

Improving the Quality of Life of Hypertension Sufferers Through the Implementation of Hypertension Education Videos

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Abstract

This research was conducted in Karangbong Village, Pajarakan District, Probolinggo Regency. In Karangbong Village, there are still many hypertension sufferers who do not know about hypertension and the number of visits to the integrated health post which is an opportunity to assess the patient's blood pressure and examine the problems that can arise that affect the quality of life of hypertension sufferers, with the various problems that exist so we try to offer a solution in the form of a hypertension education video for hypertension sufferers. The results of this study are expected to be useful to the public by being accessible in the form of a scientific journal. In this community service process, we get results in the form of increased public knowledge and awareness about the importance of understanding and maintaining stable blood pressure, which has an impact on improving the quality of life of hypertension sufferers.

Keywords:

Introduction

Hypertension is a disease called a silent killer where this disease can kill silently, where someone who suffers from hypertension often has no complaints and only feels it when complications have arisen (Cing et al, 2023). Hypertension is a disorder in heart function, so to maintain normal blood pressure requires antihypertensive drugs (Wang Editor n.d, 2023). Non-compliance of people with hypertension in taking medication has an impact that does not affect the patient's quality of life (Damar Printinasari, 2023).

Based on data from the World Health Organization (2023), hypertension has killed at least 10 million people each year. The prevalence of hypertension in Indonesia itself is as much as 8.4% in the population aged ≥ 18 years (Kodriati et al. 2024). Where in 2023 alone, hypertension sufferers increased by 638,178 newly detected people, and only 46.7% took medication regularly (Development Policy, Ministry, and Ri n.d.). The lack of patient compliance and awareness in taking medication raises problems with the quality of life of hypertension patients (Frianto et al. 2023).

Quality of life itself is a condition where a person feels calm and a sense of extraordinary health, where a person with a good quality of life feels that their physical and mental condition is very good (Teten Tresnawan, 2023). A person with a good quality of life will feel that they are in good condition, but vice versa (Rezy Aprilia Nur Khafidhoh and Kartika Sari, 2024). A

person with hypertension often experiences various problems in quality of life including headaches, insomnia, difficulty in activities and inability to do things independently (Siswandi et al. 2023).

One of the educational methods that can be used is by utilizing digital, one of which is educational videos, this is useful for increasing awareness in motivating patients to be able to improve the quality of life of patients (Laili, Heni, and Tanoto 2023). The use of educational videos is expected to increase patient knowledge and awareness so that this will have an impact on improving the quality of life of hypertension patients (Suyatni Musyrah et al. 2024).

Identification of Problems

The many cases of uncontrolled hypertension cause many complications experienced by sufferers, while awareness for hypertension sufferers is still low while the use of technology itself is increasing rapidly. This is an opportunity that can be tried.

Implementation Methodology

In this community service activity, hypertension sufferers are given special material to improve their quality of life. This is done using the training method. The training in question is by providing counseling using educational videos related to the treatment of hypertension.

Results and Discussion

The implementation of this community partnership program activity was carried out on August 8, 2024. The partnership program activity was carried out with the theme "Improving the Quality of Life of Hypertension Sufferers through the Application of Hypertension Education Videos". This activity was carried out in Karangbong Village, Pajajaran District, Probolinggo Regency, which was attended by 40 participants. Participants who took part in this activity were sufferers who took part in the elderly posyandu activities in Karangbong Village.

This community partnership program activity is very beneficial for hypertension sufferers in managing their daily lives. This is proven before being given an educational video, hypertension sufferers did not know what to do in managing hypertension patients. The educational video given to participants consisted of: the first is about hypertension. Blood pressure control is very important for hypertension sufferers, because blood pressure targets

must depend on the individual condition of the sufferer. Handling hypertension at home to help control blood pressure levels through self-care to avoid complications. The results of this quality of life before being given an educational video, many hypertension sufferers did not know about how to do self-management for hypertension sufferers, but after being given an educational video, sufferers already knew important things related to how to maintain stable blood pressure levels by checking blood pressure at least once a week. The key to blood pressure management is to ensure that sufferers regulate their lifestyle such as limiting excessive salt consumption, taking medication on time, controlling blood pressure at least once a month.

After the participants received the educational material, a measurement of the quality of life score was carried out to see if there was a significant increase in several complaints that had been obtained at the initial meeting. Furthermore, the level of compliance in taking medication was measured and re-evaluated whether there were new complaints compared to the first meeting. And it turned out that after the patient participated in the hypertension education video activity, the patient experienced a significant increase in the quality of life score so that the use of educational videos for hypertension sufferers generally improved.

Conclusion

The community partnership program activities have shown great success and benefits for hypertension sufferers. This is proven by participants or hypertension sufferers who participate in counseling activities can understand and improve their ability to manage hypertension independently. Participants can carry out hypertension management which includes routine blood pressure measurements at the integrated health post, exercise or physical activity, compliance with taking medication, low-fat diet,. By increasing the level of understanding and knowledge of participants in hypertension management, it will prevent a decrease in the quality of life of hypertension sufferers but instead improve the quality of life of hypertension sufferers.

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