

"SEPUCHI" CLASS FOR COMMUNITY HEALTH WORKERS AS AN EFFORT TO ENHANCE ELDERLY INTEGRATED HEALTH SERVICES IN DENPASAR

Ni Made Dwi Ayu Martini ^{1*}, Ni Luh Putu Dian Yunita Sari ², Ketut Darmaja ³

Program Studi Sarjana Ilmu Keperawatan

STIKES Bina Usada Bali

^{1*} dwiayumartini@gmail.com, ² dian.yunita@binausadabali.ac.id, ³ ketut.darmaja@binausadabali.ac.id

Abstract

The positive paradigm of aging leads us to healthy and happy aging. Sexual well-being is one of the aspects. Elderly with hypertension are expected to exhibit adaptive behavior towards sexual changes. The SEPUCHI physical exercise, a combination of Kegel and Tai Chi exercises, is beneficial for enhancing the sexual activity of the elderly. The SEPUCHI class program is anticipated to diversify and broaden insights regarding physical exercises suitable for the elderly. This program consists of 3 sessions attended by 10 community health workers. Participants were given pre- and post-class SEPUCHI questionnaires and evaluated using assessment forms. The results indicate that all participants experienced an improvement in knowledge and were able to practice the SEPUCHI physical exercise. It is hoped that the community health workers will implement the SEPUCHI physical exercise in the elderly community health services.

Keywords: Community Health Workers, Elderly, Hypertension, SEPUCHI Class, Sexual Activity

INTRODUCTION

The paradigm of aging is moving in a positive direction with the advancement of knowledge and technology. Nowadays, the elderly is encouraged to age in a healthy and happy manner, known as "healthy and happy aging". Therefore, healthcare professionals are challenged to create a conducive support system for the elderly to age with the best possible quality of life.

The aging process for the elderly involves physical, psychological, social, and spiritual aspects. An increase in blood pressure is commonly observed in the elderly, a condition referred to as hypertension (blood pressure >140/90 mmHg). Hypertension affects the pelvic region by reducing blood flow and nitric oxide, leading to smooth muscle fibrosis in the clitoris and vagina. This impairs the ability to respond to sexual stimulation. Emotional dissatisfaction, gynecological problems, and psychological disturbances are also involved in the pathophysiology of sexual dysfunction (Santana et al., 2019).

Elderly are expected to display adaptive behavior by maintaining a passionate and healthy

sexual life while avoiding maladaptive behaviors, such as considering sexual life unnecessary. Good quality of life is found in elderly women who maintain high sexual activity (Martini, 2019). Research has shown that sexual activity can reduce the risk of cancer and heart disease (Karmaya, 2014).

Lifestyle changes, including physical exercise, are recommended for individuals with cardiovascular diseases (Sasube & Rampengan, 2016). Physical exercise leads to changes in cardiac output distribution to the body's organs. There is a four-fold increase in blood flow to the heart, improving its physiological function. This leads to better pumping capacity, increased oxygen intake, and decreased heart rate frequency, both at rest and during exercise (Tanzila & Hafis, 2018).

Banjar Pande, Sumerta Kaja Village, East Denpasar, has a proportion of 83% elderly with hypertension. Among 42 respondents of elderly with hypertension, 25 people (59.5%) were found to be sexually inactive (Martini et al., 2023). The Banjar Pande community health workers actively conduct elderly community health services, and so do the elderly groups. However, there is currently no exercise program targeting pelvic floor muscles for the elderly. Interviews revealed that the community health workers had not been exposed to information about sexual activity in the elderly, particularly those with hypertension.

The proposed solution to this issue is the implementation of the SEPUCHI class program for community health workers, aiming to enhance elderly community health services in Denpasar, Bali. The SEPUCHI physical exercise program involves a sequence of movements that train the pubococcygeus muscle (pelvic floor) by integrating tai chi principles. Previous research has shown the impact of the SEPUCHI physical exercise program on sexual activity before and after its implementation (Martini et al., 2023).

If the community health workers possess a proper understanding and mastery of the SEPUCHI physical exercise program, the health services provided at the elderly community health services can be improved. Additionally, by reinforcing the SEPUCHI physical exercise program through the community health workers, a diverse range of programs can be offered at the elderly community health services.

The SEPUCHI physical exercise program itself brings benefits to sexual activity and blood pressure. The tai chi movements within the program are effective in lowering blood pressure (Agustiana & Sasongko, 2014; Stefanie et al., 2019; Suri, 2017). Regular tai chi practice has been shown to increase the release of noradrenaline hormone, decrease cortisol levels, and reduce sympathetic nerve activity, resulting in positive effects on the heart (stable heart rate and decreased blood pressure towards normal levels). This exercise can also enhance antioxidants to eliminate free radicals in the body and stabilize blood pressure (Suri, 2017).

The Kegel exercise principles practiced in the SEPUCHI physical exercise program are known to help prevent and address urinary incontinence in the elderly (Bhuvanewari & Sangavi, 2019; Hassan, 2020; Wilda & Andriani, 2018), and they are beneficial for women experiencing difficulty achieving orgasm (Hassan, 2020). Sexual function tends to improve after regular Kegel exercise compared to using lubricant gels (Khosravi et al., 2022). Many factors can weaken pelvic floor muscles, but regular Kegel exercises can strengthen them. Furthermore, maintaining pelvic floor muscles can help prevent pelvic organ prolapse, a common condition among elderly women. In pelvic organ prolapse, relaxation of pelvic muscles and ligaments allows the uterus, bladder, and rectal tissues to descend and protrude

into the vagina. This can lead to incontinence and other symptoms, including pelvic heaviness, lower back pain, and discomfort during sexual intercourse (Hassan, 2020). Training pelvic floor muscles can prevent and address urinary incontinence in the elderly. Several studies have shown the influence of pelvic floor muscle exercises on urinary frequency (Litasari et al., 2020; Pujiastuti et al., 2022; Riswanto et al., 2017).

Kegel exercises can be performed anytime and anywhere, as long as they are done regularly. To experience the benefits, it usually takes three to six weeks. Currently, there is no fixed protocol for Kegel exercises, but the essence is to contract the pelvic floor muscles rather than the abdomen, buttocks, or inner thigh muscles. It's important to note that pelvic floor exercises should always be done with an empty bladder and should not be performed while urinating (Hassan, 2020).

IMPLEMENTATION METHOD

The location where the program is implemented is Banjar Pande, situated in Sumerta Kaja Village, East Denpasar. This location is approximately 2.1 km away from the center of Denpasar and 9.3 km away from the campus of STIKES Bina Usada Bali.

The method employed in this program is specific to the healthcare service field, including health education, sharing and Q&A sessions, as well as practical exercises. Prepared instruments include health education teaching materials, the video "SEPUCHI Class for Elderly Posyandu Community health workers", pre- and post-SEPUCHI class questionnaires, and the assessment form "Standard Operating Procedure for SEPUCHI Physical Exercise".

The SEPUCHI class program is conducted in three sessions. Before the first session, the participants are provided with a pre-SEPUCHI class questionnaire to measure their level of knowledge before attending the class. Health education is provided in the first session through a lecture method using slide power point teaching materials. The topics covered in the first session include hypertension, sexual activity, and SEPUCHI physical exercises. The second session involves sharing and Q&A activities conducted through a discussion method. Following that, participants engage in practical SEPUCHI physical exercises using a demonstration method in the final session. The exercises are done collectively with the assistance of audio-visual aids. At the end of this session, the participant's physical exercise performance is assessed using a prepared assessment form. Post-program knowledge evaluation is conducted using post-SEPUCHI class questionnaires. The evaluation conducted in this program is divided into structural, process, and outcome elements in accordance with the Donabedian paradigm, i.e., evaluation of structure, process, and outcome.

The sustainability of the program is ensured after its completion through telephone/text applications on cellular devices. The team makes phone calls/texts to the participants to learn about their experiences related to sexual activity and hypertension, along with their continuity in participating in the SEPUCHI physical exercise program. The sustainability evaluation is conducted one month after the program's implementation.

RESULTS AND DISCUSSION

The team carried out the process of creating the SEPUCHI class, followed by video editing. The execution of this program obtained permission from the LP2M of STIKES Bina Usada Bali. The team received a recommendation from Sumerta Kaja Village. The pre- and post-questionnaire instruments were digital questionnaires and can be accessed at <https://bit.ly/kuiskelassepuchi>) as well as the assessment form was piloted with five respondents aged between 32-36 years. The educational media in the form of a video (accessible at <https://bit.ly/kelassepuchi>) was produced and publicly tested among an audience aged 20-23 years. This program took place in August 2023, involving 10 community health workers from the elderly integrated health post in Banjar Pande, Sumerta Kaja Village, Denpasar. The copyright for the video underwent a submission process and was approved.

The SEPUCHI class program was conducted in three sessions. Prior to the first session, the participants were administered a pre-SEPUCHI class questionnaire to assess their knowledge level before attending the SEPUCHI class. Health education was delivered during the first session through a lecture method using PowerPoint slide materials. The topics covered in the first session included hypertension, sexual activity, and SEPUCHI physical exercises.



Figure 1. First Session of SEPUCHI Class

Figure 1 displays several pictures from the first session, which began with the completion of the pre-SEPUCHI class questionnaire. The team assisted participants who required help with questionnaire completion. After all of the participants finished filling out the pre-SEPUCHI class questionnaire, the health education continued using a lecture method and PowerPoint slide teaching materials. The topics covered in the first session included hypertension, sexual activity, and SEPUCHI physical exercises.



Figure 2. Second Session of SEPUCHI Class

Figure 2 displays several pictures during the second session. In this second session, participants were asked to share their experiences as community health workers related to hypertension, sexual activity, and physical exercises. This session employed a discussion method to facilitate the sharing of experiences and knowledge among participants, including Q&A. Community health workers shared their on-field experiences in conducting exercises for their elderly clients. Some challenges were revealed, such as elderly clients not attending due to their busy caregiving responsibilities at home, hindering them from participating in the routine exercises led by the community health workers. It was also noted that elderly clients in Banjar Pande were relatively older compared to other Banjar in the vicinity. This is believed to contribute to Banjar Pande having a higher incidence of hypertension and lower sexual activity rates.



Figure 3. Third Session of SEPUCHI Class

Figure 3 displays several pictures from the third session, which involves participants practicing SEPUCHI physical exercises through a demonstration method. The exercises are conducted collectively with the aid of audio-visual assistance. Toward the end of this session, an assessment of the SEPUCHI physical exercises is conducted using a prepared assessment form. Evaluation of post-program knowledge is carried out through the completion of the post-SEPUCHI class questionnaire.

Here is a summarized table of pre-SEPUCHI class questionnaire, post- SEPUCHI class

questionnaire, and the assessment form "Standard Operating Procedure for SEPUCHI Physical Exercise" measurement results:

Table 1. Score of Assessment Results

Participant	Pre-SEPUCHI Class Questionnaire	Post- SEPUCHI Class Questionnaire	SEPUCHI Physical Exercise Assessment Form
1	90	100	100,00
2	50	90	83,33
3	60	90	96,67
4	80	100	96,67
5	80	100	96,67
6	60	100	96,67
7	80	100	96,67
8	80	100	96,67
9	70	100	90,00
10	100	100	100,00
Mean	75	98	95,33

Table 1 shows the measurement results during the SEPUCHI class program. It shows that out of 10 participants, the average pre-SEPUCHI class questionnaire score is 75, while the average post-SEPUCHI class questionnaire score has increased by 23 points, reaching 98. In terms of hard skills assessment using the assessment form, the average score for participant's ability to perform SEPUCHI physical exercises is 95.33.

There are three success indicators for this program, namely structure, process, and outcomes. Structural evaluation of the SEPUCHI class program includes the team fulfilling their rights and responsibilities in accordance with the organizational structure. Effective communication and coordination have been established with partners from Banjar Pande and the UPTD Puskesmas I Denpasar Timur. Additionally, teaching materials for health education sessions in the form of PowerPoint slides are available, the video "SEPUCHI Class for Community Health Workers of the Elderly" has been uploaded to an online video-sharing platform, pre- and post-SEPUCHI class questionnaires are available in digital format, and the assessment form "Standard Operating Procedure for SEPUCHI Physical Exercise" has been finalized.

The process evaluation of the SEPUCHI class program involves achieving the attendance of the target participants, which consists of elderly community health workers from Banjar Pande in Desa Sumerta Kaja at 100%. However, partners from the UPTD Puskesmas I Denpasar Timur Office were unable to attend due to urgent and unexpected activities, and there was no substitute staff available. Attendance data of the participants and the outreach team present during the program implementation, along with documented evidence, are available.

The level of program success is measured by the improvement in knowledge and skills of the participants in performing SEPUCHI physical exercise movements, through two types of indicators: soft and hard skills, as shown in Table 1. The soft skill indicator relates to health education, seen through changes in knowledge about fall risks and SEPUCHI physical exercises. The hard skill indicator is assessed through the SEPUCHI Physical Exercise assessment form. The outreach program has achieved the targeted success, with all participants

experiencing an increase in knowledge scores from the range of 50-100 to 90-100 (as shown in the graph in Figure 4). Furthermore, all participants have successfully performed SEPUCHI physical exercises with scores ranging from 75 to 98, falling within the categories of good and excellent. This community outreach program has effectively brought about short-term changes in the community.

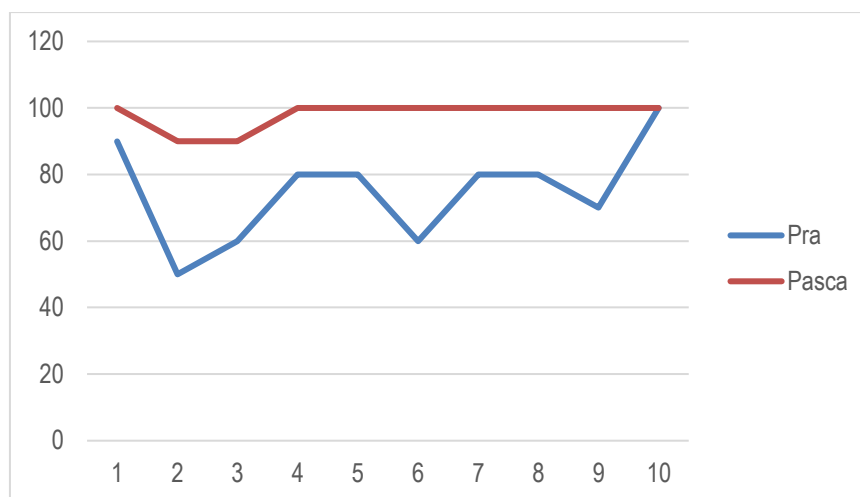


Figure 4. Graph of Pre- and Post-SEPUCHI Class Questionnaire Measurement Results

CONCLUSION

The implementation of the SEPUCHI class program was carried out through health education sessions, sharing and Q&A sessions, as well as practical SEPUCHI physical exercises. This activity was attended by 10 elderly integrated health post (posyandu lansia) community health workers in Banjar Pande, Sumerta Kaja Village, Denpasar City. The SEPUCHI class program effectively enhanced the capabilities of these community health workers in improving elderly integrated health post services. It is anticipated that these community health workers will be able to apply SEPUCHI physical exercises for the elderly in the Banjar Pande, Sumerta Kaja Village, Denpasar.

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