



JIKN

Jurnal Inovasi Karya Nyata

Volume 1 Issue 1, 2025 (67-72)

ISSN (online) : 3109-2187

Homepage : <https://jurnalunived.com/index.php/JIKN>

Doi : 10.70963/jikn.v1i1

Hypertension Prevention and Treatment Counseling with Acupressure Therapy In Suka Maju Village, Penarik District, Mukomuko Regency

Sunarsih¹⁾; Refiani Damanik²⁾; Pita Marpaung³⁾; Siska Yulia Karmila Sari⁴⁾; Ronalen Situmorang⁵⁾

^{1,2,3,4,5} Universitas Dehasen Bengkulu

e-mail: ¹sunarsih2431@gmail.com, ²refianidamanik@gmail.com, ³pitamarpaungmarpaung@gmail.com,

⁴Siskayuliakarmila.s@gmail.com, ⁵ronalensitumorang@unived.ac.id

Received [26-05-2025]

Revised [29-06-2025]

Accepted [15-07-2025]

Abstract. Hypertension is still a global target, to reduce hypertension patients in 2010 to 2030 (WHO, 2021). Hypertension is often referred to as high blood pressure, a condition in which there is an increase in blood pressure in abdominal arteries that occurs repeatedly with an increase in systolic pressure of more than or equal to 140 mmHg and an increase in diastolic pressure of more than or equal to 90 mmHg (Sriyanti, 2022). One of the non-pharmacological treatments for hypertension is acupressure therapy. Simulation at acupressure points can stimulate the release of histamine as a mediator of vasodilation and decreased vascular resistance (Arfian, and Heriviyatno J Siagian, 2021). This KKN-T activity is a form of community service that aims to improve the knowledge, awareness and behaviour of the RT 04 community of Suka Maju Village about the risk of hypertension. This activity is in accordance with the priority program in accelerating efforts to prevent and treat hypertension, which is also emphasized in the UPTD Puskesmas Penarik program. The programme was carried out through educational methods, blood pressure checks and acupressure therapy carried out in RT 04 Suka Maju Village, Penarik Kab.Mukomuko Bengkulu with the target community, the elderly, people with hypertension and cadres totalling 44 people. The community has received information about the causes, signs and symptoms, prevention and non-pharmacological treatment of hypertension with acupressure therapy. The results of this activity showed an increase in community knowledge about Hypertension, prevention and application of acupressure therapy to lower blood pressure and reduce head pain in people with hypertension. This helps the community to better understand Hypertension and take appropriate preventive measures. It is expected that the community can apply prevention and acupressure therapy for the treatment of Hypertension in Suka Maju Village.

Keywords: *Hypertension, Education, Acupressure.*

INTRODUCTION

Hypertension remains a global health problem, affecting many people worldwide, especially Indonesians. One billion people suffer from hypertension, and two-thirds of those living in developing countries (Sriyanti, 2022). The number of people with hypertension continues to increase, with 21% able to control it, and 46% unaware of it. Hypertension remains a global target to reduce the number of people with hypertension between 2010 and 2030 (WHO, 2021). Hypertension is a measurement of systolic and/or diastolic blood pressure that consistently exceeds normal values. Normal blood pressure is 120/80 mmHg. Hypertension is caused by increased cardiac output due to an 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 the silent killer. It can suddenly kill someone without any prior symptoms. (Nurrahmani, 2021). One non-pharmacological

treatment for hypertension is acupressure therapy. Stimulating acupressure points can stimulate the release of histamine, a mediator of vasodilation and reduced blood vessel resistance (Arfian and Heriviyatno J Siagian, 2021). Non-pharmacological interventions as supporting therapy in pain management can be carried out with complementary therapies such as acupressure, which is the most effective complementary therapy in treating headaches and the possibility of side effects is very small, cheaper than other therapies and can have an effect on reducing blood pressure (Jatnika, 2020). Acupressure therapy given to hypertension sufferers reduces stress, improves blood circulation, and relaxes the client, gradually lowering blood pressure (Aminuddin et al., 2020). Acupressure stimulates superficial nerves in the skin, which then transmit signals to the hypothalamus of the brain. The descending nervous system releases endogenous opiates such as endorphins. The release of endorphins increases endorphin levels in the body, which in turn increases dopamine production. Increased dopamine levels lead to increased parasympathetic nervous system activity. The parasympathetic nervous system controls ongoing activity and works when the body is relaxed. Hypertension sufferers perceive touch as a relaxation response stimulus, leading to a decrease in blood pressure (Aminuddin et al., 2020) and (Sukmadi et al., 2021). Literature reports that acupuncture and acupressure applied to acupuncture points lower blood pressure in people with hypertension and improve heart rate and sleep quality. Successful prevention and treatment of hypertension are key to reducing the burden of disease and increasing longevity worldwide. One non-pharmacological treatment for hypertension is acupressure (Riyadi, 2020). Based on the 2024 Penarik Community Health Center (UPTD) Non-Communicable Disease Data Summary, there were 135 cases of hypertension in Suka Maju Village, 12 of which were residents of RT 04, Suka Maju Village. (UPTD Penarik Community Health Center, 2024) Based on these considerations, the 2025 Thematic Community Service Program (KKN-T) of Dehasen University will conduct outreach activities on hypertension and acupressure techniques as an effort to increase public knowledge and awareness about hypertension.

RESEARCH METHODS

The counseling activity was carried out in RT 04 Suka Maju Village, Penarik District, Mukomuko Regency, Bengkulu, using the method of providing counseling, visits, and practice on the importance of acupressure with audio-visual media and leaflets. Counseling was also carried out by observing through pre-test and post-test sheets to determine the community's understanding of the material presented. Partners in this program are residents of RT 04 Suka Maju Village, Penarik District, Mukomuko Regency, Bengkulu Province, namely the community, elderly, people with hypertension and cadres totaling 44 people . The counseling was held on Monday, June 9, 2025, at the Al-Ikhlas Mosque in Suka Maju Village, the activity also involved around 11 KKN students from Dehasen University, Bengkulu and cadres. The counseling activity, carried out starting from coordination with the Head of RT 04 Suka Maju Village and cadres, preparation of places and equipment such as Audio Visual and leaflets, before starting the activity the community filled out the pre-test sheet, delivered material on Hypertension, Acupressure therapy practice, Post-test, and mentoring visits to the homes of high-risk Hypertension sufferers. Group 1 KKN collaborated with the Community Health Center and Village Apparatus to encourage the Community to cooperate in the Hypertension prevention and treatment program.

RESULTS AND DISCUSSION

Results Activity

The activity was attended by around 40 participants consisting of Participants included members of the productive age group, the elderly, hypertension sufferers and their families, cadres, and community leaders. This activity covered three main topics: hypertension

education, drug-free hypertension management techniques using acupressure therapy , visits to seniors at high risk of hypertension, and health screenings.

Table 1. Results of the Pre- Study Sheet Summary Test

Knowledge Category	Before Counseling
Not enough	28 people (70%)
Good	12 people (30%)
Total	40 people (100%)

Judging from the pre- counseling table, there were 40 participants attending the counseling, 28 (70%) of whom had little understanding of hypertension, and little understanding that the risk of hypertension if left untreated would cause complications such as heart disease, stroke, etc.

Table 2. Post Sheet Summary Results Test

Knowledge Category	Before Counseling
Not enough	2 people (5%)
Good	38 people (95%)
Total	40 people (100%)

This activity shows that education-based promotion gets a positive response from the community regarding the importance of preventing hypertension, and the community is also educated on how to handle hypertension, overall this activity is useful with promotive and preventive efforts in improving public health. pre- counseling there were 40 participants attending the counseling, 28 (70%) participants did not understand about the prevention and handling of hypertension. After the counseling, there was a total of 38 (95%) increased knowledge from the productive age community, the elderly, hypertension sufferers and families, cadres, community leaders .

These results align with research conducted by Nuraini (2017), which states that one solution to reducing the incidence of hypertension is public health education. Hypertension can be controlled through various lifestyle measures. This can be achieved if the public has good knowledge about hypertension prevention and treatment. Currently, the Ministry of Health is striving to improve health promotion through communication, information, and education. These efforts are expected to increase public knowledge, awareness, and desire to prevent and treat hypertension at home, thereby controlling or preventing hypertension in at-risk communities. (Mulasari , 2018)

The implementation of this health promotion activity has the following benefits for both the local health department and the community. The benefit for the health department is that it contributes to the implementation of health education activities for the elderly group in controlling the incidence of hypertension. The benefit for the community is additional information about efforts to prevent the occurrence of hypertension complications in the elderly, thereby improving their quality of life (Nuridayanti et al., 2018; Nuryanto and Adiana, 2019). After the education in the form of counseling using Flipcharts and practice, the community understands hypertension so that obtained 38 (95%) participants understood what was conveyed in the counseling.



Figure 1 Group photo of participants in the Hypertension counseling session



Figure. 2 Counseling Hypertension

CONCLUSION

Settlement Problem

1. Hypertension Counseling

Hypertension counseling was conducted at the Al-Ikhlas Mosque, RT 04, Suka Maju Village. The community participated in a series of activities starting from pre-test, Acupressure Therapy Practice, post-test, question and answer session given by students

of the Faculty of Health Sciences, Dehasen University, Bengkulu to the community and gave appreciation to those who answered in the form of door prizes . In this counseling activity, the participants were very enthusiastic from the start to the end of the activity and 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 malnutrition and stunting.

2. Application of Acupressure Therapy for Hypertension

Acupressure is useful for reducing or treating various types of illnesses and pain, as well as reducing tension and fatigue. The treatment process with acupressure techniques focuses on the body's nerve points. On both the palms of the hands and feet there are acupressure points for the heart, lungs, kidneys, eyes, liver, thyroid gland, pancreas, sinuses, and brain (Hasanudinkep, 2015) . The purpose of this community service is to increase participants' knowledge about non-pharmacological therapy in the form of Acupressure Therapy to treat hypertension. Interventions carried out include leaflet distribution, education, and direct practice. This program aims to increase awareness, knowledge, and the ability of residents to manage hypertension independently. However, there are still shortcomings in the widespread and systematic application of this method. Therefore, it is important to develop a new approach that integrates counseling about hypertension with routine acupressure implementation. The purpose of this activity is to provide comprehensive education to the community about hypertension and non-pharmacological ways to manage it, thereby improving the quality of hypertension care in the community of RT 04, Suka Maju village.

3. Visits for Patients at High Risk of Hypertension

The next step was to visit high-risk hypertension patients. This activity involved home visits. Students provided direct counseling and taught the patients and their families about hypertension, its signs and symptoms, treatment, and acupressure therapy. The goal of this activity was not only to provide counseling but also to support the patients and their families to maintain their spirits. The residents visited were very enthusiastic and welcomed this activity.

LITERATURE

- UPTD Puskesmas Penarik. (2024), Profil UPTD Puskesmas Penarik Tahun 2024
- WHO.(2021). *Hypertension*. <https://www.who.int/news-room/fact-sheets/detail/hypertension>
- Sriyanti Fajriah, N. N. (2022). *Penerapan Terapi Non Farmakologis Teknik Relaksasi Nafas Dalam Sebagai Upaya Dalam Pengendalian Tekanan Darah Pada Pasien Hipertensi* .881-886. <http://reponsitory.urecol.org/index.php/proceding/artivcle/view/2393>
- Sukmadi, A., & Siagian, H. J. (2021). Terapi Akupresur Menurunkan Tekanan Darah Pasien Hipertensi. *Jurnal Kesehatan*, 9(2), 109-114. <https://doi.org/10.25047/jkes.v9i2.224>
- Suryawan, P. A., Arneliwati, A., & Jumaini, J. (2022). Terapi Akupresur Terhadap Tekanan Darah pada Penderita Hipertensi: Literature Review. *Jurnal Kesehatan Holistic*, 6(2), 46-52.
- Nuryanto, K. dan Adiana, N., (2019). Dukungan Sosial dan Perilaku Promosi Kesehatan pada Lansia dengan Hipertensi. *Jurnal Riset Kesehatan Nasional*, 1(2), pp.151-159.
- Nuridayanti, A., Makiyah, N. dan Rahmah, R. (2018). Pengaruh Edukasi terhadap Kepatuhan Minum Obat Penderita Hipertensi di Pos Pembinaan Terpadu Kelurahan Mojoroto Kota Kediri Jawa Timur. *Jurnal Kesehatan Karya Husada (JKKH)*, 6(1).
- Angelina, C.,Yuyani, V., & Efriyani, E. (2021). Faktor-Faktor Yang Mempengaruhi Kejadian Hipertensi Di Puskesmas Biha Pesisir Barat Tahun 2020. *Indonesian Journa of Heath and Medica*, 1(3), 404–416
- World Health Organization. (2023). *World Health Statistics 2023: Monitoring Health for the SDGs*. Geneva: WHO. Diakses dari <https://www.who.int/publications/i/item/9789240074323>

- Sari, L. T. et al. (2019) 'Pengaruh Acuyoga Terhadap Penurunan Hipertensi Pada Lansia', *Jurnal Penelitian Kesehatan*, Jilid 6, pp. 69–77.
- Riyadi, K. (2020). Penerapan Akupresur Untuk Menurunkan Tekanan Darah Pada Pasien Hipertensi (Doctoral Dissertation, Fakultas Ilmu Kesehatan). <https://repository.ump.ac.id/10170/>
- Jatnika, G. (2020). Pengaruh Terapi Akupresur Terhadap Tekanan Darah Pada Klien Hipertensi Di Wilayah Kelurahan Utama Kecamatan Cimahi Selatan. *Media Ilmu Kesehatan* Vol. 11, No. 1
- Aminuddin, A., Sudarman, Y., & Syakib, M. (2020). Penurunan Tekanan Darah Penderita Hipertensi Setelah Diberikan Terapi Akupresur. *Jurnal Kesehatan Manarang*, 6(1), 57-61.