



HEALTH EXAMINATION OF CONGREGATIONS OF MAJELIS TAKLIM ATHOYYIBAH KEMUNING (ATHOYYIBAH KEMUNING ISLAMIC LEARNING INSTITUTION) SOUTH JAKARTA

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Abstract

The Athoyyibah Islamic Learning Institution, commonly known as Majelis Taklim Athoyyibah, attracts a consistent crowd of congregations. Approximately 70 individuals gather at Majelis Taklim every Wednesday for Quranic recitation, Tajwid study sessions, and religious lectures. Most attendees are housewives, while some are employed but attend occasionally due to the weekday scheduling of the sessions. The members of Majelis Taklim span a wide age range, typically between 30 and 70 years old. Many attendees also contend with health issues such as hypertension, diabetes mellitus, and joint pain. To conduct health examinations for the members of Majelis Taklim Athoyyibah Kemuning, South Jakarta, to detect disease symptoms early. Data was collected from 40 Majelis Taklim Athoyyibah Kemuning members during the health examination. Most participants (47.5%) were between 51-60 years old. Among them, eight individuals (20%) were found to have prehypertension, while 13 individuals (32.5%) were diagnosed with hypertension.

Additionally, 15 participants (37.5%) reported symptoms of gastritis, and 50% of the congregants experienced joint pain. The health examination revealed a high prevalence of prehypertension, hypertension, gastritis, and joint pain among the members of Majelis Taklim Athoyyibah Kemuning. It is recommended that these individuals undergo regular health check-ups conducted by healthcare professionals or at health service centers to facilitate early detection of illnesses. Furthermore, those diagnosed with diseases should adhere to prescribed treatment regimens and adopt healthy lifestyle practices to manage their conditions effectively.

Keywords: Gastritis, Hypertension, Health Examination, Joint Pain

INTRODUCTION

Most individuals tend to seek medical attention when they exhibit symptoms of illness. However, it is crucial to undergo health screenings even when feeling healthy. Health examinations serve the purpose of identifying risk factors or early signs of diseases. Regular health checks can help mitigate future health risks (Suarayasa, 2020). Individuals who consistently feel well should undergo a health assessment at least annually, ideally every six months. The frequency of health checks may vary depending on age, with individuals aged 40-70 often advised to undergo screenings more frequently. Some severe illnesses may remain undetectable unless someone has regular health assessments (Nabila et al., 2022).

As individuals reach the age of 30, their metabolic rate typically starts to decrease. In women, this can lead to specific health challenges and a heightened susceptibility to various diseases such as breast cancer, hypertension, and osteoporosis. Hence, it is essential to be vigilant about potential health issues during this period. Some common health concerns that often affect women in their 30s include a heightened risk of hypertension, osteoporosis, declining vision, the development of breast lumps, diabetes, heart disease, etc (Putu et al., 2024).

Hypertension is a persistent elevation in blood pressure exceeding 140/90 mm Hg (Azizah et al., 2021). According to the JNC VII classification, hypertension can be classified into prehypertension, grade 1 hypertension, and grade 2 hypertension (Sumarta, 2020). Common symptoms of hypertension may include headaches (Rampengan, 2015).

According to the American Society of Hypertension (ASH), hypertension is described as a syndrome characterized by a progression of cardiovascular symptoms stemming from various interconnected conditions (Sari, 2020). Similarly, according to Brunner and Suddarth, hypertension is a persistent elevation in blood pressure, typically exceeding 140/90 mmHg (Kurniasih, 2017).

Hypertension risk factors are typically attributed to genetic predispositions (Setyaningrum & Sugiharto, 2021). Studies indicate that if hypertension runs in the family, there is a considerable likelihood of inheriting it 25% if one parent has it and 60% if both parents are affected. Additionally, research demonstrates a higher prevalence of hypertension among identical twins compared to non-identical twins, underscoring the genetic influence on hypertension. Stress is another significant risk factor, with urban dwellers experiencing higher stress levels being more prone to hypertension than those in rural areas (Fadhli, 2018). Unhealthy lifestyles also contribute to hypertension, including habits like smoking, lack of physical activity leading to obesity, and excessive consumption of coffee (Siti et al., 2024).



Figure 1 Community service team

According to WHO, once an individual reaches the age of 30, fasting blood glucose levels typically rise by 1-2 mg%/year, and postprandial levels increase by approximately 5.6-13 mg% after 2 hours of eating (Kurniawan, 2010). This age-related increase in blood glucose levels is a significant factor contributing to the rising prevalence of diabetes and impaired glucose tolerance. Normal fasting blood sugar levels are < 110 mg/dl, while levels after 2 hours of eating should be <140 mg/dl. Common symptoms experienced by individuals with diabetes mellitus include polyuria (frequent urination), polydipsia (excessive thirst), and polyphagia (excessive hunger) (Wahyuni et al., 2022).

The aim of community service activities is to:

1. Conducting health assessments for the congregants at the Majelis Taklim Athoyyibah, South Jakarta
2. Gathering data on the health conditions experienced by female congregants at the Majelis Taklim Athoyyibah, South Jakarta
3. Providing health advisory sessions to mothers in need during the gathering

RESEARCH METHOD

Time and Location of Community Service

The community service occurred on Wednesday, July 26, 2023, at the Majelis Taklim Athoyyibah on Jl. Kemuning IV B, RT.13/RW.06, Pejaten Timur, Pasar Minggu, South Jakarta. This event becomes a stage for the community to unite and make positive contributions, strengthen social ties and expand solidarity networks in the midst of busy daily lives.

Materials and Tools/Instruments for Community Service

1. Chairs and tables
2. Stethoscope
3. Needle sphygmomanometer
4. Body weight Scales
5. Flashlight or electric torch
6. Status Sheet
7. Pen

Procedures

Before commencing the community service initiatives, we obtained permission from the management of Majelis Taklim Athoyyibah Kemuning, South Jakarta. Subsequently, we arranged the necessary health examination tools, food, and souvenirs. The medical examinations were conducted as scheduled with the Majelis Taklim management.



Figure 2 Observation and Preparation Activities for Health Examination

RESULTS AND DISCUSSION

During the implementation of the Community Service activities conducted at the Majelis Taklim Athoyyibah Kemuning, South Jakarta, the following results were observed:

1. Data on the members of the Majelis Taklim Athoyyibah Kemuning, South Jakarta, categorized by age, revealed that the largest group fell within the range of 51 to 60 years old, comprising 19 individuals (47.5%). This age group is particularly prone to experiencing various health issues.
2. The data collected from members of the Majelis Taklim Athoyyibah Kemuning, South Jakarta, regarding blood pressure, revealed that while 19 individuals (47.5%) had normal blood pressure, the prevalence of prehypertension and hypertension was notable. Approximately 32.5% of the individuals were identified as suffering from hypertension. This may be attributed to irregular medication intake and lack of dietary monitoring among these mothers. Additionally, some individuals needed to be made aware of their hypertension status as this was the first time they had undergone blood pressure checks.
3. Among the members of the Majelis Taklim Athoyyibah Kemuning, South Jakarta, data concerning gastritis revealed that 37.5% did not exhibit gastritis symptoms, whereas 62.5% were found to have gastritis.
4. Data obtained from members of the Majelis Taklim Athoyyibah Kemuning, South Jakarta, regarding joint complaints, indicate that half of the members reported experiencing joint pain, although the exact cause was unclear. It is uncertain whether the pain is due to age-related factors, high uric acid levels, or bone loss. The pain in their feet sometimes prevented them from attending the majelis tackle.



Figure 3 Briefing Activities For The Results Of Health Examination And Evaluation Activities

DISCUSSION

During the health checks conducted on the congregants of the Majelis Taklim Athoyyibah Kemuning, it was observed that a significant portion of the congregants, constituting 47.5%, fell within the age range of 51-60 years. This age group commonly experiences various health complaints, such as dizziness, heartburn, and joint pain. Unfortunately, many of the congregants seldom undergo regular health check-ups. Instead, they tend to self-medicate by purchasing medication from stalls or opting for rest when they experience discomfort.

During the blood pressure checks, the majority showed regular readings, yet a significant number exhibited prehypertension and hypertension. Many of those diagnosed with hypertension had been prescribed medications like amlodipine and captopril. However, adherence to medication and dietary restrictions was irregular. Additionally, some were unaware of their hypertensive condition until the health checks, as they rarely sought medical advice from healthcare professionals.

During the physical examination, it was observed that 15 individuals (37.5%) of the congregation were afflicted with gastritis. Common complaints included bloating, mild nausea, heartburn, and tenderness in the epigastric region. Some participants confessed to frequently consuming coffee, coconut milk, and spicy dishes, while others admitted to regularly eating late at night.

Around half (50%) of the congregation experience joint pain. They resort to over-the-counter medication from drugstores or pharmacies when they feel discomfort. Severe foot pain prevents some members from attending Quranic recitations or study sessions, especially if their homes are far away. Many have never undergone uric acid level testing or consulted a doctor regarding their joint pain complaints. The pain in their legs is often attributed to inflammation, resulting in swelling and discomfort (Rindriani & Adriani, 2022). Untreated gastritis can lead to severe complications, including upper gastrointestinal bleeding, which is a medical emergency and may even lead to death. Other potential complications include peptic ulcers, electrolyte imbalances due to excessive vomiting, pernicious anemia, and gastric malignancy (Rimbawati et al., 2022).

Factors contributing to hypertension include age, gender, family history, genetics (non-modifiable risk factors), smoking, obesity, lack of physical activity, stress, and certain medications such as estrogen. Additionally, dietary habits play a significant role, with excessive salt intake being a notable factor (Purwono et al., 2020). Salty foods, caffeine, and monosodium glutamate (in soy sauce and shrimp paste) contribute to hypertension (Aulia et al., 2023). In Indonesia, high salt consumption is prevalent in the diet and is identified as a significant cause of hypertension (Zainuddin & Yunawati, 2020). Excessive sodium intake leads to water retention in the blood vessels, increasing blood volume (Adabella, 2023). This, in turn, triggers the excessive release of natriuretic hormones, indirectly elevating blood pressure (Sya'id & Tursina, 2023).

CONCLUSION

Community service activities at the Athoyyibah Kemuning Taklim Council brought awareness to the health challenges faced by the 51 to 60 year old age group in the community. With the majority

of members being in this age range, it is important to pay particular attention to their health needs. The finding of a high prevalence of health problems such as hypertension, ulcers and joint pain indicates an urgent need for intervention and greater attention to the welfare of society in this age group. Understanding their health profile provides a strong basis for designing more effective preventive measures, including educational programs, regular check-ups, and affordable health services, which in turn can improve their quality of life and overall well-being.

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