

COUNSELING AND SCREENING FOR RISK FACTORS FOR HYPERTENSION IN CLASS IIA WOMEN'S CORRECTIONAL INSTITUTIONS IN BANDAR LAMPUNG CITY IN 2024

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Abstract

The prevalence of hypertension in individuals over 18 years of age and diagnosed by a health professional reaches 9.4%. In addition, around 9.5% of the population takes medication to treat hypertension. Therefore, there are around 0.1% of the population who take hypertension medication even though they have never been officially diagnosed by a health professional. The prevalence of hypertension in Indonesia, measured in individuals over 18 years of age, reached 34.11%. The aim of this service is to carry out health screening and counseling to increase the knowledge of the inmates regarding hypertension. The service method is carrying out health screening such as checking blood pressure, weight, height and BMI then carrying out outreach activities related to preventing hypertension. The service was carried out on January 19 2024 with a sample size of 235 inmates. at the Class IIA Women's Correctional Institution in Bandar Lampung City. The results of the service that had been carried out were concluded that 76.6% of the inmates had good knowledge and 23.4% had poor knowledge. Those with normal blood pressure were 74.6% and those with high blood pressure were 26.0%. 26.0% of their families had a history of hypertension and 74.6% did not have a history of hypertension. Those who had a sleep pattern of <6 hours a day were 8.10% and those who did not have a sleep pattern of >6 hours a day were 91.9%. It is hoped that health workers can continue to improve health education and education regarding NCDs, especially hypertension.

Keywords: Hypertension; Knowledge; PTM

INTRODUCTION

Non-communicable diseases are chronic diseases that cannot be transmitted to other people. In Indonesia, this health problem continues to receive great attention currently along with the increase in non-communicable diseases caused by the unhealthy lifestyle of many people (Riskesdas, 2018). The increasing prevalence of non-communicable diseases (NCDs) is caused by various factors such as genetic factors, environmental factors and lifestyle. Non-Communicable Diseases (NCDs) are diseases that are not caused by infection with microorganisms such as viruses, bacteria, parasites or fungi. (Citizen & Nur, 2016).

According to WHO data in 2008, of the 57 million deaths, 36 million or almost two-thirds

were caused by non-communicable diseases. Non-communicable diseases are diseases that are not transmitted from person to person. There are four main types of non-communicable diseases: cardiovascular disease, cancer, chronic respiratory disease, and diabetes. Risk factors for high blood pressure that can be identified include family history, smoking habits, overweight (obesity), fat, carbohydrates, age, knowledge, high salt diet, low fiber intake, and lack of physical activity, as well as stress levels. (Liu et al., 2021; Situngkir et al., 2019).

Hypertension and diabetes are the two most common non-communicable diseases and are associated with high morbidity and mortality. Non-communicable diseases in Indonesia are dominated by various diseases such as diabetes, hypertension, heart disease, dyslipidemia, obesity, kidney and lung disease, and malignant tumors. The results of the 2018 Basic Health Survey show that the incidence of this disease has increased compared to 2013 (Kuntari et al., 2023).

The prevalence of hypertension in residents aged 18 years and over diagnosed by health workers is 9.4%. In addition, around 9.5% of the population takes medication to treat high blood pressure. As a result, around 0.1% of the population takes high blood pressure medication even though they have not been officially diagnosed by a doctor. The prevalence of hypertension in Indonesia measured in the population aged 18 years and over reached 34.11%. This figure was highest in South Kalimantan at 44.13%, followed by West Java at 39.60%, East Kalimantan at 39.30%, and West Kalimantan at 29.4% (Riskesmas, 2018).

The results of previous research conducted by (Yulendasari et al., 2022) at the Class IIA Women's Correctional Institution in Bandar Lampung showed an increase in cases. In 2018 the number of hypertension cases was found to be 15 patients, in 2019 there were 18 patients and in 2020 the number of hypertension cases was 22 patients.

There are two types of health screening: primary prevention and selective secondary prevention. Primary prevention is carried out in healthy people by looking at their health history, and secondary prevention is carried out in people who are at high risk of chronic disease or cancer. The aim of health checks is to identify early risk factors for disease and increase awareness of the importance of maintaining one's health (Cholifah et al., 2019).

Apart from that, these efforts are also made to prevent excessive medical costs as well as morbidity and death rates due to this disease (Choirotussanijjah & Salim, 2022). Counseling is public health education and is an activity or effort to convey health messages to a community, group or individual so that they can gain better knowledge about health and ultimately improve people's behavior. I hope my health and health will change. Processes have input and output (Iyong et al., 2020). Health education is carried out on the basis of learning principles for the community to gain knowledge and change the will to achieve the desired life conditions and find ways to achieve these conditions individually and collectively (Muzdalia et al., 2022). According to (Indonesian Ministry of Health, 2022) it is stated that health education is the expansion of knowledge and skills aimed at changing healthy living behavior in individuals, groups and communities and is provided through learning or teaching. Dissemination activities can be carried out through two-way communication, where the communicator (advisor) creates opportunities to communicate and provide feedback on the material provided. It is hoped that interactive discussions in two-way communication can trigger desired behavioral changes. The success of health education depends not only on the content presented, but also on the interpersonal relationship between the giver and recipient. A direct measure of the success of

expansion is the similarity of meaning or understanding of what is communicated by the communicator and what is received by the communicator.

Extension activities provide education and inform target groups about the introduction of new ideas. This emphasizes the importance of the material not only for the communicator, but also for the communicator, ensuring that interests and motivations are aligned in bringing about behavioral change (Notoatmojo, 2014).

This charity activity aims to provide health examination services for non-communicable diseases, especially hypertension, to inmates at the Class IIA Women's Detention Center in Bandar Lampung City. This training aims to expand knowledge about hypertension in WBP. This activity is expected to be the first step in preventing hypertension and minimizing its impact.

Based on the background that has been explained, researchers are interested in developing outreach and screening to increase knowledge about WBP. Therefore, researchers are interested in developing a research paper with the following title: "Education and screening for risk factors for hypertension in the Class IIA Women's Correctional Institution, Bandar Lampung City in 2024."

IMPLEMENTATION METHOD

Community service activities were carried out on Saturday 19 January 2024 with a sample size of 235 assisted residents. The sample used in this research was a sample that had been determined by health officers at the Class IIA Women's Correctional Institution in Bandar Lampung City.



Figure 1. Atmosphere of Material Delivery

Before conducting counseling, the preparations made were to coordinate with related parties such as the head of the Class IIA Women's Community Institution in Bandar Lampung City and the staff involved. Preparing outreach tools, namely laptops and LCDs as well as questionnaire sheets for media during outreach/education and distributing snacks to residents assisted by the Class IIA Women's Community Institution in Bandar Lampung City and providing door prizes.



Figure 2. Health check atmosphere

Apart from counselors, there are activities such as free blood pressure checks, measurements of body height, weight and BMI as well as discussions and questions and answers to increase the inmates' understanding of the material that has been presented.

RESULTS AND DISCUSSION

The results of community service activities that have been carried out can be seen in the explanation below:

Table 1. Frequency Distribution of Target Groups Based on Age

Age (Years)	Frekuensi	Persentase (%)
17-25	18	7,70
26-35	79	33,6
36-45	76	32,3
46-55	62	26,4
Total	235	100,0

The number of people who took part in community service activities was 235 respondents. The people who most often participate in this service are aged 25-35 years (33.6%) and aged 36-45 years (32.3%).

Table 2. Frequency Distribution Based on Education

Education	Frekuensi	Persentase (%)
Didn't graduate from elementary school	12	5,1
SD	18	7,7
SMP	35	14,9
SMA	155	66,0
PT	15	6,4
Total	235	100,0

The number of people who took part in community service activities was 235 respondents. The education level of the people who most often participate in this service is high school (66.0%).

Table 3. Frequency Distribution Based on length of detention

Length of detention	Frekuensi	Persentase (%)
>3 year	152	64,68
<3 year	83	35,51
Total	235	100,0

A total of 235 people in the Class IIA Women's Community Institution in Bandar Lampung City were targeted in this community service activity. Most of the inmates were detained for >3 years (64.68%)

Table 4. Frequency Distribution of Blood Pressure

Blood Pressure	Frekuensi	Persentase (%)
Normal	174	74,6
High blood pressure	61	26,0
Total	235	100,0

Of the 235 inmates at the Class IIA Women's Community Institution in Bandar Lampung City, 74.6% had normal blood pressure and 26.0% had high blood pressure.

Table 5. Frequency Distribution of Family History of Hypertension

Family History of Hypertension	Frekuensi	Persentase (%)
Yes	61	26,0
No	174	74,6
Total	235	100,0

Of the 235 inmates at the Class IIA Women's Community Institution in Bandar Lampung City, 26.0% of their families had a history of hypertension and 74.6% of those without a history

of hypertension.

Table 6. Frequency Distribution of Sleep Patterns

Sleep Patterns	Frekuensi	Persentase (%)
<6 Hours	19	8,10
>6 Hours	216	91,9
Total	235	100,0

Of the 235 inmates at the Class IIA Women's Community Institution in Bandar Lampung City, 8.10% had a sleep pattern of <6 hours a day and 91.9% of those who did not have a sleep pattern of >6 hours a day.

Table 7. Frequency Distribution of Insomnia

Insomnia	Frekuensi	Persentase (%)
Yes	27	11,5
No	208	88,5
Total	235	100,0

Of the 235 inmates at the Class IIA Women's Community Institution in Bandar Lampung City, 11.5% had a history of insomnia and 88.5% had no history of insomnia.

Table 8. Frequency Distribution of Knowledge

Knowledge	Frekuensi	Persentase (%)
Good	180	76,6
Bad	55	23,4
Total	235	100,0

Of the 235 inmates at the Class IIA Women's Community Institution in Bandar Lampung City, 76.6% had good knowledge and 23.4% had poor knowledge.

DISCUSSION

It is very important to carry out this outreach with the target community, because it is to increase knowledge and insight into hypertension. Results obtained from outreach activities to the community at the Class IIA Women's Community Institution in Bandar Lampung City.

Based on the results obtained at the Class IIA Women's Community Institution in Bandar Lampung City in 2024, 76.6% had good knowledge and 23.4% had poor knowledge. Those with normal blood pressure were 74.6% and those with high blood pressure were 26.0%. 26.0% of their families had a history of hypertension and 74.6% did not have a history of hypertension. Those who had a sleep pattern of <6 hours a day were 8.10% and those who did not have a sleep pattern of >6 hours a day were 91.9%. Those with a history of insomnia were 11.5% and those without a history of insomnia were 88.5%. Those who consumed

purines were 8.10% and those who did not consumed purines were 91.9%.

According to research (Septianingsih, 2018), he explained that good knowledge can help you change your lifestyle by stopping smoking as soon as possible, exercising regularly, improving your diet, avoiding stress and avoiding unhealthy lifestyles. The more respondents know about hypertension, the more effective control efforts will be. Respondents must know what is meant by hypertension, its symptoms, risk factors, lifestyle, the importance of taking medication consistently over a long period of time, and the risks of not taking medication (Ramadhan, 2020)

According to research (Daeli, 2017), hypertension treatment states that it is an effort to prevent hypertension by controlling the determining factors. One way to overcome this health problem is to prevent high blood pressure in the general public and prevent recurrence in hypertension sufferers in particular. To avoid significant increases in blood pressure, all hypertensive patients should undergo recurrence prevention or management of hypertension. Management of hypertension aims to prevent mortality and morbidity due to complications associated with achieving and maintaining blood pressure below 130/80 mmHg. Hypertension control is achieved through self-management or changes in the patient's lifestyle, such as diet, adequate rest, exercise and regular medication. High blood pressure cannot be cured, but it can be controlled (Ulfah, 2018).

The inmates at the Class IIA Women's Community Institution in Bandar Lampung City are very active in asking and answering questions given by the presenters, and judging from this situation, it turns out that the people easily understand and listen well to the material presented, they are starting to know a lot about hypertension.

CONCLUSION

Based on the results of the service that has been carried out, it can be concluded that 76.6% of the inmates have good knowledge and 23.4% have poor knowledge. Those with normal blood pressure were 74.6% and those with high blood pressure were 26.0%. 26.0% of their families had a history of hypertension and 74.6% did not have a history of hypertension. Those who had a sleep pattern of <6 hours a day were 8.10% and those who did not have a sleep pattern of >6 hours a day were 91.9%. Those with a history of insomnia were 11.5% and those without a history of insomnia were 88.5%. It is hoped that health workers will be able to continue to improve health counseling and education related to NCDs, especially hypertension, to improve the health status of the inmates at the Class IIA Women's Community Institution in Bandar Lampung City. It is hoped that inmates can carry out GERMAS such as exercising regularly, avoiding cigarette smoke and quitting smoking, sleeping regularly, eating healthy food.

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