


The Relationship of Health Education to Knowledge Elderly about Prevention Hypertension in Posyandu Elderly Nagori Dusun Ulu, Ujung Padang District

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Article Info	ABSTRACT
<p>Article history:</p> <p>Received January 24, 2023 Revised February 20, 2023 Accepted March 10, 2023</p>	<p>Hypertension Still become problem health in groups elderly. Enhancement age often followed disease degenerative and problematic health in groups carry on age For That researcher interested do research entitled connection education health to knowledge elderly about method prevention hypertension in posyandu elderly Nagori Dusun Ulu, Ujung Padang District, Regency Simalungun 2022. Research this conducted in July-September 2022 with population as many as 198 people meanwhile sample used as many as 99 people with use formula from book Lemeshow with use technique simple random sampling. Research results this state that education health have connection to knowledge elderly in posyandu elderly Nagori Dusun Ulu, Ujung Padang District, Regency Simalungun In 2022, because the p value < 0.05. Expected can done upgrade knowledge cadres Integrated Healthcare Center elderly about hypertension and ways prevention as well as increase ability cadre in give counseling so that counseling to elderly more effective. educational institutions provide material Integrated Healthcare Center seniors who are one service health base through eye related courses with service Iansia Good integrally as well in a manner special case hypertension in the elderly and how prevention. Research results This as initial data for do study other about elderly with different variables.</p>
<p>Corresponding Author:</p> <p>Doortua Department of Nursing, Faculty of Health, Universitas Efarina, Indonesia. Email: doortuaefarina@gmail.com</p>	<p>Keywords:</p> <p>Health Education, Knowledge, Elderly</p> <p>This article is licensed under a Creative Commons Attribution-ShareAlike 4.0 International License.</p> 

1. INTRODUCTION

Pressure blood fluctuate throughout day Hypertension or pressure blood anggi can become problem, which makes system circulation and organs that get supply blood become tense. When pressure blood tall No controlled with well, then can happen series complications serious and cardiovascular disease [3].

WHO data in 2007 showed that around the world around 972 million people or 26.4 suffer disease hypertension with a ratio of 26.6” for men and 26.16 for women. this figure possibility will increase to 29.20 in 2025. From 972 million sufferer hypertension, 333 million are in developed countries and the remaining 639 are in a developing country including in Indonesia [1]. Disease hypertension about 16 million people in the UK, 34”6 male and 30Ye female bear pressure blood tall above 140/9) mm Hg and tend to increase in population whole adults (Anna, 2007). According to a survey conducted by the World Health Organization (WHO) in 2000, the number suffering world population hypertension For man about 26.6 ”o and female around 26.1Y4 and is expected in 2025 the amount will increase to 29.276 [21]

Prevalence sufferer hypertension in Indonesia continues happen improvement. Home Health Survey Results Stairs (SKRT) in 2000 amounted to 2174 to 26.4” 6 and 27.5Yo in 2001 and 2004. Furthermore, it is estimated increase Again to 3749 in 2015 and to 426 in 2025. According to data from the Indonesian Ministry of Health in 2009 shows that prevalence hypertension of 29.6Yo and increasing to 34.1 Ye in 2010. Data from the Semarang City Health Office in 2009 stated prevalence hypertension of 12.85 with amount case as many as 2063 [21].

Hypertension is cause main yuyal heart, stroke and failure kidney. Hypertension is risk morbidity and mortality yany affected by distractions emotions, obesity, consumption excessive alcohol, excessive coffee drinking and also heredity, hypertension called as " murderer. " diany is silent” because sufferer hypertension often No showing

symptoms [8]. Hypertension No can healed with itself . Study clinical show that people of African descent have pressure more blood tall compared to with skinned people white , because of skinned people black own higher renin levels low . Hypertension tend increase along with increase age . About 50 percent aged population more than 60 years in England experience pressure blood high [3].

Hypertension Still become problem health in groups elderly. Enhancement age often followed disease degenerative and problematic health in groups carry on age. Hypertension one disease frequent degenerative found in groups elderly [12]. Factor age carry on can resulted happening hypertension consequence from exists change structural and functional system vessels responsible peripheral to pressure blood [8]. Condition decrease flexibility from artery main Because factor usra " continued cause harden it wall artery so that Genre blood No can flow with smoothly [6]. At age carry on number disabled pressure blood tall more Lots Again experienced by more from half aged population over 60 years [3].

Height role family and society in maintenance Elderly as well as exists shift service health at home Sick to community service, giving challenge alone to midwife in framework give comprehensive service to elderly. Target midwifery community covers baby new born, preschool and toddlers, adolescents, adults, reproductive period (pregnancy, childbirth, postpartum), intervals, climacteric that are in family and society, which is basically use principle midwifery community with characteristic service health that is promotive, preventive, curative, rehabilitative [14]. Nagori Dusun Ulu is in Ujung Padang District, Regency Simalungun. Nagori Dusun Ulu has Integrated Healthcare Center Elderly which is A service health base for fulfil give service quality for elderly. Activity Integrated Healthcare Center elderly in Nagori Dusun Ulu who often done is elderly gymnastics and giving education health through counseling each finished gymnastics elderly with related topics with livelihood analysis and improvement health on lanisa . data collection carried out researcher then get amount elderly in Nagori Pusun Ulu as many as 198 people. From the results inspection routine that is done pads fansia moment come to posyandu , with measure vital signs then obtained 25 elderly people experience hypertension . Based on prevalence data found in posyandu elderly the so researcher interested do study regarding “ Relationships education health to knowledge elderly about method prevention hypertension in posyandu elderly Nagori Dusun Ulu, Ujung Padang District, Kabupatep Simalungun Year 2022”

Formula Problem

From background behind above, summary problem study This is There is connection education health to knowledge elderly about method prevention hypertension in posyandu elderly Nagori Dusun Ulu, Ujung Padang District, Regency Simalungun 2022 year.

2. METHOD

Type Study

Type study This is cross sectional ie is design study with do observation at the time simultaneously [4]. this intended For obtain description knowledge elderly about method prevention hypertension in posyandu elderly Nagori Dusun Ulu, Ujung Padang District, Regency Simalungun 2022 year

Location and Time of Research

Study carried out at Posyandu Elderly Nagori Dusun Ulu, Ujung Padang District, Regency Simalungun

Research Time

Study This will held in July - September 2022

Population And Sample

Population Population in study This is whole elderly in posyandu elderly Nagori Dusun Ulu, Ujung Padang District, Regency Simalungun that is as many as 198 people.

3. RESULTS AND DISCUSSION

Based on results research conducted about connection education health to knowledge elderly about method prevention hypertension in posyandu elderly Nagori Dusun Ulu, Ujung Padang District, Regency Simalungun 2022 with 99 respondents so so can discussed as following:

Health Education Relationship With Knowledge Elderly In Integrated Healthcare Center Elderly Nagori Dusun Ulu, Ujung Padang District , Regency Simalungun 2022 year

Concluded that education health have connection to knowledge elderly in Posyandu Elderly Nagori Dusun Ulu, Ujung Padang District , Regency Simalungun , because the p value $\ll 0.05$.

Education affects the learning process, more and more tall education somebody more easy that person For accept information. With education tall so somebody will tend get information, fine from other people as well from the mass media . Knowledge is very close relation with education Where expected somebody educated high, then the person the more wide knowledge [13]. Health education can useful for the elderly can set problems and needs they myself, understand what can they do to the thing is , with source the power they have plus with support from outside and decide most appropriate activity To use For increase level healthy life and well-being public so that well-being elderly fulfilled .

4. CONCLUSION

Majority respondent have age 65-70 years that is as many as 3g people (38,470) meanwhile minority have 270 years old that is as many as 30 people (30,356). Majority respondent have type sex Woman namely 67 people (67.7Y0) meanwhile minority have type sex man namely 32 people (67.7Yo). Majority respondent have work as retired civil servants ie as many as 23 people (23.26), traders / entrepreneurs that is as many as 23 people (23.2”6), farmers that is as many as 23 people (23,296) meanwhile minority as employee private that is as many as 12 people (12,276). Majority respondent have junior high school education that is as many as 36 people (36,499), high school education ie as many as 36 people (36.46) meanwhile minority have education College ie as many as 13 people (13,156). Majority respondent Once get education health that is as many as 54 people (54.50) meanwhile minority No Once get education health that is as many as 45 people (45,596). Majority respondent have knowledge Enough that is as many as 44 people (44,496) meanwhile minority have knowledge not enough that is as many as 20 people (20,274). From the results of the chisquare test table cross education health with knowledge so got p- value 0.000. Can concluded that education health have connection to knowledge elderly in posyandu elderly Nagori Dusun Ulu, Ujung Padang District, Regency Simalungun In 2022, because the p value $\ll 0.05$.

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