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Socialization of the Use of Kersen Leaf Boiled Water (*Muntingia calabura*) as a Nonpharmacological Therapy for Hypertension in the Elderly in Mojosarirejo Village, Driyorejo District, Gresik Regency in 2023

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A B S T R A C T

Hypertension is an increase in blood pressure in the arteries. Hypertension is an asymptomatic condition, in which abnormally high pressure in the arteries leads to an increased risk of stroke, aneurysm, heart failure, heart attack and kidney damage. One of the non-pharmacological therapies to reduce hypertension is a decoction of kersen leaves. To identify the level of knowledge that kersen leaf boiled water can help reduce hypertension in Mojosarirejo Village, Driyorejo District, Gresik Regency in 2023. The method used is the lecture method with the media of posters and leaflets. From the results of the study, there were 34 respondents who had knowledge about the benefits of kersen leaf decoction for hypertension patients, namely 5 people (15%), while those who did not have Knowledge about the benefits of kersen leaf decoction for hypertension patients is as many as 29 people (85%).

INTRODUCTION

The elderly are at an advanced stage of a life process characterized by a decrease in the body's ability to adapt to environmental stress, and are helpless to meet daily needs alone (Effendi, 2009). These conditions affect lifestyle changes, stress, diet, and physical activity. Reduced physical activity and consumption of foods that contain a lot of salt will trigger the emergence of degenerative diseases, one of which is hypertension.

According to the World Health Organization in 2011, there are about one billion people in the world suffering from hypertension and two-thirds of them are in countries with low-middle income development such as Africa. The prevalence of hypertension is estimated to continue to increase by 2025 as many as 29% of adults worldwide suffer from hypertension, while in Indonesia the figure reaches 31.7%. Essential hypertension accounts for 95% of all hypertension cases (Ministry of Health of the Republic of Indonesia, 2017).

The results of a preliminary study conducted by researchers in Mojosarirejo Village on Monday, July 17, 2023, there were 55 people from the Griya Kencana housing after a survey was conducted at the elderly posyandu in Mojosarirejo village. that there are 34 elderly people who suffer from hypertension. From the

results of interviews conducted by the researchers, the hypertensive patients have been consuming drugs from the health center to reduce hypertension.

Hypertension causes vascular damage and will cause blockages in the blood vessels, then vasoconstriction occurs, and circulatory disorders occur so that hypertension occur. As a result of this, eating will cause many symptoms that are caused, namely sleep pattern disorders, cerebral tissue perfusion disorders, blurred vision, decreased cardiac output, activity intolerance (Simanjuntak & Situmorang, 2022).

This problem is very dangerous to health, so people try to always maintain their health. There are two ways to overcome hypertension, namely with pharmacological and non-pharmacological treatments. Pharmacological treatment is carried out by consuming drugs that contain antioxidants. However, drugs have a bad impact on the kidneys, considering that the function of the kidneys is as a filter for toxins. This is also shown by the increasing public knowledge about the side effects of drugs on the kidneys if consumed long-term (Susiwati, 2018).

Non-pharmacological treatment of hypertension can be done by consuming low-salt foods, preventing obesity, increasing physical activity and using herbal plants. Herbal plants have now been widely used by the Indonesian people to overcome various diseases (Benge, Mbulang, & Naja, 2020). One of the herbal ingredients that can be used as an alternative to hypertension treatment is kersen leaves.

Kersen leaves contain saponins and flavonoids that can work as antioxidants. Drinking a decoction of kersen leaves (*Muntingia calabura*) is good for protecting heart function and possible damage due to toxins entering the body (Nindy, 2015). Thus, kersen leaves can be used as an alternative to herbal medicine.

Currently, hypertension occurs in many people, especially in the elderly, but public knowledge in recognizing hypertension and efforts for herbal treatment is still Minimal. One of them is the use of kersen leaves which are widely found in the environment around the residence. There is a study conducted by Dwi & Syam (2017) on rats who were given a drink of kersen leaf extract, the results showed that there was a decrease in hypertension levels on day 7th with a dose of 50mg/kg BB.

In this study, a decoction of kersen leaves is used, which of course will be easier to make. The use of kersen leaf decoction on blood hypertension levels has never been tested in humans. So, the author is interested in finding out the Effect of Giving Boiled Water of Kersen Leaves (*Muntingia calabura*) on Hypertension in the Elderly in Mojosarirejo Village, Driyorejo District, Gresik Regency in 2023.

METHOD

a. Preparation Stage

The first step of this activity is to carry out permits to the health center and coordinate with elderly posyandu cadres, researchers make initial planning, prepare leaflets and demonstrations, as well as prepare places and other equipment. The leaflet was made on Friday, August 4, 2023.

b. Implementation Stage

Education about hypertension and a demonstration of processing kersen leaves into herbal tea was held on August 5, 2023. The method used is the lecture method with poster and leaflet media.

c. Evaluation

1) Structure

Researchers conduct counseling for the elderly who experience hypertension by the interview method, then blood pressure checks, and provide samples from kersen leaf boiled water, this is done so that hypertension sufferers Having knowledge that Kersen leaf boiled water can help reduce hypertension, this study was conducted on August 5, 2023.

2) Process

The activity was held at 08.00 – 10.00 WIB in accordance with the rundown.

RESULT AND DISCUSSION

The results of a study on elderly respondents conducted at the elderly posyandu in Griya Kencana housing in 2023, about the benefits of kersen leaf decoction on the blood pressure of sufferers hypertension, namely from 34 respondents who had knowledge about the benefits of kersen leaf decoction for hypertension patients, namely 5 people (15%), while those who did not have knowledge about the benefits of kersen leaf decoction for hypertensive patients, namely 29 people (85%)).

The respondent's lack of knowledge about hypertension affects respondents' compliance in carrying out treatment. Respondents with a good level of knowledge will be compliant with treatment. If the respondent has good knowledge, he can manage hypertension so that the condition becomes better. After counseling about the benefits of kersen leaf decoction, there are many respondents who have begun to know about the benefits of kersen leaf decoction for hypertension sufferers. So, that respondents can implement it in their daily lives. The benefits of kersen leaf decoction are that it can reduce high blood pressure levels.

The following are pictures of counseling activities, checking blood pressure and giving kersen leaf decoction:



Figure 3.1 Implementation of counseling, blood pressure checks and administration of kersen leaf decoction.

CONCLUSION

Based on the results of counseling about the administration of kersen leaf decoction to the elderly with hypertension, many elderly people are enthusiastic about the activity so that they can. It is predicted that the elderly implement it in their daily lives, because the decoction of kersen leaves is easy to make and the taste is not bitter and does not cause a pungent odor. Kersen leaf decoction has many benefits, especially for hypertension sufferers because it contains katif compounds that are believed to reduce hypertension or high blood pressure in sufferers. In hypertension suffered by the elderly, it is recommended to consume foods high in fiber and low in fat, limit the amount of salt intake, and check blood pressure regularly.

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