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Hypertension In The Elderly In The Work Area Of Sawah Lebar Community Health Center, Sawah Lebar Baru Village Rt 23, Ratu Agung District, Bengkulu City

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Abstract. Hypertension is the measurement of systolic and diastolic blood pressure that continuously exceeds normal values. The prevalence of hypertension in Indonesia based on measurements of the population aged 18 years is 34.1%. Hypertension occurs in the age group 31-44 years 31.6%, 45-54 years around 45.3%, and at the age of 55-64 years 55.2%. The prevalence of hypertension in Indonesia is 34.1%. Bengkulu Province nationally ranks 26th at 28.14%, with an estimated number of cases ≥ 15 years. In Bengkulu City, the incidence of Hypertension is quite high, there are Hypertension Cases, especially in the area of Sawah Lebar a lack of a healthy lifestyle. The 2025 Thematic Community Service Program (KKN-T) of Dehasen University Bengkulu focuses on efforts to prevent hypertension and distribution of leaflets. This activity was carried out through collaboration with RT officials and the local community. Cross-sector collaboration and ongoing education are very important to support efforts to reduce the incidence of hypertension by improving the health of the elderly.

Keywords: *Hypertension, Community, Health Center*

INTRODUCTION

Hypertension is a measurement of systolic and/or diastolic blood pressure that continuously exceeds normal values. Normal blood pressure is 120/80 mmHg. Hypertension is caused by increased cardiac output due to increased heart rate (pulse), hypertension is a risk factor for stroke, heart attack, peripheral artery disease and chronic kidney disease. High blood pressure or hypertension is often referred to as a silent killer, hypertension can suddenly kill a person without any symptoms being known first. (Nurrahmani, 2021).

The World Health Organization estimates (WHO) 1.28 billion adults aged 30 to 79 years suffer from hypertension, with two-thirds of them living in low- and middle-income countries. The World Health Organization also estimates that by 2025, there will be around 1.5 billion people suffering from hypertension each year. According to estimates, the impact will be felt most by developing countries, including Indonesia. 1.5 billion people die from hypertension in Southeast Asia each year. (WHO, 2022).

The incidence of hypertension in Indonesia reaches 36%. From the Indonesian Basic Health Research, the prevalence of hypertension is 34.1% (Ministry of Health of the Republic of Indonesia, 2023). Meanwhile, the prevalence of hypertension in Bengkulu Province nationally ranks 26th at 28.14% lower than the national average of 34.11% (Ministry of Health of the Republic of Indonesia, 2018). Based on the annual report of the Bengkulu Provincial Health Office, the number of cases of hypertension sufferers aged >15 years was 343,210 people,

receiving health services according to standards as many as 83,193 people (24%). (Bengkulu Provincial Health Office, 2022) .

The 2023 Indonesian Health Survey (SKI) recorded the prevalence of hypertension based on sphygmomanometer measurements of 10.7% in the 18–24 year age group and 17.4% in the 25–34 year age group. In Indonesia, Hypertension or high blood pressure is the number one cause of death in the world, with 90-95% of cases dominated by essential hypertension. In Indonesia, according to the 2023 Indonesian Health Survey (SKI) and the 2011-2021 non-communicable disease (PTM) cohort study, hypertension is the fourth highest risk factor for death with a percentage of 10.2%. SKI 2023 data shows that 59.1% of causes of disability (seeing, hearing, walking) in the population aged 15 years and over are acquired diseases, of which 53.5% are PTM, especially hypertension (22.2%). also one of the most common diseases throughout the year. (KEMENKES RI 2023).

Bengkulu City, Bengkulu Province, recorded a fairly high incidence of hypertension in 2024. Based on data collected from health service facilities in the area, 384 people were recorded as suffering from hypertension. This figure makes hypertension the most common disease among other non-communicable diseases recorded in the Sawah Lebar Health Center area of Bengkulu City. Hypertension or high blood pressure is a chronic disease that can increase the risk of serious complications such as stroke, heart attack, kidney failure, and premature death if not treated properly. This condition often does not show symptoms in the early stages, so many sufferers do not realize that they have hypertension. From the results of the interim analysis, the factors causing the high incidence of hypertension in the Sawah Lebar Health Center area of Bengkulu City are thought to be closely related to people's lifestyles. Among them are a high-salt diet, lack of physical activity, consumption of high-fat foods

The local government together with the Bengkulu City Health Office have attempted various promotive and preventive measures to reduce the incidence of hypertension. Some of the efforts made include health education, the Posbindu (Integrated Development Post) program for early detection of non-communicable diseases, and a healthy living campaign through the Healthy Living Community Movement (GERMAS). The public is encouraged to be more concerned about their health conditions by making lifestyle changes, such as reducing salt consumption, increasing vegetable and fruit consumption, exercising regularly, avoiding cigarettes and alcohol, and routinely checking blood pressure.

RESEARCH METHODS

This KKN-T program uses the Counseling Method. Partners in this program are residents of RT 23, Sawah Lebar Village, Bengkulu City. Which was held on Tuesday, June 10, 2025. Which involved around 13 KKN students from Dehasen University of Bengkulu and residents of RT 23, Sawah Lebar Village, Bengkulu City. Counseling activities were carried out starting from providing material on Hypertension.

RESULTS AND DISCUSSION

Based on data obtained from the Sawah Lebar Health Center, Bengkulu City, in 2024 there were 384 elderly people suffering from Hypertension. High salt consumption, unhealthy lifestyles, and poor diet. Are triggers for hypertension, but other factors, such as genetic factors and poor family history as a whole, also play a role in the causes of Hypertension. Seeing the high cases of hypertension in the elderly, the Community Service Lecture team... (KKN) tries to provide counseling and education about hypertension. From the results of blood pressure examinations on elderly residents of RT 23, Sawah Lebar Baru Subdistrict, totaling 18 people, it was found that blood pressure was more than 140/90 mmHg in 10 elderly people with hypertension and had been given counseling about hypertension.



Figure. 1 Group Photo of KKN Students and Residents of RT 23, Sawah Lebar Subdistrict

Completion Problem Counseling About Hypertension

Hypertension Counseling was conducted at the Mushola RT 23 Kelurahan Sawah Lebar, Bengkulu City, the community participated in the Hypertension counseling activities from the beginning of the activity to the end, then the community also participated in following a series of activities, namely the question and answer session . *It is* hoped that this Hypertension counseling activity can be beneficial for the community. Counseling about Hypertension has an important role in reducing the risk of recurrent or chronic Hypertension.

Distribution Leaflets

Several studies have shown that leaflets are proven to be an effective medium in increasing public understanding of hypertension including symptoms, transmission, and prevention efforts. A study in Indonesia revealed that distributing leaflets accompanied by counseling can significantly increase public knowledge. Because it is easy to distribute and low cost, visual support in the form of images or illustrations is very helpful for groups with low literacy levels in understanding the contents of the information. In addition to being cost efficient, leaflets can also strengthen other educational activities such as health campaigns, direct counseling, and community activities. However, its success can decrease if the public is reluctant to read or does not understand the contents of the leaflet, so integration with other educational methods is needed. Continuous evaluation of the design and content of the leaflet, such as the use of easy-to-understand language and an attractive appearance, is very important to increase the effectiveness and reach of health messages related to hypertension prevention.

CONCLUSION

Collaboration of the UNIVED 2025 KKN Team with residents of RT 23, Sawah Lebar Baru Village and RT officials in preventing Hypertension using counseling in controlling Hypertension. This program not only emphasizes individual prevention but also strengthens community participation in health checks.

This approach increases public awareness of the importance of a healthy lifestyle and builds positive behavioral changes to address the causes of hypertension. As a result, the risk of Hypertension spread decreased and showed the importance of cross-sector collaboration in

achieving better public health. These steps are expected to be a model for other Sub-districts to reduce the risk of Hypertension through active participation and healthy lifestyles.

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