



---

---

# Education on Hypertension

Sukmawati<sup>1</sup>

<sup>1</sup>STIKes Abdi Nusantara, Jakarta, Indonesia

<b>Abstract</b> <b>Purpose:</b> Breast self-examination (BSE) is an Introduction: Hypertension is one of the diseases that are common in the public because of their lack of awareness to conduct a routine examination for the complaints that arise, even they are often suppressed with the assumption that they are still healthy and they are doing daily activities. <b>Methods:</b> using educational techniques, discussion and questioning about hypertension, as well as conducting public health surveys. <b>Results:</b> Public service activities are carried out so that people can understand and care about their health especially about hypertension disease, its symptoms and efforts to prevent it, as well as know its impact if it is not well controlled. <b>Conclusion:</b> public service is performed well as planned, people understand the population of hypertensive disease and know their health status after a medical examination.	<b>Article Information</b> <b>Keywords:</b> Education, Hypertension
<b>Corresponding author:</b> Sukmawati <a href="https://orcid.org/0000-0002-5425-8483">https://orcid.org/0000-0002-5425-8483</a> address Jalan Swadaya E-mail: fevatridiyawati@gmail.com  Received: 5 Desember 2024 / Revised: 10 Desember 2024 / Accepted: 10 Desember 2024	  <b>Lisensi:</b> <i>cc-by-sa</i> <small>Copyright © 2024 penulis</small>

## INTRODUCTION

Hypertension is a common disease in society. It is said that a person suffers from hypertension if he has a blood pressure exceeding 140/90 mmHg, so the blood circulation system and the organs that will get the blood supply become tense. Hypertension is also the cause of the occurrence of painful numbers that kill secretly.

According to WHO data for 2015, the prevalence of hypertension is 1.13 billion people in the world, which means that out of 3 people worldwide there will be 1 person suffering from high blood pressure (Adrian, 2019). Every year the hypertensive suffer increases and is estimated in 2025 to reach 1.5 billion people who will suffer from high pressure, and as a result of the occurrence of high

blood blood pressure and its complications, then who will die reaches 9.4 million people (Ministry of Health: Ministry of Public Health, 2018) According to the WHO normal normal systolic blood pressure 120-140 mmHg and diastolic 80-90 mmHG. Whereas JNC VII 2003 says that the adult age (>18 years) with stage I hypertensiveness when the systolic pressure is 140-159 mm Hg and Diastolic 90-99 mmHg, when the stage II systolic blood pressure is <160 mmHg and diastolic >100 mmHg, in the stage III when the systemic blood pressure >180 mm and Diastolic >11 mm in the elderly. (Manuntung, 2018)

**Table.1 Classification of Adult Blood Pressure (>18 years) According to JNC VII, Brasher, 2008 in (Manuntung, 2018)**

<b>category</b>	<b>Sistolik (mmHg)</b>	<b>Diastolik (mmHg)</b>
Normal	<120	<80
Stage 1 Hypertension	120-139	80-89
Stage 1 Hypertension	140-159	90-99
Stage 1 Hypertension	≥160	≥100

Hypertension can be classified into 2 according to its causes (Manuntung, 2018): 1. Essential/primary hypertension which to date has not been known for certain, but suspected that can cause hypertensive primarily including age, stress and genetics 2. Secondary high blood pressure among them factors of abnormalities of blood vessels in the kidneys, the presence of disorders of the thyroid gland (such as hyperthyroids), adrenal disease and many others

Based on the Resistant Risk Based results 2018, the prevalence picture of hypertension based on the results of measurements carried out by Indonesian population ≥18 years of age, has seen an increase. In 2007 measurement results were 31.7%, in 2013 25.8% and in 2018 34.1% (Kemenkes RI, 2018). While according to the prevalence characteristics of hypertension (diagnosis of doctors) it is seen that many suffered by the unemployed community is as much as 39.7%, PNS/ TNI/ Polri/ BUMN / BUMD as 36.9%, farmers / farm workers as 36.1% and other workers. The prevalence of hypertension based on the results of measurements carried out at the age of ≥18 years in the West Java Province there were 32,76% who suffered from high blood pressure, and the more prevalent occurred at ≥75 years of age as 77,77% and they are not working and employees as PNS/ TNI/ Polri/ BUMN/ BOMD as 45.50% (Ministry of Health RI, 2019). The majority of cases occurred at the age of ≥75 years, i.e. 28.28%, age 65-74 27.31%, age 55-64 21.26% and age 45-54 14.75%. For the people who have been diagnosed with hypertension, only 54.4% regularly take medication, 32.3% not regularly and 13.3% The people diagnosed as hypertensive do not take medications. For those who are not regular and/or not taking medication at all have their own reasons such as feeling healthy their body 59.8%, not regular dating to the health service 31.3%, taking traditional

medication 14.5% and so on such as forgetting, not able to buy the medicine, not tolerate the side effects of such medication or medication is not available in health services. (Kemenkes RI, 2018).

Based on the results of research carried out by Saputri and Rahayu said that using a fast-voltage pocket book is very effective in improving knowledge and the presence of changes in a person's attitude about preventing hypertension. (Saputri, Arlita; Rahayu, 2017).

The impact of uncontrolled health, especially blood pressure on the population, can cause a variety of diseases including high blood pressure or hypertension. When hypertension has already occurred, then the next impact can lead to other diseases such as stroke, heart attack and kidney failure.

## METHOD

This community service is carried out by providing education to the public and performing free tests including weight weight, blood pressure measurement, blood sugar testing and cholesterol testing, as well as watching the enthusiasm of the participants when asked some questions, whether the participants have a good level of knowledge and understanding of hypertension disease.

## RESULTS AND DISCUSSION

This community service is being carried out according to the plan, the activities are running well and smoothly, and the community is enthusiastic and excited to follow it. The activities are carried out face-to-face with the public, using the method of lectures, discussions and conducting health checks. (tekanan darah, berat badan, gula darah sewaktu dan kolesterol). The community dedication was held on Wednesday, July 12, 2023, starting at 08.30-11.00 BGN, with a total of 47 participants and was held in Posyandu Kebalen Park.

In this community dedication discussed the topics of what is hypertension, how the symptoms of high blood pressure and how to eliminate the disease. And from the activities that have been carried out, the spirit and enthusiasm of the people in following each series of activities until there is a discussion and questioning session and at the end of the activities performed health checks including blood pressure, weight, blood sugar and cholesterol.

Of the 47 participants, the blood pressure test resulted in an increase of 22 participants (46.81%), so it could be concluded that almost half of the participants had an increase in blood pressure and it was recommended to regularly undergo checks or checks to the nearest health service.

In this activity, the availability of the number of participants is quite good, public service is carried out according to the plan, the material submitted can be understood by the participants with the presence of discussion and good questions. Then his hope by conducting a medical examination can remind Back and give motivation to the public that it is important to conduct a health examination on a regular basis so that the public can recognize the symptoms of chickenpox that he has, so that it can be undertaken efforts to control well, can be prevented in the early stages and do not aggravate the kind of disease that the society is suffering. Public service is done to the community by providing education about hypertension and at the same time conducting health checks related to blood pressure, weight, blood sugar at the time and cholesterol. It can help people to stay healthy throughout their lives.

## **CONCLUSION**

This community service can be done well, according to the plan, as well as running smoothly. This activity also resulted in good response from the participants, enthusiastic in receiving good information, and seen by the enthusiast of the participants in following each series of events and followed by a question-and-answer session and the end of the activities carried out a health check.

## **REFERENCES**

- Adrian, S.J. (2019). Traditional acupuncture medicine in the modern era in society. *Cdk-274*, 46(3), 172–178.
- Kemenkes RI. (2018). Basic Health Research Results 2018. Ministry of Health, RI, 53(9), 1689–1699.
- Ministry of Health RI: Release of Ministry Of Health. (2018). [https://www.kemkes.go.id/id/release-health/hypertension-killing-silent-know-blood pressure-Ministry of health RI](https://www.kemkes.go.id/id/release-health/hypertension-killing-silent-know-blood-pressure-Ministry%20of%20health%20RI). (2019). West Java Province Report, Riskesdas 2018. In Publications Agency Health Research and Development Agency.
- Lucky, A. (2018). Cognitive behavioral therapy in hypertensive patients. *Wineka Media*.
- Saputri, Arlita; Rahayu, S.R. (2017). Effectiveness of Rapid Tension (Preventing and Monitoring Hypertension) to Improve Knowledge and Attitudes in Menopausal Women. *Journal of Health Education*, 2(2), 107–114.

