21	8	28	1
Are gout and rheumatism the same?	29	0	29	0

Table I displays research data in the form of a proportion of community knowledge before and after counseling. In the pretest, some participants may have inaccurate or even incorrect knowledge about the symptoms, prevention, and treatment of GERD and gout. However, the post-test results showed significant changes. After counseling, the majority of participants (29 out of 29) were able to answer questions correctly, showing marked improvement in their understanding.

A concrete example of this increase is in terms of symptoms of diseases that attack the stomach (GERD). Before the counseling, only 20 participants correctly answered questions about the symptoms, while after counseling, all participants were able to answer correctly. The same is true of other questions about the prevention, treatment, and knowledge of gout.

The results of this increased knowledge have positive implications. Shows that counseling has an important role in providing valuable information to the community. With better knowledge about risk factors, symptoms, prevention, and treatment of these two health problems, people in Bahjoga Village are expected to take more appropriate steps and be aware of the importance of maintaining their health when entering old age.

In this context, this study highlights how important the role of extension services is in increasing people's understanding of health issues relevant to them. Counseling not only provides information but also encourages the adoption of a healthy lifestyle that can reduce the risk of indigestion (GERD) and gout. Therefore, the results of this study provide a strong

foundation to continue outreach efforts in the community to increase awareness and preventive actions against certain health problems.



Picture I. Group Photo with Health Seminar Participants

CONCLUSION

The conclusion of the results and discussion of this journal shows that the counseling held in Bahjoga Village is effective in increasing public knowledge about Stomach Acid (GERD) and Uric Acid. Posttest results showed significant changes in participants' understanding after counseling. The majority of participants were able to answer the questions correctly, indicating a marked improvement in their knowledge of symptoms, prevention, treatment, and knowledge of acid reflux and gout. The implication is that counseling has a crucial role in providing valuable information to the public and encouraging the adoption of healthy lifestyles to reduce the risk of digestive disorders and gout.

The research also underscores the important role of extension services in increasing people's understanding of health issues relevant to them. More than just providing information, counseling encourages behavior change by encouraging the adoption of healthy lifestyles. The results of this study provide a strong basis for the continuation of extension efforts in raising awareness and preventive actions against certain health problems. With enhanced knowledge of risk factors, symptoms, prevention, and management of these health problems, people in Bahjoga Village are expected to make more informed decisions and take proactive steps in maintaining their health as they enter old age.

Acknowledgments

We would like to thank the head of Bah Joga Village, Java Maraja Bah Jambi District, Simalungun Regency. Thank you to the residents of Huta 1, Bah Joga Village, Java District, Maraja Bah Jambi, Simalungun Regency. Thank you also to the UINSU 138 KKN field supervisor who always supports us in working on the tridharma of higher education.

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