

CHAPTER I

INTRODUCTION

Background

Elderly or carry on age is group age that is general defined as individual 60 years old to above, as regulated by the World Health Organization (WHO) and a number of regulations in various countries, including Indonesia. Age old is stage end from the development process human , when This quantity and proportion number elderly the more increase .

Hypertension is one of the disease No contagious which becomes problem health public globally , including in Indonesia. Data from the Ministry of Health shows improvement prevalence hypertension , especially in groups age advanced (elderly) and pre-elderly . Hypertension that is not handled with Good can increase risk disease cardiovascular , stroke, and complications Serious other .

One of proven non - pharmacological approaches effective in management hypertension is through implementation pattern healthy eating , such as Dietary Approaches to Stop Hypertension (DASH). However , knowledge society , especially group elderly and pre-elderly , regarding the DASH diet is still classified as low . Low level literacy health This often caused by a lack of proper education target and attractive .

Counseling health is method important in increase knowledge society , especially If done with appropriate media and easy understood . Educational video media assessed more effective in convey information Because capable give attractive and easy visualization remember , especially for group age further possible experience limitations in understand material written .

In the area of RW 04, Samaan Subdistrict, Klojen, Malang Regency, there is Enough Lots elderly and pre-elderly who suffer hypertension. However, efforts education about the DASH diet to group This Still limited. Therefore that, is necessary something intervention innovative and effective education, one of which is through counseling with educational video media. Research This aim For know influence counseling with educational video media about the DASH hypertension diet against knowledge patient elderly and pre-elderly sufferers hypertension in the region.

A number of diseases that are classified as NCDs include: is hypertension, diabetes mellitus (DM), stroke, disease heart, asthma, cancer and other diseases fail PTM incidence data shows that increasing numbers each year (Usman et al., 2024). Hypertension is one of the problem health main thing that can cause disease heart and brain strokes are fatal. Hypertension considered problem health Serious Because his arrival often No realized and can Keep going increase critical until reach threatening level life sufferer. Disease blood tall or hypertension has become common diseases suffered by the people of Indonesia or developing countries. A person can it is said experience improvement pressure blood if pressure blood systolic ≥ 130 mmHg or pressure blood diastolic ≥ 80 mmHg (Fulka et al., 2024) Hypertension can cause complications that affect various target organs, such as heart, brain, kidneys, eyes, and arteries peripheral. Damage to the organs above depends on how much tall pressure blood and how long the pressure lasts blood tall the controlled and uncontrolled treated (Arafah & Oktaviana, 2024).

Hypertension often No cause symptoms, while pressure continuous blood increase tall in term long time can cause complications. One of them effort decline number mortality and morbidity hypertension is decline or control pressure blood (Hustadiah et al., 2024) Hypertension (HT) is still is a major problem in Indonesia. The

prevalence trend of HT is still show increase from 25.8% in the year in 2013 to 30.4% in 2018. Indicator plan One of the strategic goals of the Ministry of Health (Kemenkes) for 2020-2024 is is prevalence hypertension remains . The 2020-2024 Indonesian Ministry of Health Strategic Plan is recorded that amount districts / cities that carry out prevention and control of NCDs in 514 districts / cities , with plan Target 52 districts /cities (2020), 129 (2021), 232 (2022), 360 (2023), and achieved 514 (2024). Several policies and efforts government Already done in frame prevent and control hypertension .

Prevalence hypertension According to data (WHO) shows approximately 1.13 billion people in the world have hypertension , meaning 1 in 3 people in the world are diagnosed hypertension . The number person with disabilities hypertension Keep going increase every year , it is estimated that in 2025 it will there are 1.5 billion people affected hypertension , and it is estimated every 9.4 million people die each year consequence hypertension and its complications . Prevalence hypertension based on results population measurements In Indonesia, there are 658,201 sufferers aged >18 years diagnosed hypertension , numbers highest occurred in West Java Province with 131,153 sufferers and the number lowest In North Kalimantan Province , there are 1,675 sufferers . Meanwhile , in Lampung Province, hypertension is the most common. occupy order eighth with 20,484 sufferers, while Papua have prevalence hypertension lowest (22.2%), 24.65, West Sumatra 25.16%.

Based on results Riskesdas 2018, prevalence resident with pressure blood high in East Java Province at 36.3%. The prevalence hypertension the more increase along with increase age . When compared with Riskesdas 2013 (26.4%), prevalence pressure blood tall experience quite an improvement significant . Increase prevalence pressure blood tall This become big challenge for the East Java Provincial Health Service in

effort lower prevalence pressure blood high in the community (East Java Health Service, 2022).

In 2023 , Malang City's hypertension SPM achievement will be at 87.8 % . Amount estimate sufferers hypertension aged ≥ 15 years in Malang City is around 230,070 residents , with amount 112,634 men and 117,436 women . Of the total said , the sufferer hypertension that gets service health amounting to 87.8% or 202,064 residents . The obstacles faced in the form of lack of understanding and awareness , lack of support family , no all sufferers hypertension visit to health centers and the lack of compliance drink medication to the patient . Next will done socialization , coordination cross -program, cross - sector , network health centers and improvement amount monitor drink medicine (Malang City Health Office, 2023).

Malang Regency Health Office (2024) , stated that hypertension is the most common disease suffered by the community Malang Regency . In 2023, the estimated sufferers hypertension aged ≥ 15 years in Malang Regency amounted to 829,638 residents . with proportion 50.17% male and 49.83% female . Of the total those who get service health sufferers hypertension by 35.3% or 292,618 residents . Percentage tertinggi achievements service health sufferers hypertension be in the work area community health center Bululawang with percentage of 70.3%, meanwhile bottom two percentages is in the Keria region Community Health Center Pujon deugan percentage of 20.0% and Community Health Center Mace with Percentage 12.1%.

Based on data collected in the RW 04 area of Samaan Subdistrict , District Klojen , Malang City, there is as many as 80 elderly people were recorded in a way active . From the number of Of these , as many as 30 elderly people (37.5%) suffered from hypertension . Percentage This show that more from one third elderly in the area face

risk health consequence pressure blood high , which requires attention and education special related management pattern eating and style life Healthy .

Hypertension in the elderly No let go from various factor Good That factor risks that are not can controlled (major) and factors risks that can occur controlled (minor). Uncontrolled risk factors can controlled that is age, gender gender and family history. Factors risks that can occur controlled, namely smoking, obesity , activity physical, alcohol , stress, knowledge and patterns eating wrong (Kusmiati & Mardiana , nd). Lack knowledge in the elderly is one of the factor important can cause hypertension.Low knowledge about pattern Eat healthy, the importance activity physical, processing stress, and understanding about risk hypertension That myself can make elderly not enough capable do action prevention or control pressure blood high. Besides That ignorance about importance inspection pressure blood can routinely cause hypertension No detected until reach stage dangerous .

Based on results research (Elizabeth Purba et al., 2023) in Koya Tondano show that lack of knowledge elderly about hypertension influence pattern eat, and activity physique so that impact on relapse to hypertension.Knowledge influence somebody in accept information and manage it become A good behavior or bad so that impact on health status. According to (Istiqmah , et al., 2021), one of the problem reason emergence hypertension the that is factor lack of knowledge about hypertension.Knowledge is results sensing man or results know somebody to something object from the senses he possesses . Knowledge most of them can be obtained through hearing . Knowledge and awareness about hypertension is factor important in reach control pressure blood . Lack of knowledge about hypertension be one of reason No controlled pressure blood (Ericha, et al., 2021). See condition said , then action nursing that can done For increase knowledge is through education health .

Health education is activity For convey message health to individual , group or society that aims For improving health (Agun Pangestu et al., 2024)

Non- pharmacological therapy is approach treatment that is not involving use drugs , but rather change style life and habits Healthy For prevent or manage disease . One of the form important non - pharmacological therapies is arrangement pattern eating , and Dietary Approaches to Stop Hypertension (DASH) is one of them. highly recommended dietary approach , especially for sufferers hypertension .

The connection lies in the principle DASH's foundation focuses on consumption food low in sodium, high in potassium, magnesium, and calcium — substances that play a role in lower pressure blood in a way natural . This diet also emphasizes consumption fruits , vegetables , grains intact , and low- fat dairy products , while reduce consumption of saturated fat , added sugar , and meat red .

Benefits of doing it education This own objective For learning that is carried out Good both formally and informally informal , giving knowledge knowledge , as well as develop potential existing self in self every human , then realizing the learning process the with more good . Currently the DASH Diet is still seldom applied to sufferers Hypertension especially patient elderly. Wrong the only one Because low level of knowledge patient the regarding the Hypertension diet . According to (Agun Pangestu et al., 2024).

Knowledge public about hypertension moment This Still lack of health education is one of the ways that can used For increase knowledge someone . According to Hafidah (2020), Before given intervention part big patient confess that seldom consume vegetable regularly every time you eat , because patient No had time cook vegetables and more Like dry foods like side dish animal or side dish fried vegetables . However after given intervention , consumption vegetable patient increase especially

patient in group treatment . Apart from vegetables , potassium intake also comes from from fruits . The most frequent fruit consumed by patients is enough bananas and papaya affordable Good from price and availability on the market . This is prove that There is influence to interventions that have been done about DASH diet counseling for patients hypertension succeed .

In today's era , many elderly people who like play gadgets, video media is one of them effective and modern tools For look for information in various aspect life, including entertainment, education, and communication. Many today 's elderly who use YouTube , WhatsApp, and other applications Tiktok and other streaming apps For dig information and just content appropriate entertainment interest they, including in matter health such as the hypertension diet (DASH). With increasingly advanced technology easy accessed, then Can done education about the hypertension diet (DASH) to be more interesting, interactive, and can accessible When only and can help elderly undergo style life Healthy in a way independent .

According to (Induniasih , 2018), the use of video media will stimulate senses sight and hearing so that the message conveyed will more easy accepted and understood , besides That will more interesting and memorable in memory. Research explain that change knowledge of a person will more big after shown video media compared with leaflets (Tindoan , 2018). This in accordance with research conducted by Utami, Setiawan and Fitriyani (2018) which explains that audio visual educational media such as videos will give impact occurrence improvement significant knowledge , skills and behaviors compared to only with use counseling normal . Research conducted by Legi et al ., (2019), explains that education health care that is carried out using video can increase patient dietary compliance with diabetes mellitus of 97.1%. This result in accordance with research conducted by Yusri, (2021) which explains that giving

education health using video to provide mark lowest significance compared to with other learning media .

Although There is a number of studies that show that educational video can increase knowledge Health, still A little research that is special evaluate effectiveness of hypertension diet education videos in increase knowledge elderly hypertension. Many educational videos are available, but No There is clear standards about content that must be included in the hypertension diet education video For elderly. Research required For determine elements the most effective kuni in increase knowledge and understanding elderly about hypertension. Some big research that focuses on impact term short from educational videos. There are lack in research that evaluates impact term long from the hypertension diet education video to knowledge and dietary behavior of the elderly. Research more carry on required For understand whether knowledge gained from the video can maintained in term longer time .

Study This propose use of educational videos that integrate multimedia elements , such as animations , graphics , and testimonials from successful patients manage hypertension through diet. Approach This aim For increase Power attraction and understanding information , as well as facilitate retention knowledge among elderly . Different with educational videos traditional in nature One direction , research This will explore the use of interactive video that allows elderly For participate active , such as answer quiz or interact with content . This is expected can increase involvement and understanding they about hypertension diet . Research This will compare effectiveness of educational videos with method education others , such as brochure print and face-to-face seminars face . With do comparison this research This will give more evidence strong about advantages of educational videos in increase knowledge about hypertension diet among elderly .

Based on phenomena and results from research that has been there is , then researchers want to know about difference level knowledge elderly about dietary approaches to stop hypertension (DASH) after get education via video in the RW 04 area of Samaan sub-district Klojen Malang city , more in related with the influence of the educational video on the dietary approaches to stop hypertension (DASH) diet on hypertension knowledge patient elderly hypertension in the RW 4 area of Samaan Subdistrict Klojen, Malang City.because in the region the Still many elderly not enough knowledge about foods that cause Hypertension .

Formulation Problem

Based on background behind mentioned , the formulation problem in study This is " Is There is difference level knowledge elderly about dietary approaches to stop hypertension (dash) before and after get education via video in the RW 04 area of Samaan sub-district Klojen Malang city ?”

Research purposes

1. Identifying the level of knowledge of hypertensive elderly about the DASH diet before being given education via video.
2. Identifying the level of knowledge of elderly hypertensives about the DASH diet after being given education via video.
3. Analyzing the differences in the level of knowledge of the elderly before and after being given the DASH diet educational video.

Benefits of research

Theoretical Benefits

1. Add literature and references scientific related effectiveness use of educational video media in increase knowledge elderly about hypertension diet based *Dietary Approaches to Stop Hypertension* (DASH).
2. Support development method education effective health for patient elderly with hypertension .

Practical Benefits

1. For the Elderly Hypertension :
Help increase understanding and awareness elderly about the importance of the DASH hypertension diet in management pressure blood , so that expected can help in guard health they .
2. For Health Workers:
Give practical , interesting and effective alternative educational media For used in give counseling to patient elderly , especially regarding the DAS diet