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Education on the Importance of Diet Pattern Settings and Implementation Juice Star Shine for Hypertension Sufferers

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ABSTRACT

Hypertension is the number one cause of death in the world every year. Hypertension is now a major problem for all of us, not only in Indonesia but in the world, because hypertension is one of the entry points or risk factors for diseases such as heart disease, kidney failure, diabetes, stroke. The problems that will be addressed in this community service program are increasing public knowledge about the importance of regulating diet and implementing or providing star shine juice for hypertension sufferers in Kebonsari Village, Surabaya. The method used is to gather patients and/or their families then provide health education and conduct blood pressure checks. Education and training use lecture methods, questions and answers and direct demonstrations. A pre-test is conducted before education and training are given. Meanwhile, to determine the increase in respondent knowledge, it can be determined by comparing the results of the post-test with the results of the pre-test. The level of knowledge of hypertension sufferers and their families increased after being given health education on the management of hypertension which includes regulating diet and implementing or giving star shine juice. Sufferers and their families have been able to make star shine juice as a health drink to lower high blood pressure. The outputs of this community service activity are reports that have been published in national journals, online or offline mass media, HAKI, and reports on improving community capabilities.

INTRODUCTION

Cardiovascular disease is a major health problem in both developed and developing countries. Hypertension is the number one cause of death in the world every year. Hypertension is now a major problem for all of us, not only in Indonesia but in the world, because hypertension is one of the entry points or risk factors for diseases such as heart disease, kidney failure, diabetes, stroke. The World Health Organization (WHO) in 2015 showed that around 1.13 billion people in the world have hypertension, meaning that 1 in 3 people in the world are diagnosed with hypertension. The number of people with hypertension continues to increase every year and it is estimated that every year 9.4 million people die from hypertension and its complications. Hypertension occurs in the age group 31-44 years (31.6%), age 45-54 years (45.3%), age 55-64 years (55.2%). The 2018 Riskesdas data on the population aged 15 years and over obtained data on hypertension risk factors such as the proportion of people who eat less vegetables and fruit of 95.5%, the proportion of less physical activity 35.5%, the proportion of smoking 29.3%, the proportion of central obesity 31% and the proportion of general obesity 21.8% (Ministry of Health of the Republic of Indonesia, 2019).

Primary hypertension is hypertension whose cause is not yet known for certain. Those who suffer from this hypertension do not show any symptoms and are only found out when checking their health with a doctor, therefore hypertension is called a silent killer. Hypertension is the most important risk factor for kidney failure and stroke. Efforts to control blood pressure to keep it stable in general are in two ways, namely pharmacotherapy and changing lifestyle. A healthy lifestyle must be applied to people with hypertension. Back to nature or returning to nature is one safe choice, because it emphasizes treatment without chemical drugs. Therapy using certain fruit and vegetable juices is the right choice. The nutrients contained in the juice are very easily absorbed by the body. In addition to its healthy properties, fruit and vegetable juices are also popular because they taste good and fresh. One of the fruit juices that can lower blood pressure in people with hypertension is star shine juice, a mixture of star fruit and watermelon juices that are given regularly (DB Susanto, 2017).

METHOD

The problem addressed in this community service program is increasing public knowledge about the importance of regulating diet and implementing star shine juice for hypertension sufferers. The method used is to gather sufferers and/or their families then provide health education and training in making star shine juice and conduct blood pressure checks.

RESULT AND DISCUSSION

The results achieved from implementing community service program activities are as follows:

1. Increasing public knowledge about hypertension and regulate his diet
2. Providing training in making Star Shine juice, a health drink that can lower blood pressure.
3. Perform a blood pressure check.

Table 1. Distribution pf respondent by gender

No	Gender	Amount
1	Male	23
2	Female	13
Total		36

Based on table 1, the results show that the majority of respondents were female, namely 33 people (64%).

Table 2. Distribution of respondent by age

No	Age	Amount
1	31 – 40 years	4
2	41 – 50 years	11
3	>50 years	21
Total		36

Based on table 2, the results show that the majority of respondents were female, namely 33 people (64%).

Table 3. Distribution of respondent based on level of knowledge

Pre Test				Post Test			
KnowledgeNot enough		KnowledgeGood		KnowledgeNot enough		KnowledgeGood	
N	%	N	%	N	%	N	%
28	77	8	23	10	28	26	72

Based on table 3, the results of the pre-test and post-test showed that the level of good knowledge about hypertension and its management, which includes regulating diet and making Star Shine juice, increased from 23% to 72%.

Table 4. Distribution of respondent on blood pressure checks

Normal		Hypertension	
	%		%
12	34	24	66

The effectiveness of health counseling in improving community health.

Health counseling activities in community service useful in improving public health, especially for the management of hypertension. This health education can improve public knowledge and independence so that it is expected to be able to take preventive measures against early recurrence of the disease.

Hypertension can be cured not only with medication, but also without medication, namely by changing lifestyle. Of course, taking medication is relatively easier to implement compared to changing lifestyle. This is because changing lifestyle requires determination and discipline in its implementation. Some of the main keys in changing lifestyle for hypertension treatment are as follows: reducing excess weight, limiting alcohol intake, exercising regularly, limiting sodium (salt) intake, quitting smoking, reducing fat, maintaining potassium intake.

Back to nature or back to nature is one of the safe choices to control blood pressure in hypertension sufferers because it emphasizes treatment without chemical drugs. Fruit juice therapy is the right choice. The nutrients contained in the juice are very easily absorbed by the body and are also liked because they taste good and fresh. One of the fruit juices that can lower blood pressure in hypertension sufferers is star shine juice, a mixture of star fruit and watermelon juice that is given regularly. Star fruit and watermelon contain high potassium which acts as a vasodilator for blood vessels.

Material: Sweet starfruit 200 grams or 1 fruit, sweet watermelon 200 grams or 1 fruit, Boiled water to taste, ice cubes to taste.

How to make: Put the starfruit and watermelon into a blender then process until smooth, if it is too thick add enough boiled water, transfer to a glass and add ice cubes to taste.

How to use: Drink twice a day, morning and evening.

CONCLUSION

The level of knowledge of hypertension sufferers and their families increased after being given health education about hypertension and its management which includes regulating diet and training in making star shine juice. This health education can foster healthy living behavior and early prevention of disease recurrence in everyday life.

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