



## COMMUNITY SERVICE MIDWIFERY CARE PRACTICE SMART COMMUNITY FOR THE ELDERLY IS CHOLESTEROL-FREE WITH ORANGE WATERMELON JUICE AND CHOLESTEROL MASSAGE

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### Abstract

Cholesterol is an essential fat for mammalian cells, and its homeostasis is regulated. About 90% of the free cholesterol in cells is found in the plasma membrane. When cholesterol levels are excessive in the blood, cholesterol can accumulate as plaque on the artery walls, contributing to atherosclerosis. There are two types of cholesterol, namely HDL (High-Density Lipid) and LDL (Low-density Lipid). HDL cholesterol is needed by the body to protect against heart disease. On the other hand, the LDL cholesterol content should be lower because LDL can settle in the blood. After all, LDL can settle in the blood if the content is too high. Cholesterol can be prevented with juice and watermelon because there are two compounds, citrulline, and pectin, which can inhibit cholesterol biosynthesis and citrus fruits. After all, limes contain flavonoids, especially hesperidin. Flavonoids play a role in lowering LDL cholesterol and triglyceride levels in the blood, increasing HDL cholesterol, and preventing atherosclerosis. In addition, to reduce cholesterol levels, complementary obstetric care can be carried out through cholesterol massage, emphasizing the ST36 point for 3-5 minutes. The community midwifery practice carried out this time is located at TPMB Bdn Rini Mujayanti, S.Keb Jl. Masjid Al Akhyar RT 29/2 Gandul Cinere Depok. The target of this Community Midwifery Care is the elderly who have high cholesterol, as many as 18 people with high cholesterol  $\geq 200$ , based on the results of examinations from July to October.

**Keywords:** Kolesterol, LDL, HDL, pijat kolesterol

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### INTRODUCTION

Community midwifery care is a fundamental concept of midwives serving the family and society. Midwifery services are an integral part of health services. The concept is a framework of ideas that contains a specific meaning. Midwifery comes from the word "Midwife". Midwifery services in the community include community empowerment, maternal and child health, and health services throughout the life cycle of women, including older people. This community midwifery practice is carried out at TPMB Bdn. Rini Mujayanti, S.Keb, Jl. Masjid Al Akhyar Rt 29/2 Gandul Cinere Depok Gandul is a Village located in Depok City with an area of 746,107 m<sup>2</sup>. The population is 22,584 people. Number of RWs 10. The health problems that exist at TPMB Bdn. Rini Mujayanti, S.Keb are starting from the health of mothers and children, adolescents and older people, the priority problems at TPMB Bdn. Rini Mujayanti and S.Keb are in the elderly group. In the elderly group, there are several health problems ranging from non-communicable diseases, hypertension, diabetes mellitus, and cholesterol. Some older adults who do cholesterol checks show cholesterol exceeding the standard limit, so the problem is at TPMB Bdn. Rini Mujayanti, S.Keb, prioritizes the problem of

high cholesterol. Based on the background of the above problem, this paper is titled Cholesterol Massage with Watermelon and Orange Juice.

### METHOD AND PROCEDURES

This community midwifery practice is carried out at TPMB Bdn. Rini Mujayanti, S.Keb , Jl. Masjid Al Akhyar Rt 29/2 Gandul Cinere Depok. Gandul is a Village located in Depok City with an area of 746,107 m2. The population is 22,584 people—the number of RWs is 10. The data used is secondary data in the form of the results of examinations of older people at the RW 02 post from July to October 2024. Health problems at TPMB Bdn. Rini Mujayanti, S.Keb based on secondary data obtained, namely starting from the health of mothers and children, adolescents and older people, priority problems at TPMB Bdn. Rini Mujayanti, S.Keb, namely in the elderly group. The method used is using lectures, discussions, and massage practices. The details of the activities are as follows:

1. Location and place of implementation

The location is located at TPMB Bdn. Rini Mujayanti, S.Keb , Jl. Masjid Al Akhyar Rt 29/2 Gandul Cinere Depok. Implementation on Monday, October 28, 2024 at 09.00 to 11.00 WIB

2. The detailed schedule of events is as follows:

Table 1. Schedule

| It | Time            | Event                        | Person in Charge                      |
|----|-----------------|------------------------------|---------------------------------------|
| 1  | 09.00-09.05 WIB | Unveiling                    | CI Lahan (Bdn. Rini Mujayanti, S.Keb) |
| 2  | 09.05-09.30 WIB | Maternal Cholesterol         | Miea Nursyifa                         |
| 3  | 09.30-09.45 WIB | Cholesterol Massage Practice | Isnul Baitul H and the Group          |
| 4  | 09.45-09.50 WIB | Frequently Asked Questions   | Groups and Audiences                  |
| 5  | 09.50-10.00 WIB | Cover                        | CI Lahan (Bdn. Rini Mujayanti, S.Keb) |
| 6  | 10.00-10.15 WIB | Souvenir Submission          | Group                                 |
| 7  | 10.15-10.40     | Documentation                | Group                                 |

Table 2. Cholesterol Test Results

| No | Name                 | Cholesterol Results |
|----|----------------------|---------------------|
| 1  | New. Tinah           | 158mg/dl            |
| 2  | NY. Hj. Asmanih      | 195mg/dl            |
| 3  | Mrs. Sawiyah         | 204mg/dl            |
| 4  | Mrs. Rohmanih        | 203mg/dl            |
| 5  | Ny. PoniyeM          | 201mg/dl            |
| 6  | Mrs. Maimunah        | 295mg/dl            |
| 7  | 7. Ny. H.J. Inspired | 210mg/dl            |
| 8  | Ny. Kaminah          | 206mg/dl            |
| 9  | NY. Hosted by Namid. | 220mg/dl            |
| 10 | NY. Ninuk            | 295mg/dl            |
| 11 | NY. Heni             | 208mg/dl            |
| 12 | Ny. Rodiyah          | 201mg/dl            |

|    |                      |          |
|----|----------------------|----------|
| 13 | Ny. Lasminah         | 174mg/dl |
| 14 | NY. Lalas            | 200mg/dl |
| 15 | NY. It's a khodijah. | 285mg/dl |
| 16 | Mrs. Rohimah         | 320mg/dl |

Table 3 Cold Pre Juice and Post Cold Juice

| Up to Cholesterol | Cold Pre Juice |                  | Post Cold Juice |                  |
|-------------------|----------------|------------------|-----------------|------------------|
|                   | Frequency (f)  | Presentation (%) | Frequency (f)   | Presentation (%) |
| Height >200       | 16             | 55,17%           | 8               | 27.5%            |

Table 3 shows the results of significant changes in respondents before and after being given cold juice. Before being given cold juice, the number of respondents who had high cholesterol amounted to 16 out of 29 respondents (55.17%), and after being given cold juice, the number of respondents who had high cholesterol was 8 people (27.5%). Thus, providing excellent juice is effective in helping lower cholesterol.

## RESULTS

Community service activities aimed at empowering the elderly to manage cholesterol levels through natural methods and massage therapy have yielded significant results. These activities were conducted using lecture and discussion methods, followed by practical applications, as outlined below:

### 1. Lecture and Discussion Sessions

Participants actively engaged in sessions discussing the importance of managing cholesterol levels, emphasizing natural remedies like consuming orange watermelon juice. The health benefits of these natural juices, particularly their ability to lower bad cholesterol (LDL) and enhance good cholesterol (HDL), were elaborated. Participants also gained insights into the benefits of regular exercise and a balanced diet.

### 2. Cholesterol Massage Practice

Hands-on cholesterol massage practices were demonstrated to participants. These massages focused on specific pressure points believed to stimulate blood circulation, reduce cholesterol buildup, and enhance overall relaxation. Participants were guided on how to replicate the techniques safely at home.

### 3. Orange Watermelon Juice Preparation

Demonstrations on preparing orange watermelon juice provided participants with practical knowledge on incorporating the beverage into their daily routine. The session emphasized the natural sweetness of the juice, which makes it a healthy alternative to sugary drinks.

#### 4. Participant Engagement

The elderly participants showed high levels of enthusiasm, asking questions during discussions and actively participating in the practical sessions. Their feedback indicated increased awareness of alternative methods for managing cholesterol levels.

#### 5. Outcomes

- Increased knowledge about cholesterol management among the elderly.
- Improved confidence in performing cholesterol massages independently.
- Adoption of healthier dietary practices by incorporating orange watermelon juice into daily consumption.

Overall, the program successfully enhanced the participants' understanding of natural cholesterol management while empowering them with practical skills for improving their health.

### CONCLUSION

Based on the results of these activities, it can be concluded that elderly individuals with high cholesterol need targeted health education, particularly in the form of counseling. This education should focus on explaining the meaning of cholesterol, its role in the body, and the serious health risks associated with unchecked cholesterol levels that exceed normal limits. Through this community service activity, participants gained valuable knowledge about cholesterol, including its definition, the potential consequences of high cholesterol, and effective methods for managing it. Moreover, they were taught practical skills, such as performing cholesterol massages, which can help improve blood circulation and reduce cholesterol levels. These outcomes demonstrate the importance of health education in empowering the elderly to take proactive steps in managing their health.

### ACKNOWLEDGMENTS

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