

Descriptive Study of Knowledge Level of Hypertensive Disease in Adults in Neighborhood Pillars 14 Neighborhood Pillars 04 Wilayat Village

Sentia Puspitasari¹, Tanty Wulan Dari², Moch Bahrudin³, Fathimah Shifaza²

¹ Department of Nursing, Poltekkes Kemenkes Surabaya, Surabaya, Indonesia

² College of Nursing and Health Sciences, Flinders University, Australia

Correspondence : tantywd@yahoo.com

ABSTRACT

Hypertension is a condition where a person experiences an increase in blood pressure above normal, hypertension is often referred to as the silent killer because it is deadly without any symptoms as a warning to its victims. Low knowledge of health workers, patients, and the public about hypertension is the main cause of uncontrolled blood pressure. According to WHO data in 2021, it is estimated that 1.28 billion adults aged 30-79 years worldwide suffer from hypertension. According to data from Basic Health Research in 2018, it shows an increase in the prevalence of hypertension in Indonesia with a population of 260 million with a percentage of 34.1%. And at Puskesmas Sukodono in 2022, the estimated number of people with hypertension aged 15 years and over is 2222. The incidence of hypertension is still quite high, so the author is interested in conducting a Descriptive Study of the Level of Knowledge of Hypertension in Adults in RT 14 RW 04 Wilayat Village. This study used a total sampling method approach. The study was conducted by giving questionnaires to samples that had been determined by the researcher. The level of knowledge of hypertension in Wilayat Village RT 14 RW 04 can be concluded from the characteristics of respondents according to an assessment score of 66.6% with 8 respondents getting good scores. and 33.3% with 4 respondents getting enough results. Lack of experience or information can affect a person's level of knowledge. To handle people who get sufficient result scores, local health workers such as puskesmas can carry out socialization or counseling using leaflets.

Keywords : Hypertension, knowledge

INTRODUCTION

Hypertension is a disease that causes high morbidity. Morbidity (pain) in Indonesia in 2020 reached 39.9%. Hypertension is a condition where a person experiences an increase in blood pressure above normal resulting in morbidity or morbidity and death or mortality, hypertension is often referred to as the silent killer because it is deadly without any symptoms as a warning to its victims. Hypertension is one of the main risk factors for coronary heart disease and brain vascular disorders known as stroke. The normal limits of blood pressure are systolic pressure of 120-140 mmhg and systolic pressure of 80-90 mmhg according to WHO.(Bahrudin et al., 2022).

Low knowledge of health workers, patients, and the public about hypertension is the main cause of uncontrolled blood pressure, especially in hypertensive patients in Asia (Park, J.B., 2015). Things that can be done as an effort to improve health are not just repairing physical damage or

abnormalities, but involve the complexity of individual needs, motivations, and priorities that can be done through intrapersonal communication involving the soul, will, consciousness, and mind (Arianto, 2013 in (Siswanto et al., 2020).

Knowledge affects hypertensive patients in the management of hypertension. For Indonesia, awareness and knowledge about hypertension is still very low, it is proven that people prefer ready-to-eat foods that are generally low in fiber, high in fat, high in sugar, and contain a lot of salt. This unhealthy diet is a trigger for hypertension (Austriani, 2008)

According to WHO data in 2021, it is estimated that 1.28 billion adults aged 30-79 years worldwide suffer from hypertension. The vast majority, two-thirds of hypertension cases, come from countries with lower middle economies. Meanwhile, in Southeast Asia, the incidence of hypertension in 2020 was 39.9%. According to data from Basic Health Research in 2018, it shows

an increase in the prevalence of hypertension in Indonesia with a population of 260 million with a percentage of 34.1%.

According to the data (Astuti et al., 2020) The estimated number of people with hypertension aged 15 years and over is 58.9% free from one year according to data (Dinkes Kab. Sidoarjo, 2022) The estimated number of people with hypertension aged 15 years and over is 67.59%. In Puskesmas Sukodono in 2020, the estimated number of people with hypertension aged 15 years and over is 1931. In 2021, the estimated number of people with hypertension aged 15 years and over is 1794. In the following year 2022, the estimated number of people with hypertension aged 15 years and over is 2222.

Based on the data above the research problem, the incidence of hypertension is still quite high, so the author is interested in conducting research on "Descriptive Study of the Level of Knowledge of Hypertensive Disease in Adults in Neighboring Pillars 14 Rukun Masyarakat 04 Wilayat Village".

RESEARCH METHODS

The design of this study is descriptive with quantitative methods that aim to describe or explain phenomena. Phenomena are presented as they are and researchers have no element of trying to analyze how and why such phenomena occur. The approach to this research is *Total Sampling*. The author will identify the level of knowledge of hypertension in adults in RT 14 RW 04 Wilayat Village.

RESULT AND DISCUSSION

Respondent characteristics data in the general data below will be presented the following data

Table 1

Characteristics of respondents according to the age of residents neighborhood pillars 14 neighborhood pillars 04 in Wilayat Village, Sukodono District, March 2023

No	Age Range	Frequency	Percentage (%)
1	17-27	1	8,3 %
2	28-37	4	33,3%
3	38-47	4	33,3%
4	48-57	3	25%
Total		12	99,9%

Data source: Primary data 2023

Based on the table, it can be seen that community respondents aged 17-27 get (8.3%) or 1 respondent, aged 28-37 get (33.3%) or 4 respondents, aged 38-47 get (33.3%) or 4 respondents and aged 48-57 get (25%) or 3 respondents.

Table 2

Characteristics of respondents by gender: residents, neighborhood pillars, 14 neighborhood pillars 04 in Wilayu Village, Sukodono District, March 2023

No	Gender	Frequency	Percentage (%)
1	Man	6	50% ⁱ
2	Woman	6	50%
Total		12	100%

Data source: Primary data 2023

Based on the table, it can be seen that female community respondents get (50%) or 6 female respondents and (50%) 6 male respondents. Based on the table above, the percentage between men and women from the results of the study get the same results.

Table 3

Characteristics of Respondents according to the Occupation of Residents of Neighborhood Pillars 14 Neighborhood Pillars 04 in Wilayat Village, Sukodono District, March 2023

No	Work	Frequency	Percentage (%)
1	Private employees	5	41,6 %
2	IRT	5	41,6 %
3	Self employed	1	8,3 %
4	Farming	1	8,3 %
Total		12	99,8%

Data source: Primary data 2023

Based on the table, it can be seen that respondents who work as private employees (41.6%) or 5 respondents, IRT (Housewives) (41.6%) or 5 respondents, Self-employed (8.3%) or 1 respondent and Farmers (8.3%) or 1 respondent. The respondents taken by researchers are not just

one type of job. The results of the data above obtained 4 kinds of community work in Rukun Neighbor 14 Rukun Masyarakat 04 Wilayut Village, Sukodono District, so it is expected to get various answers to public knowledge about hypertension.

Table 4
Knowledge of Residents of Neighborhood Pillars 14 Neighborhood Pillars 04 regarding Hypertension in Wilayut Village, Sukodono District, March 2023

No	Knowledge Characteristics	Frequency	Percentage (%)
1	Good	8	66,6%
2	Enough	4	33,3%
3	Less	0	0%
Total		12	99,9%

Data source: Primary data 2023

The results of the study prove that most people understand what hypertension is. Based on the table, it can be seen that 12 respondents, (66.6%) or 8 respondents get a good score and (33.3%) or 4 respondents get enough scores in doing the questionnaire given.

Based on the results of research on the level of knowledge of hypertension in the community, the results of special data can be seen as follows:

Based on data from 4.4 out of 12 respondents, 66.6% or 8 respondents got good results. Almost the people of RT 14 RW 04 make a living of private employees and housewives (IRT). Work affects a person is when the work uses the brain more often than using muscles. The performance and ability of a person's brain to store (memory) increases or increases when used frequently. The more information that comes in, the person's knowledge will increase and the ability to analyze will be good so that they are able to apply applications that are in accordance with existing events (Soedijarto, 2014)

In table 4.3 people as housewives (IRT) as many as 41.6% and in table 4.1 respondents who get the most good results are aged 27-37. It is at this age that women do not experience menopause. In women who have not been menopausal have a higher estrogen hormone which has the function of increasing *High Density Lipoprotein* (HDL) levels. If HDL is lower than *Low Desity Protein* (LDL), it will affect the formation of atherosclerosis process which can increase blood pressure, besides that low

estrogen levels can also increase blood viscosity which can cause the risk of heart disease (Wahyuni & Eksanto., 2013).

In research (Septiawan et al., 2018) It shows that women experience more hypertension, this is because the majority of respondents are female and the majority have entered menopause. So this experience is what makes insight into hypertension in women good.

Based on the results of the study showed respondents with results both aged 27-37 and 38-47 years so that people who are aged have experience, are able to understand and understand a health condition and still have good memory strength. In addition, the level of knowledge of the community can be influenced by age and occupation.

Based on table data 4.4 of 12 respondents, 33.3% or 4 respondents got sufficient results. The cause of sufficient knowledge can be influenced from age related to one's experience. Based on research (Wardhani, 2021) knowledge is influenced by experience.

Evidenced by 12 respondents, there were 3 respondents with a percentage of 25% aged 48-57. In the research of laksimidewi A.P, 2016 taken from (Tucker et al, 2006) middle age is the beginning of forgetfulness, forgetfulness *means easy forgetfulness*. Cummings and Benson (1992) estimate that 39% of people aged 50-59 years experience *forgetfulness*. This occurs related to the aging process of brain cells that work for memory function. Decreased memory is the ability to name objects (naming) and the speed of retrieving stored information and learning new things. Other cognitive abilities such as thinking, abstraction, language skills, visuopasial abilities do not decrease with age. Normal forgetting that is still in accordance with increasing age is if it occurs only occasionally, only some events are not forgotten (not entirely), there is a slowdown in memory but still able to remember if given a help note. From a functional point of view, individuals are usually still independent and active

However, lack of experience or information can affect a person's level of knowledge. Actually, information from family members or word of mouth can increase knowledge, but this is not the only source of information in increasing knowledge about hypertension.

Based on the results of the study, it shows that the level of knowledge of the results is quite influenced due to reduced memory and experience or lack of accuracy in obtaining information precisely and accurately. To overcome this, local

health workers such as puskesmas can carry out socialization or counseling using leaflets.

CONCLUSION

The level of knowledge of hypertension in Wilayat Village Rukun Neighbor 14 Rukun Masyarakat 04 can be concluded 66.6% with 8 respondents getting good scores. and 33.3% with 4 respondents getting enough results.

SUGGESTION

For the community

The public would be better off maintaining and increasing knowledge about hypertension. And can follow counseling carried out by local authorities regularly.

Share research sites

It would be nice for the local person in charge to maintain services and increase counseling activities about hypertension not for adults but for the entire community from children to adults.

For future researchers

For future researchers who will continue the same research can develop the research objectives that want to be researched and focus more on what will be researched. Researchers should then be able to focus the study to be researched by increasing reading literature studies related to the focus of the study to be researched

CONCLUSION

After the researchers conducted research on "Description of Social Emotional Development in Preschool Children" which was conducted at Playgroups and Kindergarten Kusuma Putra can be concluded several things as follows:

1. Children's social emotional development is the development of behavior in children where children are asked to adapt to the rules that apply in the community environment. In other words, social development is a child's learning process in adjusting to the norms, morals and traditions of a group.

2. The results of research on 30 respondents showed that the age characteristics of the respondents' children were on average 4-6 years, there were 20% of 4 years of age, 47% of 5-year-old children and 33% of 6-year-old children. There are 43% male and 57% female. which is divided into several classes such as TK A, TK B and Playgroup classes.

3. This study explained that as many as 30 respondents stated that most preschoolers did not

have problems with social and emotional development, only a small number of children experienced problems in social-emotional development, namely as much as 30%.

4. Most of the children who experience social emotional development disorders are girls as much as 67%, children at the age of 5 years as much as 56%, and children who are in class A Kindergarten as much as 44%. In addition, most of the 56% of children who often play alone tend to have disturbances in social-emotional development

5. In this study, the results showed that there was a relationship between age, gender, class being occupied, and activities outside of school on social development in preschool children.

SUGGESTION

1. For the respondent's family

Parents and families are expected to pay more attention to parenting children with a parenting style that can stimulate social-emotional development in children, so that children's social development goes well in their environment, and for teachers so that teachers also participate fairly in children's social development to support development in the environment. school (outdoor environment).

2. For other researchers

For other researchers, it is hoped that they can develop research using more samples, future researchers can also examine the factors that influence the social emotional development of preschoolers or in different places where their social emotional development is far below that of Kusuma Putra Kindergarten. Sidoarjo Park.

3. For teachers

It is hoped that the results of this study can provide information about children's social-emotional development and will then look for playing or learning methods to improve children's growth and development, especially social-emotional development at school.

REFERENCES

- Ahadiyanto, Nuzul. (2021). Adult and Elderly Development Psychology. ed 1. Jember, State Islamic Institute, p. 8. <https://books.google.co.id/books?id=o6kbeaaqbaj&pg=pa32&dq=adult&hl=jv&sa=x&ved=2ahukewjlsuz9gnh8ahunflcahulkdc4q6af6bagieai#v=onepage&q&f=false>
- Aidil, M., & Ramadhan, A. (n.d.). Hypertension prevention module with cardio.5-6

- Astuti, S. I., Arso, S. P., & Wigati, P. A. (2020). Health Profile of Sidoarjo Regency. Analysis of Minimum Service Standards in Outpatient Installations at Semarang City Hospital, 3, 103–111.
- Astuti, yuli., et al.2022.Description of family behavior with hypertension in the use of traditional medicine. Keris Husada Health Scientific Journal.Jakarta. [Http://www.ojs.akperkerishusada.ac.id/index.php/akperkeris/article/view/61/53](http://www.ojs.akperkerishusada.ac.id/index.php/akperkeris/article/view/61/53)
- Austriani, S. (2008). Risk of self-care behavior of hypertensive patients to the incidence of coronary heart disease in hypertensive patients. <https://repository.unair.ac.id/21872/13/gdlhub-gdl-s1-2009-austrianis-9390-fkm06-08.pdf>
- Bahrudin, M., Dari, T. W., Maimuna, S., Sumiatin, T., & Romli, L. D. (2022). Provision Of Education For Pkk Women In Treating Hypertension At Home In Wonokoyo Village , Beji District , Pasuruan Regency , East Java , Indonesia. 94–99.
- Brunner & Suddarth. (2013). Medical Surgical Nursing Brunner & Suddarth.12 ed. Jakarta.310-314
- Health Office of Sidoarjo District. (2022). Health Profile of Sidoarjo Regency in 2022. Sidoarjo District Health Office, 200.
- Firmansyah, D., & Dede. (2022). Common Sampling Techniques in Research Methodology: Literature Review. Scientific Journal of Holistic Education (JIPH), 1(2), 85–114. <https://doi.org/10.55927/jiph.v1i2.937>
- Haedah, N. (2018). Case study on Mrs.'s family with hypertension in Barombang Village, Tamalate District, Makassar City. Sandi Husada Health Scientific Journal, 6(1), 70–78. <https://doi.org/10.35816/jiskh.v6i1.18>
- Judge, L. N. (2020). The Urgency of Revising the Law on the Welfare of the Elderly. Aspirations: Journal of Social Issues, 11(1), 43–55. <https://doi.org/10.46807/aspirasi.v11i1.1589>
- Hendriyani, Y. M. (2018). The Impact of Bos and Kip Education Subsidies on the Expenditure of Poor Households and Non-Poor Households in the East Bandung Region (Studi Case in the Babakan Sari Village Area, Kiaracandong District). 1–12. <http://repository.unpas.ac.id/33112/6/Revisi2afterSUPCHAPTER3.pdf>
- Hastuti A.P. (2019). Hypertension. Central Java. Lakeisha. 10. <https://www.google.co.id/books/edition/HIPERTENSI/TbYgEAAAQBAJ?hl=jv&gbpv=1&dq=klasifikasi+hipertensi+menurut+who&pg=PA9&printsec=frontcover>
- Indah Sari, Y.N. (2022). make peace with hypertension. Jakarta. Offset Graphic Rays. 1-2 https://books.google.co.id/books?hl=en&lr=&id=yavjeaaqbaj&oi=fnd&pg=pp1&dq=hipertensi&ots=nnvuhixhby&sig=6flasaxibwyjjxz7lrdstiadp6q&redir_esc=y#v=onepage&q=hipertensi&f=false
- Laksmidewi, A. (2016) Cognitive changes associated with normal aging. Denpasar <http://erepo.unud.ac.id/id/eprint/2727/1/96594a385b6881c956c18a7da0932cec.pdf>
- Masturoh, I & Anggita N. (2018). Health Research Methodology. https://scholar.google.co.id/citations?view_op=view_citation&hl=id&user=2T3aQLgAAAJ&citation_for_view=2T3aQLgAAAJ:3fE2CSJlrl8C
- Notoadmojo, Soekidjo. 2018. Health Research Methodology. Jakarta : Rineka Cipta.
- Rahmah, Siti.2020.The relationship between knowledge, attitudes and family support with active control of hypertensive patients at the Durian Gantang Health Center, Hulu Sungai Tengah Regency. Hulu Sungai Tengah District Health Office. <http://eprints.uniskabjm.ac.id/265/1/Artikel%20Keaktifan%20kontrol%20Hipertensi.pdf>
- Sari, Y. K. (2019). The relationship between hypertension symptoms and quality of life using the Health Care System model approach. University of Muhammadiyah Malang, 11–31. <https://eprints.umm.ac.id/53439/>
- Septiawan, T., Permana, I., & Yuniarti, F. A. (2018). Descriptive Study of Characteristics of Hypertensive Patients in the Working Area of Puskesmas Gamping II Yogyakarta. Proceedings of the 7th National Conference, 1–9. <http://www.appptma.org/wp-content/uploads/2019/08/11.-Studi-Deskriptif-Karakteristik-Pasien-Hipertensi-Di-Wilayah-Kerja-Puskesmas-Gamping-II-Yogyakarta.pdf>
- Siswanto, Y., Widyawati, S. A., Wijaya, A. A., Salfana, B. D., & Karlina, K. (2020). Hypertension in Adolescents in Semarang Regency. Indonesian Journal of Public Health Research and Development, 1(1), 11–17. <https://doi.org/10.15294/jppkmi.v1i1.41433>
- Soedijarto, (2014). Sources of Information and Various Sources of Information. Whyuningsih_Jakarta : EGC

UI, F. (2018). CHAPTER 4 Research Methods. 4, 5–28.
<https://lib.ui.ac.id/file?file=digital/125832-S-5798-Hubungan%20faktor-Metodologi.pdf>
Vogler, E. A. (2021). Hypertensi in the elderly. 1–23.

Wahyuni & Eksanoto, D., 2013. The relationship between education level and gender with the incidence of hypertension in Jagalan Village in the working area of Pucangsawit Surakarta Health Center. J. Indonesian Nursing.