

Overcontrol, Prevention and Treatment of Hypertension Through Health Counseling in North Margahayu Village, Bandung City

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Abstract

Hypertension can be defined as a condition where a person's blood pressure becomes too high or commonly known as high blood pressure. Hypertension has become a global health problem, including in Indonesia, uncontrolled blood pressure can cause complications in body organs such as the kidneys, heart, brain, retina of the eye, and blood vessels, hypertension becomes dangerous because it rarely shows symptoms, so most people with hypertension are not aware of it. if he has uncontrolled blood pressure. Implementation Methods, Health counseling methods used in community service activities at RW 09 Babakan Ciparay Bandung City Lectures and questions and answers using power point media, counseling was carried out on September 13, 2022 at the RW 09 office attended by 35 people. The level of public understanding about the prevention and treatment of hypertension increases, people can maintain their diet, manage stress and activities and carry out routine checks on health services. In conclusion, community service activities in the form of health counseling on the prevention and treatment of hypertension went smoothly, and were attended by 80% of the people of RW 09 Babakan Ciparay, Bandung City. Suggestions that can be conveyed to the community RW 09 Babakan Ciparay can apply all the knowledge that has been conveyed in community service activities carried out by the Immanuel Health Institute and suggestions for the Immanuel Health Institute that this activity should be carried out regularly every semester so that public knowledge about health increases.

A. Introduction

Hypertension can be interpreted as a condition where a person's blood pressure becomes too high or commonly known as high blood pressure. Hypertension is a disease referred to as the "silent killer" so that people with hypertension usually do not realize it because there are no specific symptoms or signs that appear (Rizalya et al., 2022). The most important thing for diagnosis and screening is to measure blood pressure regularly. The CDC explains hypertension is a condition when blood pressure is higher than normal. Blood pressure can change from day to day according to the activities we do. The diagnosis of hypertension can appear when a person continuously has blood pressure exceeding the normal threshold (Istichomah, 2020).

Blood pressure is the force that drains blood to the walls of the body's arteries which are the main blood vessels in the body. Hypertension has become a global health problem, including in Indonesia. Based on Basic Health Research (Riskesdas) in 2018, the incidence of hypertension in 2013 was 27.8% and in 2018

this figure increased to 34.1% (Riskesdas, 2018). Uncontrolled blood pressure can cause complications in organs such as the kidneys, heart, brain, retina of the eye, and blood vessels (Nuraisyah & Kusumo, 2021).

In 2025 it is estimated that the prevalence of hypertension in the world will be as many as 1.56 billion and most commonly found in young adults. Hypertension is called the silent killer because it often causes no symptoms, but is responsible for 13.5% of all deaths from cardiovascular disease (Kurniasari & Alrosyidi, 2020). Uncontrolled high blood pressure and complications have been followed, ranks fifth as the cause of death in all age groups. In 2017, non-communicable diseases as the first cause of death in Indonesia, namely stroke caused by uncontrolled high blood pressure (Bahtiar et al., 2021).

Hypertension becomes dangerous because it rarely shows symptoms, so most people with hypertension do not realize if he has uncontrolled blood pressure. The causes of hypertension are divided into two, namely primary and secondary. Essential/primary hypertension is an unknown cause of hypertension. This cause is usually asymptomatic (asymptomatic) and most cases are detected on routine examination. In the journal hypertension in adolescents, it is stated that essential hypertension is recorded more than 80% as a cause of hypertension in adolescents (Sutoni & Cahyati, 2021). Primary hypertension is the most common hypertension that occurs around 90-95%, due to heredity, gender, race and age and risk factors that can be controlled include lack of exercise, coffee consumption, low potassium levels, smoking, sodium sensitivity, alcohol consumption, stress, work, overweight (obesity), education and diet (Maulana, 2022).

A poor diet, both in the amount and type of food eaten, has a high risk of increased hypertension. The next factor is heredity, adolescents from families with a history of hypertension have a higher risk of about 44.8% of hypertension compared to families with normotensive (Dismiantoni et al., 2020). The third factor is smoking, cigarettes contain various harmful chemicals that when smoked will enter the bloodstream and damage the walls of arteries, thus accelerating the blockage of blood vessels due to plaque or garbage (Harahap et al., 2019). The last factor is alcohol consumption. If a person consumes alcohol, cortisol levels in the blood increase and the volume of erythrocytes increases which will increase blood viscosity (Firmansyah et al., 2021).

Efforts that can be made to increase family knowledge with a history of hypertension are health counseling (Vera & Yanti, 2020). Health counseling is a method used to convey health information both using mass media and face-to-face (Firmansyah et al., 2021). The purpose of the activity is to increase understanding of hypertension so that it can increase knowledge of the dangers of hypertension and can apply healthy living behaviors. The higher the level of knowledge and understanding of the patient, the more obedient the patient will be and will maintain a lifestyle, and regularly take medication (Surayitno & Huzaimah, 2020). Understanding that must be mastered by people with hypertension is the meaning of hypertension, symptoms and causes of hypertension, also understand how important it is to undergo treatment regularly and continuously also know how dangerous it is if you do not take treatment (Siswati et al., 2020). A balanced diet according to needs accompanied by the selection of the right food ingredients will give birth to good nutritional status. Food intake that exceeds the body's needs will cause overweight and other diseases caused by excess nutrients. Conversely, food intake less than needed will cause the body to become thin and susceptible to disease (Ahmad et al., 2023).

B. Research Methods

The method of community service is carried out by means of counseling, lectures, and questions and answers. The media used are televisions and laptops to display material in the form of power points. The data analysis technique carried out is qualitative descriptive analysis. The procedure for community service activities by Immanuel Institute lecturers in conducting health counseling on the prevention and treatment of hypertension in the community of RW 09 Babakan Ciparay Bandung City, counseling was carried out on September 13, 2022 at the RW 09 office attended by 35 people.

The data analysis technique used is qualitative descriptive which aims to provide a general overview of the nature of qualitative descriptive research methods. This article is prepared based on the literature review method of articles that examine qualitative descriptive (Yuliani, 2020). Descriptive research is research to find facts with proper interpretation. Study problems in society, as well as community procedures and specific situations, including the relationship of activities, attitudes, views and ongoing processes as well as the impact of a phenomenon (Zellatifanny & Mudjiyanto, 2018).

C. Result and Discussion

Community service activities in the form of health counseling on the prevention and treatment of hypertension. The community service activity for working group 6 was carried out at the RW 09 Babakan Ciparaya office on Tuesday, September 13, 2022, at 10.00 to 12.00 WIB, of which 35 people attended the activity.



Figure 1. Provide health counseling on the prevention and treatment of hypertension

Non-pharmacological management is often used by many researchers to analyze hypertension prevention management in the elderly. Health education to the community, especially the elderly by presenting information accompanied by supporting media about symptom factors and prevention methods carried out for efforts to increase health knowledge (Ariyanti et al., 2020).

Lifestyle modification to be healthier including regular physical activity, weight control, smoking cessation, stress reduction, avoiding excessive alcohol intake, low heart diet, and reducing sodium intake is highly recommended in preventing hypertension. Individual compliance with the above lifestyle interventions can be used as one way to prevent blood pressure (Ariyanti et al., 2020). Transcendental meditation therapy, progressive muscle relaxation therapy, yoga, Taiichi and biofeedback also have an important role in the prevention of hypertension. This technique has been shown to lower blood pressure. This is because sympathetic nerves are more dominant in the relaxation response, which relaxes tense nerves. When the body gives a relaxation response, the heart rate is inhibited so that there is effectiveness in pumping blood throughout the body and low blood pressure (Oliveros et al., 2020).

Social support and family functions also play an important role in efforts to manage blood pressure prevention, from the role of the closest people to make the elderly have a sense of security, comfort and confidence in their lives and affect a healthy mindset and affect compliance in a good quality of life. There are many instances in society, that someone with a lack of understanding of self-management about high blood pressure affects the level of adherence. It is necessary to routinely control individual adherence to blood pressure so as to reduce the risk and improve the quality of life in the elderly. However, to do this requires social support from people around such as family, health services or the individual himself. The impulse that arises can trigger individuals to comply with the prevention of high blood pressure. Proper self-management will greatly affect the discipline of the elderly in improving their health.

D. Conclusion

Community service activities in the form of health counseling on the prevention and treatment of hypertension ran smoothly, and were attended by 80% of the people of RW 09 Babakan Ciparay Bandung City, based on the results of collecting community service data, it can be concluded as follows: As many as 80% of the people of RW 09 Babakan Ciparay Bandung City get information about the prevention and treatment of hypertension. The knowledge of the people of RW 09 Babakan Ciparay increased after participating in counseling suggestions that can be conveyed to the community RW 09 Babakan Ciparay can apply all the knowledge that has been conveyed to community service activities carried out by the Immanuel Health Institute and suggestions for the Immanuel Health Institute should be routine every semester so that public knowledge about health increases.

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