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**ORIGINAL RESEARCH**

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**IMPROVED THE BEHAVIOR OF THE PREVENTION OF RECURRENCE OF HYPERTENSION ON THE ELDERLY THROUGH EMPOWERMENT SUPPORT GROUP**

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<b>ABSTRACT</b>	<b>Keywords</b>
<p>Hypertension in the elderly can actually be prevented, but the lack of adequate knowledge about elderly hypertension and prevention efforts are likely to increase the number of occurrence of hypertension and hypertension occurred so often repeated (relapse). With empowerment, Support Group is expected to be an increase in the prevention of recurrence behavior of hypertension in the elderly. The purpose of the study is to know the influence of the support group against the behavior of the elderly in the prevention of recurrence of hypertension at the village and subdistrict Bicak Trowulan Mojokerto. This reseach used : pre experiments with one group pre-test and post-test design. This research sample 24 elderly by using purposive sampling technique. Data collection through the pre-test and post-test using a questionnaire about the behavior of the elderly in the prevention of recurrence of hypertension. Intervention support group provided for 8 weeks. Data processing is started from the editing, coding, scoring and tabulating. then conducted a test of a different mode. The results showed there was a positive change in behavior in the prevention of recurrence of hypertensive elderly in the village of Trowulan sub district of Mojokerto. Empowerment Support group is effective in improving the behavior of the elderly in the prevention of recurrence of hypertensive di Desa Bicak subdistrict of Mojokerto Trowulan as much as 83.4%, because of the support group is a group that teaches the assistance and guiding the elderly behave healthy life which will result in reducing or eliminating personal and social problems.</p>	<p><b>Hypertension, Elderly, Support Group</b></p>

## INTRODUCTION

The current modernization led to lifestyle changes in society, such as excessive eating habits, too much activity, much less smoke, and breaks. The lifestyle patterns and cause heart disease and blood vessels many attacks, especially residents of the age above 40 years old. One of them, namely the onset of high blood disease or often called with hypertension (Wirjowidagdo, 2005). Hypertension in the elderly can actually be prevented, but the lack of adequate public knowledge about hypertension and prevention efforts are likely to increase the number of occurrence of hypertension and hypertension occurred so often repeated (Wahid, 2008).

The level of education, communication and information, culture, and one's personal experiences affect behavior about health. By getting the right information, the provision of elderly is expected to get enough knowledge to be able to implement the healthy living behaviors and can lower the risk of degenerative disease especially hypertension (Notoatmodjo, 2005). When an elderly suffered ill elderly it will certainly need support from others to reduce stress, anxiety, depression as well as be able to share about the difficulty, about the perceived burden of life. Efforts that can be made is to use the therapy or support groups are often called the Support Group. The support group is the group help to reduce or eliminate personal and social problems.

The support group will teach and guide elderly behaves live a healthy life for the prevention of recurrence of hypertension in the elderly.

The Riskesdas 2013 showed the prevalence of hypertension 25.8% (Depkes, 2013). The results of a survey of college students conducted in Nersis at the village and subdistrict Bicak Trowulan Mojokerto in November 2015 obtained the number of elderly people and 64 19 people (31%) experiencing hypertension. The results of the interview on November 21, 2017, retrieved data on 10 elderly obtained 4 elderly (40%) still do not know if it was the stress and lack of exercise can lead to hypertension, 3 elderly (30%) say still love to consume fish preserves with salt, 5 elderly (50%) to rarely posyandu elderly. The results of the interviews of elderly cadres of posyandu activities said the less active, the average elderly visits to posyandu about 30% of the total number of elderly. Posyandu activities implementation of the elderly in conjunction with toddler and posyandu cadre also does not exist and had never received training related posyandu elderly.

Causes of hypertension can be differentiated into primary and secondary hypertension. Primary hypertension tends to be affected due to heredity and lifestyle of a person. While secondary hypertension occurs happens due to complications from other diseases such as kidney, hormonal abnormalities, drugs. Hypertension will

become serious health problems if not controlled. Hypertension can lead to dangerous complications and fatal such as stroke, coronary heart disease, and kidney failure until death (Widyanto, 2013).

One of the intervention group, which has been used successfully in several studies is a support group. A support group is a group of people with a shared bond who voluntarily come together to provide support and help to solve the problem of others (Knight 2006). Mubarak (2011) tells that the influential environmental knowledge into the process of inclusion of individuals who are in the environment. Disease prevention is an important component of health care, given the disease hypertension can cause strokes even death without known symptoms. Recurrence of hypertension can be prevented by empowerment support group in the prevention of recurrence of hypertension. The support group will provide support and guide elderly hypertensive recurrence prevention efforts in, among others, through extension, controlling diet and blood pressure elderly, taught herbal medicine and gymnastics as well as motivating the elderly make a visit to posyandu. With empowerment, Support Group is expected to be an increase in the prevention of recurrence behavior of hypertension in the elderly. Based on the above background, then researchers interested in elevating the issue of the

influence of the support group against the behavior of the elderly in the prevention of recurrence of hypertension at the village and subdistrict Bicak Trowulan Mojokerto.

## MATERIALS AND METHODS

The design used was pre experiments with one group pretest and posttest design. On the research of this population are all elderly in the village of Trowulan Mojokerto. This research sample 24 elderly by using purposive sampling technique. This research was conducted in the village of Trowulan Mojokerto in November 2015 – October 2016. The data is drawn through pre-test and post-test using a questionnaire about the behavior of the elderly in the prevention of recurrence of hypertension. Intervention support group provided for 8 weeks. Data processing in editing, coding, scoring and tabulating. Data analysis using the Wilcoxon test.

## RESULTS

Table 1. The distribution of the influence of the Empowerment Support Group Against the behavior of the Elderly in the prevention of recurrence of hypertension at the Bicak village subdistrict Trowulan Mojokerto is before and after the intervention.

Influence of the Empowerment Support Group Against the behavior of the Elderly in the prevention of recurrence of hypertension before and after the intervention	Positi ve N	Negati ve N	All of the respondent N			
			1	2	3	4
Before intervention	5	0	1	50	2	10
After intervention	8	3	4	17	2	10

## DISCUSSION

The results showed there was influence empowerment Support group against the behavior of the elderly in the prevention of recurrence of hypertension at the village and subdistrict Bicak Trowulan Mojokerto (*p value* : 0.000). Empowerment Support group is effective in improving the behavior of the elderly in the prevention of recurrence of hypertension at the village and sub district Bicak Trowulan Mojokerto as much as 83.4%. The level of education, communication and information, culture, and one's personal experiences affect behavior about health. By getting the right information, the provision of elderly is expected to get enough knowledge to be able to implement the healthy living behaviors and can lower the risk of degenerative disease especially hypertension (Notoatmodjo, 2010). When an elderly suffered ill elderly it will certainly need support from

others to reduce stress, anxiety, depression as well as be able to share about the difficulty, about the perceived burden of life. Efforts that can be made is to use the therapy or support groups are often called the Support Group. The Support Group is the group help to reduce or eliminate personal and social problems. The Support Group will teach and guide elderly behaves live a healthy life for the prevention of recurrence of hypertension in the elderly.

Recurrence of hypertension can be prevented by empowerment support group in the prevention of recurrence of hypertension. The support group will provide support and guide elderly hypertensive recurrence prevention efforts in, among others, through extension, controlling diet and blood pressure elderly, taught herbal medicine and gymnastics as well as motivating the elderly make a visit to the posyandu. With empowerment, Support Group will be an increase in the prevention of recurrence behavior of hypertension in the elderly.

On the results of the study also obtained 4 respondents (16.6%) did not experience an increase in the prevention of recurrence behavior of hypertension. The suggests that education influences the behavior of a person (Notoatmodjo, 2010). Education played an important role, the higher education is increasingly receptive to things – new things and can adjust easily. Higher education allows one can receive information about the knowledge to

good use. The lower education allows a person to receive information more difficult.

## CONCLUSIONS

Based on the results of the research that has been done, then it can be summed up as follows: there is an influence of the empowerment Support group against the behavior of the elderly in the prevention of recurrence of hypertension at the village and subdistrict Bicak Trowulan Mojokerto. Empowerment Support group is effective in improving the behavior of the elderly in the prevention of recurrence of hypertension in the hamlet of Bicak Village Sub-district Trowulan Mojokerto as much as 83.4%.

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