

**KNOWLEDGE OF PREGNANT WOMEN ABOUT THE DANGERS OF
HYPERTENSION IN THE WORK AREA PUSKESMAS TANJUNGBATU,
KUNDUR DISTRICT**

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Abstract

Background : Hypertension is one of the biggest health problems in Indonesia, this is evidenced by the frequency with which it is found in primary health services in Indonesia with a fairly high prevalence of 25.8%. Based on the results of measurement of blood pressure, the prevalence in people over 18 years of age was 31.7% in 2007 and according to provinces in Indonesia, the highest was South Kalimantan with 39.6% and the lowest was West Papua with 20.1%. In 2013, hypertension decreased by 5.9% from 31.7% to 25.8%, this decline could occur due to several factors such as different measurement tools, people who are starting to become aware of the importance of health and people who are starting to understand about the danger of hypertension. The 5 provinces with the highest prevalence of hypertension in absolute numbers / people according to the 2013 Riskesdas, namely Bangka Belitung province with 30.9%, South Kalimantan 30.8%, East Kalimantan 29.6%, West Java 29.4% and Gorontalo with 29.4. % (Ministry of Health, Republic of Indonesia, 2014). The purpose of this study was to determine the knowledge of pregnant women about the dangers of hypertension in the working area of the Tanjungbatu Public Health Center, Kundur District.

Method :This study used a descriptive research design. The research site will be conducted at the Tanjungbatu Kundur Community Health Center, Karimun Regency, Riau Islands. The population in this study were all pregnant women in the Tanjungbatu Public Health Center, totaling 160 people.

Result : It can be seen that there is an average score on the knowledge of pregnant women about the dangers of hypertension, namely 1.1613 with 20 questions and 62 respondents

conclusion : an average score on the knowledge of pregnant women about the dangers of hypertension, namely 1.1613 with 20 questions and 62 respondents.

Keywords: Education, Mother, Postpartum

PRELIMINARY

Nearly 1 billion people worldwide have high blood pressure and hypertension is one of the leading causes of premature death worldwide. Hypertension kills nearly

8 billion people every year in the world and nearly 1.5 million people annually in the East-South Asia region, then about a third of adults in East-South Asia suffer from hypertension (WHO, 2015). According to

the American Heart Association (AHA), Americans aged over 20 years suffering from hypertension have reached a rate of up to 74.5 people, but almost 90-95% of cases have no known cause. Changes in the structure of society from agrarian to industrial and changes in lifestyle, socio-economy of the community are the reasons for the increasing prevalence of non-communicable diseases including hypertension (Kemenkes RI, 2014).

Hypertension is one of the biggest health problems in Indonesia, this is evidenced by the frequency with which it is found in primary health services in Indonesia with a fairly high prevalence of 25.8%. Based on the results of measurement of blood pressure, the prevalence in people over 18 years of age was 31.7% in 2007 and according to provinces in Indonesia, the highest was South Kalimantan with 39.6% and the lowest was West Papua with 20.1%. In 2013, hypertension decreased by 5.9% from 31.7% to 25.8%, this decline could occur due to several factors such as different measurement tools, people who are starting to become aware of the importance of health and people who are starting to understand about the danger of hypertension. The 5 provinces with the highest prevalence of hypertension in absolute numbers / people according to the 2013 Riskesdas, namely Bangka Belitung province with 30.9%, South Kalimantan 30.8%, East Kalimantan 29.6%, West Java 29.4% and Gorontalo with 29.4. % (Ministry of Health, Republic of Indonesia, 2014).

Nationally, the 10 districts / cities with the highest prevalence of hypertension among people aged > 18 years are Natuna (53.3%), Mamasa (50.6%), Katingan (49.6%), Wonogiri (49.5%), Hulu Sungai Selatan (48.2%), Rokan Hilir (47.7%), Kuantan Senggigi (46.3%), Bener Meriah (46.1%), Tapin (46.1%) and Salatiga City (45, 2%) This indicates that hypertension is

still very often found, not only in major provinces in Indonesia but also in districts / cities throughout Indonesia (Riskesdas, 2007).

Hypertension occurs due to several factors, both factors that can be changed and factors that cannot be changed. Risk factors that can be changed are obesity, diet and physical activity / exercise, while risk factors that cannot be changed are genetics, nutritional status and age. Standard treatment and lifestyle in regulating diet, regulating coping stress, regulating activity patterns, avoiding alcohol and not smoking are things that can be done in preventing and reducing the number of hypertension (Muhammadun, 2010). This is in accordance with the research conducted by Darmawan (2015) regarding the effect of health promotion on the motivation of hypertensive patients about implementing a hypertensive diet in the internal medicine polytechnic of the hospital. Rajawali Bandung, there is a difference in patient motivation between before and after health promotion, that the results showed that before health promotion was given it was 1.56 or as much (56.3%) and almost all respondents after being given health education or health promotion had more motivation. high, namely 1.69 or (68.8%). So it can be concluded that there is an increase in the motivation of hypertensive patients after being given health promotion (Darmawan, 2015).

Health promotion is an effort to increase the ability and knowledge of pregnant women against the dangers of a disease including hypertension so as to raise awareness of pregnant women through health education such as counseling for pregnant women both groups and individuals and the community in the working area of the Tanjungbatu Health Center, so that pregnant women and the community can play an active role in overcoming the dangers. hypertension.

(MOH, 2008). Health promotion is very important in providing information and knowledge which includes lecture methods, seminars, group discussions, brainstorming and snowball.

The lecture method is a speech delivered by a speaker in front of a group of visitors or listeners, namely the community which aims to introduce or deliver learning and activities (Maulana, 2012). Health promotion media is defined as a tool to convey health information consisting of printed media such as booklets, leaflets, fliers, flip charts, rubrics, posters and photos. Electronic media such as television, radio, video, film strips and slides (Notoadmodjo, 2007). The lecture method using slide media is considered effective for increasing the knowledge of pregnant women or the community, because the lecture media is suitable for the target community with high and low education, while the slide media contains information or health messages (Fitriani, 2011).

According to the maternal audit data of Karimun Regency in 2017, the maternal mortality rate was 13 people consisting of 2 deaths due to bleeding (15.38%), 6 deaths due to hypertension in pregnancy (46.15%), 1 death due to infection (7.69%), 1 death was caused by disorders of the circulatory organs (7.69%), and 3 people died due to other causes (23.07%), these data indicate that hypertension during pregnancy is the cause of maternal death. highest in Karimun Regency. Then the results of a survey conducted at one of the health centers in Karimun Regency, Riau Islands Province, showed that the proportion of hypertension sufferers with complications in 2010 was 37 cases, 2011 was 29 cases and in 2012 was 41 cases..

Hypertension is still a disease that often appears, including in the Tanjungbatu Public Health Center, Kundur District, Karimun Regency, Riau Islands Province, as

evidenced by the data and survey results of the Tanjungbatu Health Center officers where hypertension has always been included in the top 10 diseases of the Tanjungbatu Health Center in recent years including 2016 and 2017. Data on cases of hypertension in pregnant women in 2017 totaled 20 cases while cases in 2018 from January to March totaled 8 cases, then based on the results of a preliminary study conducted by researchers at the Tanjungbatu Public Health Center, Kundur District, from 10 pregnant women who were given a questionnaire in the form of questions about the dangers of hypertension only 2 people who can answer correctly, this shows that the knowledge of the community, especially pregnant women in the working area of the Tanjungbatu Health Center is still 20%, so there is a need for health promotion to increase pregnant women knowledge about the dangers of hypertension, especially in kerosene areas. ja Puskesmas Tanjungbatu, Kundur District. This is supported by the habits of the residents of Karimun Regency, especially the people in Kundur District which because they live in the sea area and most of their income comes from the sea, the population consumes a lot of food that comes from the sea such as fish, shellfish, squid and others which can increase cholesterol levels in the sea. body. Lack of production of vegetables and fruits so that rarely or little consumption of vegetables and fruit can result in a lack of fiber in the body.

The purpose of this study was to determine the knowledge of pregnant women about the dangers of hypertension in the working area of the Tanjungbatu Public Health Center, Kundur District

RESEARCH METHODS

This study used a descriptive research design. The research site will be conducted at the Tanjungbatu Kundur Public Health

Center, Karimun Regency, Riau Islands. The population in this study were all pregnant women in the Tanjungbatu Public Health Center, totaling 160 people.

RESEARCH RESULT

It can be seen that there is an average score on the knowledge of pregnant women about the dangers of hypertension, namely 1.1613 with 20 questions and 62 respondents.

DISCUSSION

According to Noatmodjo (2010), knowledge is the result of tofu and this occurs after someone senses a certain object or something that is done. Sensing occurs through the senses of sight, hearing, smell, taste and touch. A person's knowledge is also influenced by experience, either directly or indirectly. Direct experience in the form of personal experience gained from reading. Meanwhile, indirect experience is the experience of other people that can be heard or conveyed through information about a problem, and in this case we can relate and relate to the knowledge of pregnant women about hypertension is very dangerous during pregnancy.

The results of this study are in line with previous studies by Christy, (2012). Description of the level of knowledge about hypertension in people who smoke at Rw 01 Pondok Cina Beji Depok. The design of this research is a simple descriptive to see, describe and describe a health phenomenon that occurs in the community, namely a description of the level of public knowledge about hypertension, where the knowledge of respondents or the community is still low before treatment or health promotion is given about the dangers of hypertension.

The results of this study show that before being given health promotion about the dangers of hypertension, the knowledge of pregnant women is lacking, which can be

seen from 62 respondents with a minimum value of 25 while the maximum value is only 60 with a mean score of 1.1613, where this can be caused by lack of knowledge of pregnant women and lack of information obtained both at home, work place and living environment. From the results of the study, it was found that respondents who had a level of education, namely Elementary School (SD), totaled 22 people (35.4%), Junior High School (SMP), amounted to 11 people (17.7%), Senior High School (SMA), amounting to 18 people (29.1%), while those with tertiary education levels were 8 people (12.9%) and academic education levels were 3 people (4.8%). From the research results also found that respondents who have jobs as housewives are as many as 22 people (35.4%), work as entrepreneurs, namely 17 people (27.4%), work as teachers (SD, SMP, SMA) totaling 8 people (12.9%), while those working as farmers were 12 people (19.3%), and those working as health workers and policewomen were 3 people (4.8%). From the results of the questionnaire about the pre-test questions, it is known that the number of questions with the least number of correct questions is that hypertension in pregnant women does not have signs and symptoms and hypertension in pregnant women cannot be prevented. pregnant women who are in the hall of the Tanjungbatu Health Center, this is because the pregnant women who are respondents are pregnant women who rarely check themselves and their families at the Tanjungbatu Health Center. disturbing pregnant women at the time of the study.

Based on the research results, the conclusion of the researcher regarding the knowledge of pregnant women who are still lacking in the working area of the Tanjungbatu Health Center is influenced by several things, namely the low level of education where elementary school (SD) graduates are the largest with a total of 22

people from 62 respondents. Then the knowledge of pregnant women who are still less influenced by work backgrounds who mostly work as farmers and housewives (IRT), the knowledge of pregnant women in the Tanjungbatu Health Center Work Area which is still lacking is also influenced by the existence of several areas in the Tanjungbatu Health Center work area. who have not received electricity supply to obtain information and areas that are difficult to reach, both transportation for health workers and people who want to come for treatment and counseling to health services.

This is in accordance with the theory of Notoadmodjo (2012), the level of education, exposure to mass media and the environment as one of the factors for someone to get information is very influential on one's knowledge of something which then becomes the understanding and actions that someone will take.

CONCLUSION

It is known that there is an average score on the knowledge of pregnant women about the dangers of hypertension, namely 1.1613 with 20 questions and 62 respondents.

SUGGESTION

For the Health Office to be able to disseminate the dangers of hypertension during pregnancy through mass media (TV, radio, magazines, and newspapers).

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