

Counseling Hypertension and Giving “Seru Gasipala Juice” In Elderly Women on Gandul Neighborhood 02 Cinere Village, Depok

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Abstract

Background: In the target area in Gandul Village, there were 59 elderly women for the January–March 2023 period; 81.4% of hypertensive elderly women, and 66% did not routine check their health conditions at the nearest health service.

Objective: Diagram the formulation of problems or needs based on the priority of problems related to non-communicable diseases and women's health throughout their life cycle together with the community.

Methodology: The data taken was secondary data that we got from Cinere Health Centre. The method for prioritizing problems used the ultrasound method. So we determined problem of hypertension in elderly women was the main problem that occurs in Gandul Village area at this community station.

Results: It was found that 81.4% of elderly women suffered from hypertension between January and March 2023. Therefore, the group intervened in the form of counseling on hypertension and providing nutrition for Seru Gasipala Juice (celery, orange, and papaya juice), which can help reduce high blood pressure in elderly women.

Conclusion: Counseling on "Increasing the Knowledge of Elderly Women about Hypertension by Giving Celery, Orange, and Papaya Juice in Gandul Village" can help reduce and prevent high blood pressure. Increased knowledge and skills for health counseling participants about juicing with the lecture method. The empowerment of midwives and cadres in blood pressure monitoring expected to be well realized by giving several examples of how to give celery, orange, and papaya juice.

Keywords: Celery, Elderly, Hypertension, Orange, Papaya, Woman

Introduction

Community Midwife is a professional midwife service aimed at the community with an emphasis on high risk groups with an effort to optimal health through disease prevention, health improvement, ensuring the affordability of necessary health services, and involving clients as

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partners in planning, implementing and evaluating midwifery services. Community Midwifery Services is an effort made by midwives to solve maternal and toddler health problems in families in the community. Community midwifery services are conducted outside hospitals or institutions.¹

Cinere Health Center which has a vision to become the best health center of Depok City. And one of its missions is to improve the quality of public health services as a whole and to be able to carry out sustainable activities to improve quality of human resource competencies.

Based on the FGD (Forum Group Discussion), Cinere Health Center has priority health problems, one of which is non-communicable diseases, namely hypertension in the elderly and diabetes in the elderly. The number of elderly women known to be more in Gandul village and it is known that the majority of people with hypertension were elderly women.

Based on the results of interviews and data obtained from midwives of the Cinere Health Center, the health problems of elderly women have not resolved completely. Especially the incidence of hypertension in elderly women in Gandul village is still quite high. Data on the elderly who visited the Integrated Healthcare Center at Cinere Health Center for the January-March 2023 period there were 59 elderly women, there were 44 elderly women with hypertension (81.4%) and it was found that 29 people (66%) did not routinely check their health conditions to the nearest health service.

In relation to the above, we have carried out community midwifery practices in Gandul Village with the title *"Report on Community Service activities in Gandul Neighbourhood 02 Depok Village, West Java in 2023"*. This report is authentic evidence that can describe all series of activities in the field from the planning process to the evaluation of activities accompanied by other supporting documents.

Method

The method used start from situation analysis with Focus Group Discussion (FGD), continued problem identification, and determining problem priorities using an approach tool, namely the ultrasound method (*Urgency, Seriousness, Growth*). One of the methods we apply is by *Focus Group Discussion* (FGD).^{2,3} The next stage after determining the priority of the problem was determine Planning for Implementation of activities agreed with the citizens. The agreement was set forth in *Planning Of Action* (POA) with the problem of the persistence of hypertension incidence in elderly women. It is planned that the activity will be held on Saturday, May 27 at

PMB Bd. Rini Gandul Village RW 02, Cinere, Depok City, for counseling about hypertension and how to prevent it, and the application of innovation.

Results

Table 1.
Priority of Problems With Ultrasound Tables

PROBLEM	U	S	G	TOTAL
HYPERTENSION	5	5	4	14
DIABETES MELLITUS	4	4	4	12

Based on the results of the FGD, elderly women with hypertension were obtained in the January-March 2023 period in the RW 02 Gandul Village area.

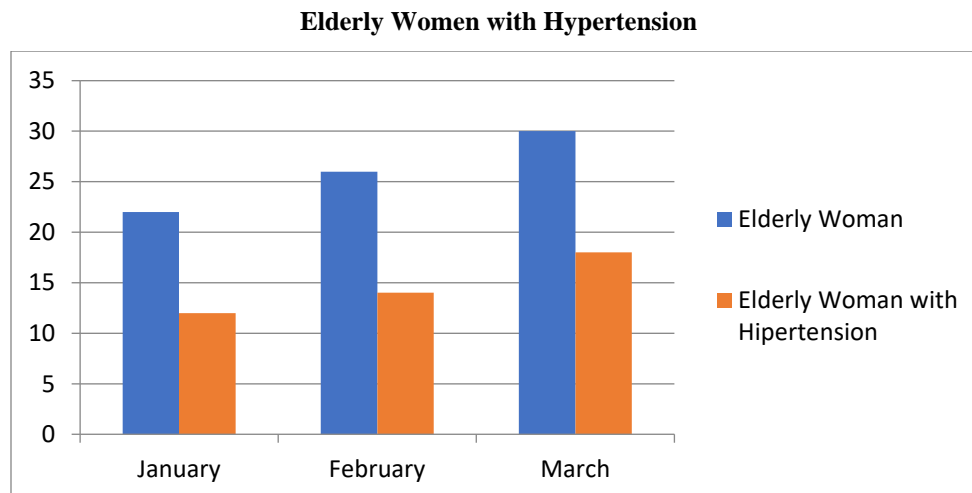


Figure 1. Incidence of Hypertension in Elderly Women in Gandul Village
Source: 2023 Survey Results

Based on the results of the FGD, 44 elderly women with hypertension in the January-March 2023 period in the Gandul Village area were obtained.

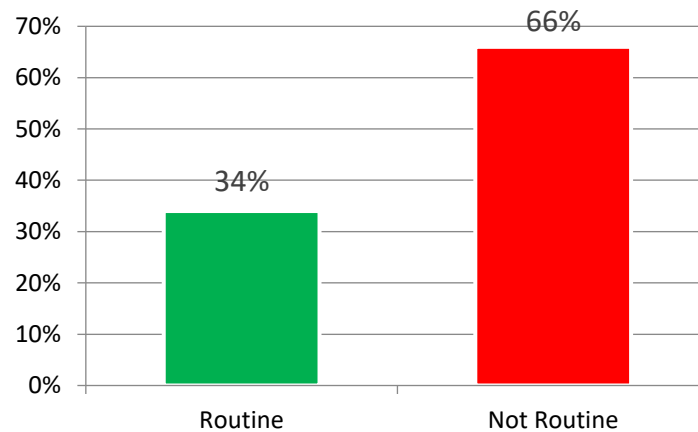


Figure 2. Number of Elderly Women with Hypertension
Source: 2023 Survey Results

Based on the table there was 44 elderly women with hypertension for the January-March 2023 period, there are 66% who do not routinely check their health.

After discussion, it was decided on the priority issue with the ultrasound table and got the highest result, namely 14 is about elderly women with hypertension . The next stage after determining the priority of the problem is to determine the planning for the implementation of activities agreed with the citizens.

Table 2.
POA (Planning Of Action)

Problem	Purpose	Goal	Implementation	Time and Place
High incidence of hypertension in elderly women	Decreased incidence of hypertension in elderly women	Elderly Women	Introduction to the use of herbs Celery Leaf, Citrus Fruit, and Papaya Fruit	Saturday, May 27 at PMB Bd. Rini, Gandul Village RW 02, Cinere, Depok

Discussion

Based on the results of interviews and data obtained from midwives of the Cinere Health Center, the health problems of elderly women have not been completely resolved. Especially the incidence of hypertension in elderly women in Gandul village is still quite high. Data on the elderly

who visited the posbindu at the Cinere Health Center for the January-March 2023 period there were 59 elderly women, there were 44 elderly women with hypertension (81.4%) and it was found that 29 people (66%) did not routinely check their health conditions to the nearest health service.

The group's innovations applied with nonpharmacological complementary care are celery, orange and papaya juice "**Seru Gasipala Juice**". This innovation utilizes materials that easily available to elderly women. We apply this innovation based on research that has been done by several researchers to help reduce high blood pressure numbers.

To reduce the incidence of hypertension in elderly women is done by taking antihypertensive drugs regularly, but must be supported and assisted by providing low salt food intake and fruits that contain substances that can dilate blood vessels. One type of vegetables and fruits that contain substances to dilate blood vessels is Celery contains apigenin which can prevent narrowing of blood vessels.⁴ One that can be done to reduce blood pressure besides celery is orange (citrus). The content of citrus fruits (citrus), namely vitamin C, is a food that contains nutrients and is low in calories. With potassium content as much as 326 mg and does not contain sodium, eating this fruit is one of the best blood pressure lowering fruits and can also be used for diet. Then papaya fruit contains the enzyme papain, this enzyme can prevent arginine protein. L-arginine is a substrate for the production of endothelial nitric oxide, the primary regulator for arterial blood pressure through potential vasodilating effects. L-arginine can be synthesized from L-citrulline through the citrulline, no cycle which causes an increase in endothelial nitric oxide production. Nitric oxide synthesized from the inside of blood vessels causes relaxation of blood vessels thereby lowering blood pressure.⁵

"Seru Gasipala Juice"

Ingredients needed:

1. 2 stalks Celery
2. 2 squeezed oranges
3. 1 piece Papaya cut into small pieces
4. Ordinary boiled water 200ml
5. Ice cubes

How to make it:

1. Wash and clean all materials that will be used

2. Put the cleaned ingredients into the blender or Juicer
3. Add ice and 200ml plain water to the blender or Juicer
4. Puree the ingredients in the blender until all mixed
5. Strain the juice before serving
6. Serve cold for more delicious



Figure 1 Counseling on Hypertension in Elderly Women



Figure 2 Juice Results with Celery, Orange, Papaya

Conclusion

This activity is in accordance with the priority problems we encountered in Gandul Village. This data collection ran smoothly thanks to the collaboration with the Head of Health Center, Coordinating Midwives, Gandul Village Cadres and local community leaders. This is in accordance with the theory that in handling community cases there is good cooperation between the local area and the place of service, support from cadres and local community leaders. Hopefully the innovations we make can be useful for the community, Nasional University (UNAS) students

in order to carry out Community Stase activities, UNAS as an institution that provides support and local Health Center, we hoped that IEC giving activities to the community can be carried out regularly and programmatically both by the Cinere Health Center as an effort to improve the degree of health in the elderly, especially those who are female and it is hoped that promotive and preventive activities can continue to run with guidance and supervision from the Cinere Health Center, Depok with support from cadres and community leaders.

Celery, oranges and papaya are proven to be one of the natural traditional alternative choices to help reduce hypertension. Celery contains apigenin which can prevent narrowing of blood vessels. The content of citrus fruits (citrus), namely vitamin C, is one of the best blood pressure lowering fruits and can also be used for diet. Then papaya fruit contains the enzyme papain, which causes relaxation of blood vessels thereby lowering blood pressure [5].

Acknowledgments

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3. All parties who have attended, invited guests, who cannot be mentioned one by one.

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