

Overview of Public Knowledge about Hypertension: A Study at Suppa Health Center, Pinrang Regency

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Abstract: Hypertension is one of the most prevalent non-communicable diseases and remains a major concern in public health. Public knowledge about hypertension plays a crucial role in its prevention and management. Objective This study aimed to describe the level of public knowledge about hypertension in the working area of the Suppa Public Health Center, Pinrang Regency. Methods This research used a quantitative approach with a descriptive design. A total of 47 respondents were selected using Slovin's formula from the population in the Suppa Health Center area. Data were collected using a closed-ended questionnaire with dichotomous choices (Yes/No). Data analysis was performed using descriptive statistics in the form of frequency and percentage distributions. Results The study revealed that the majority of respondents had good knowledge of hypertension, with 43 people (91.5%) categorized as having good knowledge and 4 people (8.5%) with sufficient knowledge. Respondents' knowledge was influenced by their education level, information sources, and media exposure. Conclusion Most of the community members in the Suppa Health Center area have good knowledge of hypertension. This reflects the effectiveness of ongoing health education efforts. Continued and enhanced health promotion is recommended to maintain and improve community awareness.

Keywords: Health Education, Hypertension, Public Knowledge

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Introduction

Non-communicable diseases (NCDs) are currently the leading cause of death worldwide. According to the World Health Organization (WHO, 2023), NCDs account for 71% of all global deaths, or approximately 41 million people annually. Among these, cardiovascular diseases are the most significant contributors, with 17.9 million deaths each year. One of the most common cardiovascular diseases is hypertension, a condition that continues to rise in prevalence globally (Pratiwi et al., 2024).

Hypertension, or high blood pressure, is a chronic condition that significantly increases the risk of heart disease, stroke, and kidney failure. WHO reports that approximately one billion people globally live with hypertension, with the number steadily increasing, particularly in developing countries. In Indonesia, the 2022 Riskesdas data show that 25.8% of adults over the age of 18 have hypertension, highlighting a pressing public health concern (Fatimah & Cusmari, 2022).

Despite the availability of effective treatment, the management of hypertension in Indonesia remains inadequate. Many individuals remain unaware of their

condition or fail to control it properly. Factors such as limited access to healthcare, low health literacy, and lack of routine screening contribute to the underdiagnosis and poor management of hypertension. This calls for increased public awareness and preventive education efforts.

In South Sulawesi Province, data from the 2020 Health Department indicate that Makassar had the highest number of hypertension cases, followed by Bone and Gowa Regencies. In contrast, Pinrang Regency, specifically the working area of the Suppa Health Center (Puskesmas), recorded 11,669 hypertension cases in 2023, signaling a notable burden of disease at the local level.

Given the high prevalence and public health implications of hypertension, it is essential to assess the community's level of knowledge about the disease. Understanding how much people know about hypertension, its causes, symptoms, and prevention strategies is critical for planning effective health education interventions. Therefore, this study aims to explore the public's knowledge of hypertension in the working area of the Suppa Health Center, Pinrang Regency.

Method

This study employed a quantitative descriptive design to assess public knowledge about hypertension in the working area of the Suppa Health Center, Pinrang Regency. A total of 47 respondents aged 25–50 years were selected using Slovin's formula from a population of 90, based on inclusion criteria such as residency in the area and willingness to participate. Data were collected using a structured, closed-ended questionnaire with dichotomous (Yes/No) responses. Correct answers were scored as 1, incorrect as 0, and knowledge levels were categorized as good (76–100%), fair (56–75%), and poor (<55%). Primary data were obtained directly from respondents, while secondary data were gathered from supporting health records. Data were analyzed descriptively using percentage formulas and presented in frequency tables. Ethical approval included informed consent, anonymity, and confidentiality of respondents' information.

Result and Discussion

This study involved 47 respondents from the working area of the Suppa Health Center, Pinrang Regency. Data collection was using a structured questionnaire. The results were analyzed to determine the level of knowledge about hypertension among community members.

The demographic data showed that the majority of respondents were aged 47–50 years (31.9%), followed by those aged 37–41 years (25.5%), 32–36 years (21.3%),

27–31 years (12.8%), and 42–46 years (8.5%). In terms of gender, most respondents were female (61.7%), while males accounted for 38.3%. Educational background revealed that 42.6% of respondents had completed senior high school (SMA), 31.9% junior high school (SMP), and 12.8% each had primary education (SD) and undergraduate degrees (S1). Regarding occupation, the most common group was housewives (40.4%), followed by self-employed individuals (25.5%), employees (12.8%), farmers (6.4%), laborers (4.3%), teachers (4.3%), and others including construction workers, drivers, and civil servants (each 2.1%).

Knowledge assessment indicated that the majority of respondents (91.5%) had good knowledge about hypertension, while 8.5% had a fair level of knowledge. None of the respondents fell into the poor category. These findings suggest that most community members in the Suppa area are aware of hypertension, including its causes, symptoms, and prevention strategies. The high level of knowledge may be influenced by access to health information through formal education, public health campaigns, or media sources such as television and the internet.

These results align with previous research by (Yulidar et al., 2023), which emphasized that good knowledge of hypertension correlates with better disease control and preventive behaviors. Individuals with a higher understanding are more likely to adopt healthy lifestyles, such as reducing salt intake, exercising regularly, avoiding smoking and alcohol, and adhering to medical treatment. Furthermore, similar findings by (Asiri et al., 2020) showed that knowledge plays a significant role in shaping behavior toward hypertension prevention and management.

However, the study encountered some limitations. Some respondents had difficulty understanding the questions due to language barriers, and in a few instances, participants were influenced by the responses of others during questionnaire completion. These factors may have affected the accuracy of individual responses.

Conclusion

Based on the results of this study, it can be concluded that the majority of community members in the working area of the Suppa Health Center, Pinrang Regency, have a good level of knowledge about hypertension. A total of 91.5% of respondents demonstrated good knowledge, while 8.5% showed fair knowledge. This indicates that health education efforts, whether through formal education or public health programs, have been effective in increasing community awareness regarding hypertension. However, continuous health education and outreach are still needed to maintain and enhance the community's understanding, especially for those with limited access

to health information. Improving communication strategies and ensuring culturally appropriate education methods can further support the prevention and control of hypertension at the community level.

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Author Contributions

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Conflicts of Interest

The author declares no conflict of interest.

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