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Epidemiology of Hypertension Counseling, Healthy Lifestyle (PHBS), Integrated Health Post (Posyandu), Immunization, and Complimentary Health Assessments in Sampalan Lega Village, Cintaraja, Tasikmalaya

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ABSTRACT

Background: The factors motivating this community service initiative include the public's insufficient comprehension of epidemiology, risk factors, the significance of PHBS in hypertension prevention, the low awareness of immunization's role in addressing stunting, and their restricted knowledge of integrated posyandu. Forty-five individuals are afflicted with hypertension due to an unhealthy lifestyle, comprising twenty individuals with a high sodium intake and fifteen individuals with inadequate physical activity. Moreover, there exists a deficiency in awareness regarding the epidemiology of hypertension and a limited comprehension of clean and healthy living practices, impacting 35 individuals.
Aims: This effort aims to enhance public comprehension regarding the significance of health checkups, the role of immunization in preventing stunting in toddlers, the relevance of hypertension in relation to PHBS, and the necessity of an integrated Posyandu.
Methods: This community service program encompasses complimentary health assessments, educational initiatives on epidemiology and hypertension prevention through a clean and healthy lifestyle (PHBS), instruction on the significance of immunization in stunting prevention, and education regarding integrated Posyandu services. The intended audience for this exercise comprises 43 individuals from Kampung Sampalan Lega. The tools employed to evaluate the enhancement of community knowledge were observation sheets and interviews.
Results: This activity can enhance community knowledge, as demonstrated by the observations and interview findings conducted before and after the counseling, indicating an increase in respondents' understanding. 43 individuals, representing 100%, achieved a score of 100 on the observation sheet. The community is expected to consistently visit the health post to monitor their health status. It is anticipated that healthcare staff would persist in enhancing healthcare services at integrated posyandu.

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1. Introduction

Important issues in public health include the insufficient public awareness on health maintenance and the lack of community engagement in Posyandu initiatives. Sihombing (2023) research indicates that the risk factors for hypertension in Indonesia are exhibiting a troubling trend, especially among younger demographics. This is affected by the embrace of detrimental habits, including diets rich in salt and fat and little physical activity. Moreover, occupational and academic pressures induce stress, which is intensified by tobacco use and alcohol usage. The findings indicate that hypertension is no longer confined to adults, but poses a health risk to younger populations. Through the investigation of risk factors via interviews with Posyandu cadre mothers in Sampalan Lega, it was determined that 45 individuals experienced hypertension attributable to factors associated with clean and healthy lifestyles, comprising 20 individuals with a high sodium diet and 15 individuals with inadequate physical activity. Furthermore, there was a lack of understanding on the epidemiology of hypertension and insufficient awareness of clean and healthy living practices, affecting a total of 35 individuals. The Village Midwife in Sampalan Lega indicated that poor participation in Posyandu visits, minimal community engagement in free exams, and insufficient awareness regarding immunization were observed among 30 individuals (Pemerintah Kabupaten Tasikmalaya Kecamatan Singaparna, 2021).

The situation influences many individuals to neglect their health and have a diminished awareness of early screening to assess their bodily status. Moreover, limited access to healthcare services, particularly in distant regions, hinders individuals from obtaining care and deters them from pursuing health examinations. The deficiency in comprehension about illness risk factors, the significance of routine examinations, and the necessity of health maintenance are matters that require urgent attention (Sulistyowati, 2019). The World Health Organization (WHO) identifies degenerative illnesses as a significant public health issue due to their elevated mortality and morbidity rates. Moreover, insufficient community engagement in recognizing the significance of enhancing health through Posyandu visits constitutes a societal issue. A society already aligned with Western ideals, characterized by the consumption of junk food, the proliferation of technology that fosters laziness in physical activity, and a diminished understanding of the significance of immunization, with a belief that vaccines are not halal chemicals. A significant number of Indonesians neglect their health owing to their everyday busyness, resulting in infrequent routine health examinations at healthcare institutions.

This issue results in delays in ascertaining one's health status, which can have grave repercussions if an individual is diagnosed with an advanced stage of a disease, perhaps culminating in unexpected death or incapacity. Consequently, it is essential for the public to comprehend the advantages of health checkups to avert unfavorable disease prognoses and enhance the likelihood of improved therapy outcomes (Utami *et al.,* 2024). The execution of comprehensive posyandu activities amalgamates preventative, promotive, and curative measures. This is illustrated in the context of hypertension, where preventative and promotive measures include hypertension screening, monitoring nutritional status, assessing weight and height, and delivering counseling and health education. Complimentary checks, including those for maternal and child health as well as geriatric health, are intricately linked to degenerative disorders such as hypertension. Hypertension is intricately associated with one of its risk factors: the maintenance of healthy and clean lifestyle behaviors, encompassing dietary choices, sleep patterns, and physical activity routines. A community that prioritizes clean and healthy living practices for hypertension prevention and control will be devoid of hypertension. Curative activities include free

health assessments conducted by healthcare professionals, such as hypertension evaluations by physicians, maternity and child health examinations by village midwives, and vaccine counseling provided by medics (Hidayani, 2021).

Preventing illnesses that are not communicable involves not only managing their risk factors but also implementing secondary prevention measures, such as early diagnosis and initial screening. Early detection can be achieved through various methods, including screening and regular medical checks. Many people have become afraid to pursue early screening, as they believe that alternative treatment, including traditional medicine, is adequate. Consequently, it is essential for the community to comprehend the significance of health checkups in illness prevention (Dharma *et al.,* 2024).

The early identification of illnesses is an approach of executing the Healthy Living Community Movement, conducted through Integrated Post Development (Posbindu) initiatives, which emphasize promotional and preventative strategies in disease management. The effective utilization of Posbindu, coupled with strong community participation in early screenings and related activities, indicates a heightened awareness of illness prevention. The community's minimal involvement in Posbindu activities reflects an ongoing deficiency in awareness of health assessments and illness prevention initiatives (Marsanti *et al.,* 2023).

The implementation of the Integrated Community Health Post (Posbindu) encompasses numerous activities, including complimentary health assessments for the community, which involve measuring weight, height, waist circumference, blood pressure, as well as conducting tests for cholesterol, uric acid, and triglycerides. Furthermore, Posbindu coordinates Germas initiatives, encompassing senior gymnastics, health education, and health counseling. Posbindu activities have now been consolidated to encompass all age demographics, ranging from infants to the elderly, and are now referred to as Integrated Posyandu. Integrated Posyandu health checks encompass the identification of non-communicable disorders, including hypertension, a significant risk factor for cardiovascular disease that requires monitoring.

Non-communicable diseases (NCDs) are health issues that cannot be transmitted between individuals and result from problems in the body's systems, influenced by factors that include ages, physiological and psychological states, activity levels, dietary habits, and environmental conditions (Puspasari, 2025). Non-communicable diseases (NCDs) are progressive ailments that constitute the primary cause of mortality worldwide. According to WHO statistics, approximately 71% of deaths worldwide are caused by these diseases. Mortality and morbidity rates from non-communicable diseases, including diabetes, stroke, heart disease, cancer, and chronic respiratory diseases, are anticipated to rise in several countries, particularly in low- and middle-income developing nations (Tursilowati *et al.,* 2024). The findings of Riskesdas 2018 indicate a substantial rise in the prevalence of non-communicable diseases during the past five years. Between 2013 and 2018, cancer incidences rose from 1.4% to 1.8%, strokes increased from 7% to 10.9%, chronic kidney failure (CKF) escalated from 2% to 3.8%, diabetes mellitus (DM) grew from 6.9% to 8.5%, and hypertension had the most significant rise, from 25.8% to 34.1% (Tim Riskesdas, 2018).

Blood pressure is a critical determinant of the cardiovascular system and contributes to the maintenance of homeostasis. Hypertension is a chronic condition; however, it can be managed with preventive strategies, including the adoption of a healthy lifestyle and the use of antihypertensive medicines. Hypertension arises when blood vessels endure a sustained elevation in pressure from the blood ejected by the heart throughout the body. If this illness is unmanaged for an extended period, it may precipitate numerous severe health complications, including heightened susceptibility to cardiovascular disease, cerebrovascular accidents, renal failure, visual impairment, among others. People with hypertension typically have no distinctive symptoms, rendering them often oblivious to the condition, which ultimately emerges as a primary cause of premature mortality. Therefore, early detection can be achieved with regular monitoring of blood pressure (Nurarifah & Damayanti, 2022).

Moreover, public awareness of initiatives to avoid hypertension through the adoption of clean and healthy lifestyle practices is essential.

Conducting interviews with Posbindu PTM (Non-Communicable Disease Integrated Post) cadres revealed that 47.6% of individuals with hypertension do not consistently adhere to antihypertensive treatment. An essential factor in enhancing the Human Development Index (HDI) in Indonesia is the improvement of community health status. Health status is primarily impacted by environmental circumstances and community lifestyle rather than solely by healthcare services. The counseling program was implemented to encourage behavioral changes that enhance health, facilitated by Clean and Healthy Living Behavior (PHBS) (Puspasari *et al.,* 2025).

Furthermore, the community's lack of knowledge of the significance of PHBS in hypertension prevention is compounded by the Posyandu cadres of Kampung Sempalan Lega indicating that awareness of the value of immunization as a preventive measure against stunting remains insufficient. The vaccination program serves as a barrier for the community, particularly for infants, toddlers, children, women of childbearing age, and pregnant women, against specific diseases. Immunization is offered to populations susceptible to infectious diseases, particularly young infants, by vaccines injected into designated anatomical sites or delivered orally (Maisaroh, 2024).

The Posyandu personnel additionally noted that the community does not completely appreciate the value of Integrated Posyandu and the function it performs. Posyandu's presence has a significant impact on health outcomes for all age groups, not only mothers, babies, and toddlers. Posyandu operates to monitor and promote public health, particularly for children under five (0–5 years old) and pregnant women, as well as to prevent an increase in maternal and infant mortality throughout pregnancy, childbirth, and the postpartum period. The kinds of health services given at Posyandu include Maternal and Child Health (MCH), Family Planning (FP), immunization, support for pregnant women, the elderly, diarrhea management, and nutritional monitoring by weighing toddlers. Pregnant women, nursing moms, and women of being pregnant (WUS) are the target groups for this exercise (Sintiawati *et al.,* 2021).

Toddlers in Indonesia receive monthly health services from posyandu (integrated health posts), which include health examinations, weight measurements, nutritional status monitoring, vitamin A administration, vaccinations, health consultations, and more. The coverage of toddler weighing is an essential metric connected to nutrition services, basic immunization, and the prevalence of malnutrition. However, the rate of toddler visits to posyandu tends to decline as children become older (Anjani, 2019), even tho taking toddlers to posyandu gives several benefits for enhancing children's health (Idaningsih, 2016).Based on this context, STIKes Respati worked with Respati Mother and Child Hospital to organize community service titled "Hypertension Epidemiology Counseling, PHBS, Posyandu, Immunization, and Free Checkups in Kampung Sampalan Lega, Cintaraja, Singaparna, Tasikmalaya.

2. Methods

The audience that is targeted for this activity are 43 people from the Sampalan Lega Village community. The event is scheduled for Thursday, June 27, 2024, from 8:00 to 12:00 WIB. This activity will be conducted offline at the Sampalan Lega Village Posyandu in Cintaraja Village, Singaparna District, Tasikmalaya Regency. This community service program consists of several kinds of activities:

a. Free Health Check-ups

This free health check-up includes weight, height, waist circumference, blood pressure checks, and free health advice. The Mother and Child Hospital (RSIA) Respati Health Team, the Sempalan Lega Posyandu cadres, the Cintaraja Village Midwife, and the STIKes Respati students collaborated to provide this free health check-up. Diabetes mellitus, hypertension, and stroke sufferers can all receive free health consultations.

b. Education in healthcare

Health education includes:

2.2.1 Health education on Epidemiology, prevention of hypertension with Clean and Healthy Living (PHBS). Wuri Ratna Hidayani, S.KM., M.Sc., a lecturer from the Bachelor of Public Health Study Program, provided this counseling.

2.2.2 Integrated into Posyandu health counseling. This counseling was offered by Hapi Apriasih, S.ST., M.Kes, a lecturer from the DIII Midwifery Study Program at STIKes Respati.

2.2.3 Health education regarding the role immunization plays in preventing stunting. This education was offered by Dr. Aditya Nugraha. This first speaker is a doctor from Respati Mother and Child Hospital.

The program of outreach begins with health observations and interviews, followed by a welcome address by the Head of Cintaraja Village, presentations from three speakers, a discussion or Q&A session, an assessment of participants' knowledge through various questions, and concluded with a group photograph. During the health education, there was a notable enhancement in the community's understanding in Kampung Sampalan Lega, as demonstrated by the enthusiastic responses to health-related inquiries from the community.

3. Results and Discussion

3.1 Demographics of Respondents

The attributes of participants in community service activities lead to following results:

Category by Age

Table 1 presents the frequency distribution of respondents categorized by age as follows:

Table 1. Based on Age Distribution of Frequency of Respondents

Age	*Frequency*	*Precentage* (%)
<20 *Years*	1	2.32
20-35 *Years*	5	11.62
36-50 *Years*	10	23.25
51-65 *Years*	20	46.51
66-70 *Years*	7	16.27
Total	43	100.0

According to Table 1 respondents aged 51-65 years constitute the largest proportion, with 20 individuals (46.51%), and those under 20 years represent the smallest proportion, with 1 individual (2.32%).

Location of the respondent

Table 2 shows the frequency distribution of respondents according to their addresses as follows:

Table 2. Frequency Distribution of Participants by Address

Address	**Frequency**	**Precentage (%)**
Sampalan Lega	43	100.0
Total	43	100.0

According to Table 2 the respondents residing in Sampalan Lega totaled 43 (100%).

Level of Education
Table 3 shows the frequency distribution of respondents categorized by education level as follows:

Table 3. Frequency Distribution of Participants by Level of Education

Education	Frequency	Precentage (%)
Elementary School (SD)	1	2.32
Junior High School (SMP)	20	46.51
Senior High School (SMA)	20	46.51
Diploma III	1	2.32
Bachelor's Degree (Sarjana)	1	2.32
Total	**43**	**100.0**

According to Table 3, respondents with junior high school and high school education constitute the largest proportion, totaling 20 individuals (46.51%), whereas those with Diploma III, Bachelor's, and elementary school education represent the smallest proportion, totaling 1 individual (2.32%).

Occupation
Table 4 presents the frequency distribution of respondents categorized by employment as follows:

Table 4. Frequency Distribution of Participants by Occupation

Occupation	Frequency	Precentage (%)
Housewife (IRT)	35	81.40
Merchant	7	16.28
Retired Civil Servants (Pensiunan ASN)	1	2.32
Total	**43**	**100,0**

According to Table 4, the predominant group of respondents consists of housewives, with 35 individuals (81.40%), whilst the least represented group comprises retired civil servants, with 1 individual (2.32%).

3.2 Respondent Knowledge via Observational Results from preliminary and Following Counseling Interviews

The observation results from interviews conducted prior to and post the counseling reveal the subsequent findings:

Table 5. Before Counseling Observation Outcomes

Respondent	Questions Before Counseling	Yes	No
1	Do you know the meaning of Clean and Healthy Living Patterns and the epidemiology of hypertension?		√
2	Do you know the purpose of PHBS?		√
3	Do you know the importance of PHBS in preventing hypertension?		√
4	Do you know the symptoms of hypertension?		√
5	Do you know how to prevent hypertension with balanced nutrition?		√

Respondent	Questions Before Counseling	Yes	No
6	Do you know healthy menus for people with hypertension?		√
7	Do you know about integrated Posyandu?		√
8	Do you know the importance of integrated Posyandu services?		√
9	Do you know what services are available in integrated Posyandu?		√
10	Do you know the types of Posyandu services?		√
11	Do you know the importance of immunization?		√
12	Do you know the importance of immunization?		√
13	Do you know the immunization schedule?		√
14	Do you know the impact if a toddler is not immunized?		√
15	Do you know about stunting caused by toddlers not being immunized?		√

Table 6. After Counseling Observation Outcomes

Respondent	Questions After Counseling	Yes	No
1	Do you know the meaning of Clean and Healthy Living Patterns and the epidemiology of hypertension?	√	
2	Do you know the purpose of PHBS?	√	
3	Do you know the importance of PHBS in preventing hypertension?	√	
4	Do you know the symptoms of hypertension?	√	
5	Do you know how to prevent hypertension with balanced nutrition?	√	
6	Do you know healthy menus for people with hypertension?	√	
7	Do you know about integrated Posyandu?	√	
8	Do you know the importance of integrated Posyandu services?	√	
9	Do you know what services are available in integrated Posyandu?	√	
10	Do you know the types of Posyandu services?	√	
11	Do you know the importance of immunization?	√	
12	Do you know the importance of immunization?	√	
13	Do you know the immunization schedule?	√	
14	Do you know the impact if a toddler is not immunized?	√	
15	Do you know about stunting caused by toddlers not being immunized?	√	

According to Tables 5 and 6, the findings of before and after counseling observation interviews indicate an enhancement in respondents' comprehension of knowledge. Prior to counseling, 43 respondents were unaware of the epidemiology of hypertension, the significance of PHBS in hypertension prevention, and the integration of posyandu and vaccination, as evidenced by a score of 0, showing a lack of knowledge of the issues posed. Following counseling, 43 respondents demonstrated knowledge of hypertension epidemiology, the significance of PHBS in hypertension prevention, and the

integration of posyandu and vaccination, achieving a score of 100, signifying they correctly answered all questions on the checklist. The outcomes of the community service activities indicate that the community is cognizant of their health status by participating in checkups during the complimentary health screening event. Interview results conducted before to and following the health education program indicate a notable enhancement in respondents' understanding of hypertension epidemiology, the significance of PHBS in hypertension prevention, and the role of integrated health posts and immunization.

However, Pakpahan *et al.* (2021) posits that knowledge is the outcome of an individual's process of assimilating information through their senses, including sight, smell, and hearing, enabling them to comprehend an object. Health education constitutes a component of health promotion initiatives and is encompassed within the five tiers of prevention. The primary objective of health education is to enhance public awareness through the dissemination of diverse health information. This activity is conducted through an educational process that imparts knowledge while also encouraging individuals to comprehend, recognize, and implement numerous health-related suggestions (Hidayani, 2020). Counseling can be defined as a series of activities and opportunities structured according to learning principles to promote healthy living circumstances for people, families, groups, and communities. Through counseling, the community acquires knowledge regarding health measures that can be undertaken individually or collectively, along with the capacity to collaborate with pertinent entities as required (Hidayani, 2020).

The community service activity findings indicate that the predominant age group among respondents was 51–65, comprising 20 individuals (46.51%). This age group is classified by the World Health Organization (WHO) as middle to elder age. At this period, individuals are increasingly prone to degenerative diseases due to diminishing biological functioning, rendering them vulnerable to chronic ailments such as stroke, cardiovascular disease, hypertension, and diabetes mellitus. Consequently, routine health examinations are critically necessary. Regular assessments enable healthcare practitioners to identify conditions such as hypertension, diabetes mellitus, coronary artery disease, osteoporosis, and other degenerative ailments. Through this health assessment initiative, participants can gain early insights into their health status, facilitating prompt treatment or medication, hence diminishing the likelihood of severity or delays in disease management (Setiana & Ferawati, 2023).

The largest proportion of responders, including 20 individuals (46.51%), has an educational background of junior high school and high school. The level of education affects an individual's knowledge base. Interviews with Posyandu cadres reveal that, despite the community's average educational attainment being limited to junior high and high school, there is a recognition of the significance of pursuing higher education (Bachelor's degree) for their children. This also impacts the community's ability to access information, hence fostering more knowledge and enthusiasm for participation in Posyandu activities in Kampung Sampalan Lega, including attendance at complimentary health assessments and educational sessions on health. The community asserted that the presence of Posyandu significantly aids in facilitating health assessments and enhancing their understanding through health education initiatives.

The predominant work type among responders is housewives, comprising 35 individuals (81.40%). This circumstance facilitates the Kampung Sampalan Lega community's attendance at Posyandu programs, as most individuals are at home, leading to relatively high involvement in health assessments and health education. Within the community service initiative organized by. Dharma *et al.* (2024) in Gunung Api, RT Colombo, and RT Pasir Kei, Nusantara Administrative Village, Banda Neira, there was significant enthusiasm among residents for the free health check-up services offered. Residents of Pasir Kei had the option to assess their health problems through testing for hypertension, cholesterol, blood glucose, and uric acid levels. Through this screening, the public gains knowledge to facilitate early diagnosis, enabling a more rapid understanding of health condition. Consequently, treatment can be

initiated sooner to avert illness progression, thereby enhancing life expectancy (Siagian et al., 2024). Additional community service initiatives by Marsanti *et al.* (2023) and colleagues (2023) concerning the significance of health education and regular health assessments for the elderly in support of GERMAS in Tapak Village revealed that numerous individuals remain unaware of the value of complimentary health screenings. This activity heightened public awareness on the significance of health checkups.

Furthermore, the findings from the community service initiatives executed by Al Fatih (2024) indicate that the "PATIN" program is fostering an increase in community knowledge regarding the significance of regular health assessments for the early identification of non-communicable diseases. The series of activities demonstrated much passion within the community, and their involvement in the event was deemed commendable. Through such activities, healthcare professionals are assisted in examining the public's understanding and perceptions of the addressed topics, particularly the significance of frequent health checkups. The community has shown great enthusiasm during the outreach effort focused on the function of immunization in preventing stunting. The speaker provided diverse information, encompassing the description of stunting, its causes, preventative strategies, the correlation between immunization and stunting prevention, types of immunizations, administration schedules, and possible side effects. The community expressed joy and eagerness to participate in the counseling session, which enhanced their comprehension of the significance of immunization in preventing stunting. The challenges identified during implementation were the substantial number of participants accompanied by young children, resulting in noise and diminished concentration throughout the counseling session. This corresponds with the community service activities undertaken by Agustina & Sastri, (2023), which indicated that prior to the counseling, the majority of mothers have enough knowledge on basic immunization (48%), whereas just a minor fraction demonstrated proficient knowledge (5 respondents). Subsequent to the counseling, the majority of moms shown an enhancement in knowledge, categorizing 80% in the good category, while a minor segment remained in the sufficient category, including 5 respondents.

Following the counseling session regarding the significance of clean and healthy living behaviors (PHBS) as a preventive measure against hypertension, the community shown considerable interest. The participants' active engagement in the Q&A session and the noticeable enhancement in knowledge are indicative of this. The teaching material encompasses the concept of PHBS, its advantages and goals, as well as the repercussions of its non-implementation. Moreover, data was offered concerning hypertension, encompassing its description, symptoms, types, causative classifications, preventive strategies, and samples of nutritious diets for individuals with hypertension. This finding aligns with the results of the activities described by Evani *et al.* (2024), indicating that the extension effort was successful. The before and after test findings indicate that the participants' average score rose from 68.2 points to 84.7 points, reflecting an increase of 16.5 points. This signifies an enhancement in knowledge among senior participants. This indicates an increase in knowledge among older participants, 76,5% of the senior individuals (13 out of 17) shown an enhancement in their comprehension of hypertension. In the counseling session concerning the SEHATI (healthy snacks for hypertension) menu, 20 elderly participants engaged in a demonstration on the preparation of dragon fruit folded omelets and honey lemon cucumber beverages. The majority of older participants provided favorable feedback, indicating they appreciated or very appreciated the snack option presented to them.

The research findings (Triningtias, 2024) corroborate this conclusion, indicating that health education and promotion within the community are essential. A significant number of individuals remain insufficiently informed on the relevance of health information, necessitating ongoing education and social engagement. This endeavor is not solely the responsibility of educational institutions, but a collective obligation across various sectors. The community should be regarded not merely as an object, but also as an active subject in the consistent promotion of health, particularly concerning hypertension and the adoption of clean and healthy living practices.Therefore, the community service initiatives by

Djaja *et al*. (2024) shown that health education on PHBS effectively prevented hypertension, yielding outstanding outcomes. The community's awareness improved, leading to more consistency in adopting clean lifestyles and consuming balanced nutrition, hence facilitating better control of hypertension incidence.

The counseling activity on Integrated Posyandu inspired significant enthusiasm from the community, evidenced by an enhanced understanding reflected in the observational results. This corresponds with research (Fahmawati *et al.,* 2026) that identified a significant correlation between maternal knowledge and adolescent involvement in posyandu activities in Taman Harjo Village, with a p-value of 0.000 < 0.05. This indicates that increased maternal knowledge correlates with heightened adolescent participation in posyandu activities.



(A) (B) (C)

Figure 1. Epidemiology counseling for hypertension prevention (A), integrated posyandu (B), and the significance of immunization (C) in relation to hypertension and PHBS.



(A) (B)

Figure 2. Free Health Check-up in collaboration with Mother and Child Hospital and STIKes Respati in Sampalan Lega Village, Cintaraja, Singaparna, Tasikmalaya.

4. Conclusions

The findings of the community service activities (PkM) suggest a significant improvements in community awareness regarding the epidemiology of hypertension, the significance of PHBS for hypertension prevention, the value of integrated posyandu, and the necessity of immunization, with all 43 participants (100%) successfully answering the checklist questions with a perfect score of 100. The community can ascertain their health condition by engaging in complimentary health assessment activities.

1) For the Community's Benefit It is anticipated that everyone will sustain their active participation in posyandu activities, covering health education and additional exams.
2) With regard to STIKes Respati and RSIA Respati The continuation of the relationship for complimentary exams and health education is anticipated.

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6. Conflict of Interest Declaration

The authors declare that there is no conflict of interest regarding the publication of this article. The Authors confirmed that the paper was free of plagiarism.

7. Author Contribution Statement

All authors contributed equally to the conduct community service project, data analysis, and writing and preparation of this article.

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