The Relationship between Structured Health Education About Breastfeeding Against Exclusive Breastfeeding Status

Hasiantirisna 1

1 Institut Ilmu Kesehatan Pelamonia Makassar, Sulawesi Selatan, Indonesia

ABSTRACT

Exclusive breastfeeding (ASI) is breastfeeding without other food and drinks. Exclusive breastfeeding is recommended until the first 6 months of life (Ministry of Health, 2005). The benefits of breastfeeding for babies, exclusive breastfeeding is food with the most suitable nutritional content for the baby’s needs, protects against various infections and provides a loving relationship that supports all aspects of baby’s development, including the health and intelligence of the baby. Objective-based research design included correlational analytics with approach cross sectional. All mothers who have infants aged 7 months - 2 years at the health center in 2016 as many as 135 respondents with the technique Simple Random Sampling obtained 79 respondents. Data analysis used univariate analysis and bivariate analysis with statistical tests who squares (X2). The results of the research conducted showed that half of the mothers had never received structured health education about breastfeeding and the status of exclusive breastfeeding for toddlers at the health center was mostly not exclusive breastfeeding. The results of the analysis show that there is a relationship between structured health education about breastfeeding and the status of exclusive breastfeeding for toddlers at the health center. It is expected that health workers need to be active in participating in posyandu activities so that they can provide structured health education to mothers regarding the importance of exclusive breastfeeding.

1. Introduction

High blood pressure or Hypertension (hypertension) is a condition in which a person experiences an increase in blood pressure above normal as indicated by the Systolic (top) and Diastolic (bottom number) numbers on a blood pressure check using a blood pressure measuring instrument either in the form of a mercury cuff (sphygmomanometer) or as well as other digital tools (Rudianto, 2013). Hypertension can be defined as high blood pressure where the systolic pressure is above 140 mmHg and the diastolic pressure is above 90 mmHg (Smeltzer & Bare, 2001).

Menopause which means the cessation of menstrual periods menopause is defined as a period when physiologically the menstrual cycle stops, this is related to the elderly level of women (Smart, 2010). Menopause is defined clinically as the time when a woman does not experience menstruation for one year, which begins with irregular menstrual periods and is followed by the cessation of menstrual periods (Kusmiran, 2012).

According to a survey conducted by the World Health Organization (WHO) in 2000, the world's population suffering from hypertension is around 26.6% for men and around 26.1% for women and it is estimated that by 2025 the number will increase to 29.2. The prevalence of hypertension sufferers in Indonesia continues to increase, the results of the Household Health Survey (SKRT) in 2000 amounted to 21% to 26.4% and 27.5% in 2001 and 2004. Furthermore, it is estimated to increase again to 37% in 2015 and to 42% in 2025. According to data from
the Ministry of Health of the Republic of Indonesia in 2009 it showed that hypertension was 29.6% and increased to 34.1% in 2010. (Apriany, 2012).

Data from the Kediri City Health Office, the number of elderly people in 2015 was 27,128 people who received health services at 55.92% with details of menopausal women as many as 9,501 people with a presentation of 63.92%. Furthermore, in 2015 the population was \( \geq 18 \) years of age with 107,120 women, 89,578 women with a presentation of 83.62% and 16,357 women with hypertension/high blood pressure with a presentation of 18.26%. (Kediri City Health Office Profile, 2015)

Based on the results of an initial survey conducted in the working area of the Sukorame Health Center in 2015, there were 1,844 menopausal people with a presentation of 23.15% affected by hypertension. From the data obtained, the number of menopausal patients at the corner posyandu was 73 people, with hypertension as many as 40 people (54.79%) compared to other diseases such as digestive diseases 10 people (13.69%), respiratory diseases 12 people (16.43 %) and other co-morbidities. From the data above, it is known that most menopausal women experience hypertension, so it can be concluded that there are still many menopausal women who experience hypertension.

Factors that cause hypertension in general that can affect our bodies and easily suffer from hypertension include toxins, genetic factors, over 60 years of age have blood pressure greater than 140/90 with age, gender, ethnicity, stress, obesity (obesity), smoking, drugs, consuming alcohol, caffeine, lack of exercise and in people with high cholesterol (Taddie, 2009).

The impact of hypertension for postmenopausal women can occur complications such as heart problems, narrowed arteries, kidney disorders, eye damage and stroke or brain damage. If there is no decline that can improve the health of menopausal women (Taddie, 2009).

The solution to reducing morbidity is by increasing activities to regulate diet, as well as consuming more fruits and vegetables (Whisnu, 2010). Hypertension can be controlled by always taking anti-hypertensive drugs and always controlling blood pressure. People with high blood pressure can also control high blood pressure by avoiding foods that are high in cholesterol and contain lots of fat. Treatment of hypertension is combined with various complexes of diuretic drugs such as hydrochlorothiazide and lasix. Beta carotene, potassium and potassium routinely, taking anti-hypertensive drugs, high blood pressure can also be treated with traditional or herbal medicines (Arturo, 2012, in Nasir, 2012).

For the treatment of hypertension, people have used many herbal plants such as cucumber, garlic, chayote, celery, watermelon, bay leaves, sweet star fruit, tomatoes and many other fruits and vegetables that can be used in herbal medicine (non-pharmacological) (Arturo, 2012, in Nasir, 2012).

Research shows that fruit juice for high blood pressure consumed in the morning besides being able to refresh the body, will be completely absorbed by the intestines and at 08.00-11.00 shows blood pressure reaches the highest number. This therapy can be done by consuming one for which can be served in the form of juice accompanied by honey which can affect blood pressure such as sweet star fruit juice. (Wake Up, 2010)

As one of the alternative treatments that are non-pharmacological, star fruit and honey are expected to be a new breakthrough in dealing with high blood pressure. Refreshing fruit taste, easy to obtain, fruit juice that is easily absorbed, sweet star fruit is also somewhat cheaper and economical when compared to pharmacological treatment costs. (Intanwidya, 2005)
The known ingredients in star fruit are potassium, flavonoids, alkaloi, protein, calcium, phosphorus, fat, iron, vitamins A, B, and C. Sweet star fruit can be eaten directly or made into juice. This fruit is diuretic and hypotensive or can lower blood pressure (Payanti, 2010). In general, honey is composed of 17.1% water, 82.4% total carbohydrates, 0.5% protein, amino acids, vitamins and minerals (Intanwidya, 2005).

Based on the phenomenon above, researchers are interested in conducting research on the effect of giving a combination of sweet starfruit juice and honey on reducing blood pressure in postmenopausal women who have high blood pressure. Many people with high blood pressure are tired of taking blood pressure-lowering drugs because they cause dependence, if they don't take medication their blood pressure remains high. Star fruit is very well consumed by people with high blood pressure. If sodium increases blood pressure, then potassium together with chloride helps maintain osmotic pressure and acid-base balance lowers blood pressure. (Astawan, 2009).

2. Literature Review

The Effect of Giving a Combination of Sweet Carambola Juice and Honey on Reducing Menopausal Women's Blood Pressure.

Hypertension is known as "silent killer" because it occurs without signs and symptoms. Blood pressure that is continuously high for a long time can be a cause of hypertension. High blood pressure is a disease that people fear. Apart from the fact that this disease is sometimes not detected early, hypertension can cause complications or advanced disease. Impacts that often occur as a result of high blood pressure that continues and is not treated quickly include: stroke, heart attack, pulmonary edema, kidney failure, blindness, decreased hearing (Pasya and Berawi, 2016).

How to prevent hypertension from causing further complications requires proper and efficient treatment. Treatment of hypertension in general and can be done by pharmacological and non-pharmacological ways. Pharmacological treatment is treatment that uses modern drugs. Pharmacological treatment is carried out in hypertension with blood pressure of 140/90 mmHg or more (Aryati, 2012).

Diuretics have an antihypertensive effect by increasing the release of water and nutrient salts. Potassium maintains the stability of the body's electrolytes through potassium-sodium pumps, reduces the amount of water and salt in the body and loosens blood vessels so that the amount of salt in the blood vessels increases, this condition helps blood pressure to normalize (Wiryowidagdo, 2002).

Non-pharmacological treatment, is a treatment without drugs that is applied to hypertension. By means of non-pharmacological treatment, blood pressure reduction is attempted through prevention by living a healthy lifestyle and consuming natural ingredients such as fruits and vegetables (Aryati, 2012).

Treatment using drugs that contain lots of chemicals in excess and cause other effects compared to treatment using traditional medicines, besides the cost of traditional medicine is cheaper compared to other medicines. Traditional medicine can be used as another alternative in lowering blood pressure in hypertensive patients. One of them is a combination of sweet star fruit juice and honey. (Anggraini, 2012).

Starfruit can help facilitate the digestion of food, besides that starfruit can also help lower cholesterol levels in the body, and most importantly starfruit can be used to help lower one's blood pressure. The combination of phytochemicals and minerals contained in star fruit
such as potassium and calcium allows star fruit to be used as medicine to reduce hypertension (Anggraini, 2012).

Giving a combination of 200 ml of sweet starfruit juice and 1 tablespoon of honey 1 time a day given for 7 days which contains potassium (potassium) in one 127 gram star fruit is 207 mg and the fiber content is 5 g which can be used to reduce blood pressure. The results of research conducted by Ardiyanto (2014) in a study entitled the effectiveness of sweet star fruit juice on reducing blood pressure in the elderly in Tawangmas Baru sub-district, West Semarang sub-district with elderly subjects 60-75 years who suffer from hypertension, were given 200 cc of sweet star fruit juice once a day within a period of a week decreased from the previous blood pressure between 150/90 mmHg to 220/130 mmHg decreased systolic and diastolic blood after being treated with consumption of sweet starfruit juice (Ardiyanto, 2014).

Research was also conducted by Aryati Puji Lestari in 2012 with the title The effect of starfruit juice on blood pressure in menopausal hypertensive women, this type of experimental researchpre-post control group design. 200 ml of starfruit juice 2 times a day given for 7 days. The results of this study showed that giving star fruit juice had a significant effect on reducing systolic blood pressure and diastolic blood pressure after being controlled with fat and fiber intake.

Factors that cause hypertension are: toxins, genetic factors, age, gender, ethnicity, stress, obesity, smoking, drugs, alcohol, caffeine, lack of exercise and high cholesterol. There are two management of hypertension, namely pharmacological management and non-pharmacological management, non-pharmacological management includes controlling diet, consumption levels of potassium and magnesium, eating grain-type foods, activity (exercise), and stopping smoking and avoiding excessive alcohol consumption and herbal therapy namely by consuming a combination of sweet starfruit juice and honey where sweet starfruit juice contains potassium (potassium) with vasodilation reducing peripheral retention and honey containing minerals containing iron, potassium, calcium, magnesium, copper, manganese, sodium and phosphorus in acetylcholine lowers blood pressure artery.

Potassium maintains osmotic pressure in the intracellular fluid and is partially bound to protein, which then reduces hypertension. Prevent stroke, kidney failure, and heart disease. So it is expected to improve the health status of menopausal women.

3. Research Method and Materials

The research design used in this research is described including inferential research. Based on the place of research including research including field research. Based on whether there was treatment, this research was a pre-experimental study with a designone group pre-test post-test. Based on the method of data collection including comparative analytical research. Based on the data source, this research includes primary data types. Pre-test andpost-test conducted to determine whether or not there was a change in the level of readiness of the respondents who were intervened. Pre-test done before the intervention whilepost-test consumed as a result of exposure to the intervention.

The procedure carried out by the researchers to collect data (starting from searching for respondent data until obtaining data in tabulations) was preceded by a letter from the Faculty of Health, Kadiri University which had been approved by the Head of the Midwifery Study Program D.IV Midwife Educator, Faculty of Health, Kadiri University. Then take care of a permit application letter to collect the initial initial survey data to the Investment Board and then to the Kediri City Health Office and Sukorame Public Health Center. After obtaining permission from the relevant research location, the researcher looked for data on prospective respondents. After obtaining data on postmenopausal women at the posyandu, Pojok Subdistrict, Working Area
of the Sukorame Health Center, Kediri City, it was found that there were 40 menopausal women. Analytical research univariate aims to explain and describe the characteristics of each research variable (Notoadmojo, 2010). In this study, univariate analysis was used by calculating the mean mean and standard deviation of the consumption of sweet star fruit juice and honey in respondents before being given sweet starfruit juice and honey and after being given sweet starfruit juice and honey.

4. Results and Discussion

The frequency distribution of blood pressure before administration of the combination of sweet star fruit juice and honey can be interpreted that the mean systolic value was 146.25 mmHg and 95.00 diastolic, the median systolic was 145 mmHg and the diastolic was 90.00. Based on table 5.7 it can be interpreted that the systolic and diastolic blood pressure of the respondents after being given a combination of sweet star fruit juice and honey, the mean systolic value was 133.75 mmHg and 86.25 mmHg diastolic, the median systolic was 130.00 mmHg and the diastolic was 90.00 mm Hg. Then the Shapiro Wilk test is significant (p<0.05) for diastolic values before and after administration of a combination of sweet starfruit juice and honey, which means that the distribution is not normal. So the Wilcoxon Non-parametric Test was carried out as a substitute for the paired sample t test. The value of ρ is considered significant if ρ<0.05.

Based on research that was conducted in December 2016-January 2017, the results of univariate analysis in tables 5.6 and 5.7 experienced hypertension before giving a combination of sweet starfruit juice and honey, and it can be interpreted that the blood pressure of respondents before being given a combination of sweet starfruit juice and honey was the mean value with systole 146 mmHg diastole 95 mmHg.

Hypertension can result in the impact of diseases that often occur at age menopause, can increase the risk of developing heart failure, disease riskcoronary artery, enlargement of the left ventricle of the heart, diabetes, chronic kidney disease, and stroke (Herlambang, 2012). Blood pressure is determined by the amount of blood pumped from the heart to all organs and body tissues, as well as the resistance of the blood vessel wallsartery. High blood pressure occurs when the blood pumped by the heart has an abnormal speed and force. If the blood pressure is greater than the normal force, it can cause damageartery.

According to the research opinion based on table 5.1 above, it shows that most of the 16 respondents are aged 50-60 years. The older the woman, the higher the number to experiencehypertension, this is because when womenmenopause, hormoneseostrogen resulting in a decreasehigh density lipoprotein and raiselow density lipo, Therefore, plaque can arise in the blood vessels so that it occursthrombosis then finallyatherosclerosisand result in high blood pressure (wirakusumah, 2009).

In age conditionmenopause also related to hardening it arteryand getting stifferarteryandaorta loses the adjusting power of the walls so that they become inelastic and can no longer convert the blood flowing out of the heart into a smooth flow. The result is a continuous pulse wave with a high peak (systolic) and the deep valley (diastolic).

Increased blood pressure inmenopause can have a bad influence on the body, various diseases can be caused due tohypertension such as complications in the brain, complications in the eye, complications in the heart and complications in the kidneys (Palmer, 2010).

The results of the study show that hypertension is often overlooked, apart from general data, it can be seen that in addition to age, education also affects the lack of knowledge about hypertension in menopause, which is characterized by the majority of respondents having
elementary school education with a lack of knowledge from various sources. and the age before menopause is prone to all kinds of diseases, one of which is blood pressure or hypertension, most of the respondents are aged 55-60 years (100%), with basic education as many as respondents (87.5%) with the majority as housewives as many as respondents (81.3%), who do not have a history of hypertension as many as respondents (62.5%) and who do not have hypertension hereditary diseases as many respondents (81.3%), blood pressure before giving a combination of sweet starfruit juice and honey in women menopause still high. Therefore, researchers checked blood pressure and provided a solution by administering a combination of sweet starfruit juice and honey for 1 week. With this research, it is hoped that women menopause no increase in blood pressure.

the frequency distribution of blood pressure before administration of the combination of sweet star fruit juice and honey can be interpreted that the mean systolic value was 146.25 mmHg and 95.00 diastolic, the median systolic was 145 mmHg and the diastolic was 90.00. Based on table 5.7 it can be interpreted that the systolic and diastolic blood pressure of the respondents after being given a combination of sweet starfruit juice and honey, the mean systolic value was 133.75 mmHg and 86.25 mmHg diastolic, the median systolic was 130.00 mmHg and the diastolic was 90.00 mm Hg. Then the Shapiro Wilk test is significant (p<0.05) for diastolic values before and after administration of a combination of sweet starfruit juice and honey, which means that the distribution is not normal. So the Wilcoxon Non-parametric Test was carried out as a substitute for the paired sample t test. The value of p is considered significant if p<0.05.

The results of the univariate analysis showed that those who experienced hypertension before giving the combination of sweet starfruit juice and honey, and it can be interpreted that the blood pressure of the respondents before being given the combination of sweet starfruit juice and honey was the mean value with systole 146 mmHg diastole 95 mmHg.

Hypertension can result in the impact of diseases that often occur at age menopause, can increase the risk of developing heart failure, disease risk coronary artery, enlargement of the left ventricle of the heart, diabetes, chronic kidney disease, and stroke (Herlambang, 2012).

Blood pressure is determined by the amount of blood pumped from the heart to all organs and body tissues, as well as the resistance of the blood vessel walls artery. High blood pressure occurs when the blood pumped by the heart has an abnormal speed and force. If the blood pressure is greater than the normal force, it can cause damage artery.

Semost of the respondents 16 are aged 50-60 years. The older the woman, the higher the number to experience hypertension, this is because when women menopause, hormones estrogen resulting in a decrease high density lipoprotein and raise low density lipoprotein, Therefore, plaque can arise in the blood vessels so that it occur thrombosis then finally atherosclerosis and result in high blood pressure (wirakusumah, 2009).

In age condition menopause also related to hardening it artery and getting stiffer artery and aorta loses the adjusting power of the walls so that they become inelastic and can no longer convert the blood flowing out of the heart into a smooth flow. The result is a continuous pulse wave with a high peak (systolic) and the deep valley (diastolic).

Increased blood pressure in menopause can have a bad influence on the body, various diseases can be caused due to hypertension such as complications in the brain, complications in the eye, complications in the heart and complications in the kidneys (Palmer, 2010).

The results of the study show that hypertension is often overlooked, apart from general data, that apart from age, education also influences the lack of knowledge about hypertension in menopause, which is characterized by the majority of respondents having elementary school education with a lack of knowledge from various sources. and the age before menopause is
prone to all kinds of diseases, one of which is blood pressure or hypertension, most of the respondents are aged 55-60 years (100%), with basic education as many as respondents (87.5%) with the majority as housewives as many as respondents (81.3%), who do not have a history of hypertension as many as respondents (62.5%) and who do not have hypertension hereditary diseases as many respondents (81.3%), blood pressure before giving a combination of sweet starfruit juice and honey in womenmenopause still high. Therefore, researchers conducted blood pressure checks and provided a solution by administering a combination of sweet star fruit juice and honey for 1 week. With this research, it is hoped that womenmenopause no increase in blood pressure.

5. Conclusion

Based on the results of the research and the description of the discussion, it can be concluded as follows:
1. Respondents’ blood pressure before administration of a combination of sweet star fruit juice and honey, namely the mean systolic 146 mmHg and the mean diastolic 95 mmHg, at Posyandu, Pojok Village, Sukorame Health Center in 2016
2. Respondents’ blood pressure after administration of a combination of sweet star fruit juice and honey, namely the mean systolic 133 mmHg and the mean diastolic 86 mmHg, at the Posyandu, Pojok Village, Sukorame Health Center in 2016
3. There is an effect of giving a combination of sweet starfruit juice and honey on blood pressure in menopausal women at Posyandu, Pojok Village, Sukorame Health Center in 2016

For Respondents

Respondents can try or look for other alternatives that are more influential than the combination of sweet star fruit juice and honey that can be used by respondents to treat hypertension, where non-pharmacological therapy is easy to do and useful in reducing physical complaints suffered by hypertensive patients.

For Educational Institutions

It is recommended to make the results of this study as additional references and discourse in the educational environment as well as material for further study, especially for similar research.

For research sites

It is hoped that with this research the land that becomes the research location will be more open to all information and efforts that can be made by related sectors in an effort to develop public awareness in general about hypertension in menopause.

For Further Researchers

Future researchers can use the basis of this research to improve further research with different themes and titles but the topic is the same in order to complement the results of research that has been done for the sake of new discoveries about hypertension in menopause.
6. References


