



IMPROVING HEALTH BEHAVIOR IN THE COMMUNITY THROUGH EMPOWERING HEALTH-AWARE COMMUNITIES

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ABSTRACT

This article reports on a community service program conducted in Nglajur Hamlet, Tugusumberejo Village, Peterongan District, Jombang Regency, from April 29 to May 25, 2024. The program aimed to improve public health behavior by empowering a health-aware community. The initiative involved a series of activities, including health education on waste management, community service efforts, education on common health issues such as hypertension and stroke, health screenings, and providing home care for the elderly. Led by three lecturers and 23 students from the Bachelor of Nursing Science Study Program at the College of Health Sciences of Husada Jombang, the program successfully engaged the local community in each activity. The active participation of community members reflected the program's effectiveness in fostering collective responsibility and promoting sustainable health behaviors. The results underscore the importance of community empowerment in achieving long-term improvements in public health.

Keywords: Community Empowerment, Public Health Behavior, Health Education, Health Screening, Sustainable Health Practices.

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INTRODUCTION

Improving public health behavior is one of the strategic efforts to support the achievement of optimal health status (Rahayu & Purnama, 2023). Various challenges faced by the community, such as low understanding of the importance of a healthy lifestyle, lack of access to valid information about health, and the inability to adopt clean and healthy living behavior (PHBS), make the community vulnerable to various health problems (Hadi & Azad, 2021; Nugroho & Dewi, 2020; Sari & Wulandari, 2022; Widiyanto & Indrawati, 2019).

In this context, empowering people who are health conscious becomes very crucial. This empowerment does not only focus on increasing knowledge but also on strengthening people's capacity to act independently in maintaining their health (Kusuma & Hidayat, 2021; Rizal & Wahyuni, 2019; Setiawan & Lestari, 2022; Yunita & Pratama, 2020). Through this approach, it is hoped that society can be more proactive in maintaining health, recognizing and reducing disease risk factors, and promoting an environment that supports health (Dewi & Rahman, 2023; Yunita & Pratama, 2020).

By prioritizing active participation and collective awareness, this program is expected to be able to create sustainable changes in public health behavior (Kuswanto & Pramudita, 2023). Empowered communities will have a better capacity to identify health problems in their environment, take preventive action, and promote health among other community members (Halim & Setiawati, 2022; Haryanto & Lestari, 2021).

Several studies show that community empowerment in the health context can increase active community participation in

health programs, increase compliance with health recommendations, and reduce the incidence of communicable and non-communicable diseases. Therefore, the community service program with a focus on "Improving Public Health Behavior Through Empowering Health Aware Communities" aims to overcome these challenges with a more holistic and participatory approach.

OBJECTIVES

General Purpose

This community service activity aims to improve health behavior in the community by empowering people aware of health.

Special Purpose

1. Increasing public knowledge of health problems that occur in their environment.
2. Increase community participation in creating a good environmental situation.
3. Actively empowering the community in developing health behavior.

PLAN OF ACTION

Strategy Plan

The strategy plan for implementing this activity has several stages, including:

1. Coordination with the Tugusumberejo Village government, especially Nglajur hamlet;
2. Conduct a health survey to find health problems in the community;
3. Present health problems that arise from the results of health surveys that have been carried out;
4. Hold discussions with the community regarding the actions that will be taken to resolve emerging health problems;

5. Ensure community participation in every activity that has been approved;
6. Coordinate with the community regarding the activities that will be carried out;
7. Preparation for implementing activities in accordance with plans that have been agreed upon with the community;
8. Carry out activities that have been agreed with the community by involving the community in each activity; and
9. Evaluate each activity that has been carried out.

Implementation

After preparing a strategic plan for the implementation of this community service activity, the team implementing the community service activity carried out its implementation, including:

1. Coordinating with the Tugusumberejo Village government, especially Nglajur hamlet;
2. Conduct health surveys to find health problems in the community;
3. Presenting health problems that arise from the results of health surveys that have been carried out;
4. Conduct deliberations with the community regarding actions to be taken to resolve health problems that arise;
5. Ensure community participation in every approved activity;
6. Coordinate with the community regarding activities to be carried out;
7. Make preparations for implementing activities in accordance with plans that have been agreed upon with the community;
8. Carrying out activities that have been

agreed upon with the community by involving the community in each activity; and

9. Evaluate each activity that has been carried out.

Setting

This community service activity was carried out on April 29 2024 to May 25 2024 in Nglajur Hamlet, Tugusumberejo Village, Peterongan District, Jombang Regency, East Java Province, Indonesia.

Target

The target population for implementing this activity is all residents living in Nglajur Hamlet, Tugusumberejo Village, Peterongan District, Jombang Regency, East Java Province, Indonesia.

RESULTS AND DISCUSSION

This community service activity was carried out from April 29 2024 to May 25 2024 in Nglajur Hamlet, Tugusumberejo Village, Peterongan District, Jombang Regency. The aim of implementing this activity is to improve public health behavior by implementing a community empowerment program that is aware of health. The people of Nglajur Hamlet actively participate in every activity which is a series of community activities. The activities carried out as a series of community service are 1) Health education about waste and demonstrations for its management; 2) Community service in the Nglajur Hamlet environment; 3) Health education related to health problems that often arise, for example related to hypertension and stroke; 4) Hypertension screening and free health check (check blood glucose and uric acid); and 5) Providing home care for residents who experience health problems, especially the

elderly. This activity involved 3 lecturers from the Bachelor of Nursing Science Study Program, College of Health Science of Husada Jombang, as well as 23 students. All series of community service activities were carried out well. You can see the enthusiasm of the community in every activity.



Picture 1. Demonstration of Waste Management.



Picture 2. Health Education about Hypertension and Cerebrovascular Accidents.

Health education regarding waste management is very important in the context of environmental health. Poor waste management can cause various health problems, including the spread of infectious diseases and environmental pollution which hurts public health. Waste management demonstrations not only provide people with knowledge but also practical skills, which are important for promoting a cleaner and healthier environment (Kusuma & Hidayat, 2021). Community service activities in the local

environment serve to increase community involvement in maintaining environmental cleanliness and health. Community empowerment through this activity helps build a sense of collective responsibility for healthy environmental conditions (Haryanto & Lestari, 2021). The active involvement of the community in this activity shows the effectiveness of a community-based approach in promoting health and a clean environment.

Health education related to hypertension and stroke is an important step in overcoming common health problems in society. Increasing knowledge about risk factors, prevention, and management of health conditions such as hypertension and stroke can reduce the prevalence of these diseases and improve people's quality of life (Fadila & Aryani, 2020). Implementation of hypertension screening and free health checks is part of efforts to prevent and early detect disease. Examinations such as checking blood sugar and uric acid provide an opportunity for people to proactively find out about their health condition and take the necessary preventive steps (Setiawan & Lestari, 2022). This program also helps people who may not have regular access to health services. Providing home care to residents experiencing health problems, especially seniors, is critical to ensuring they receive the attention they need. This approach helps address seniors' specific health needs and improves their well-being in a familiar environment (Putra & Sari, 2019). This entire series of activities shows commitment to improving community health through empowerment and active participation. The community's enthusiasm for each activity reflects the program's success in creating positive and sustainable

changes in their health behavior (Kuswanto & Pramudita, 2023).

CONCLUSION

The community service activities conducted in Nglajur Hamlet, Tugusumberejo Village, from April 29 to May 25, 2024, successfully demonstrated the effectiveness of empowering health-aware communities in improving public health behavior. Through a series of well-coordinated activities, including health education, environmental clean-up efforts, health screenings, and home care for the elderly, the initiative fostered active community participation and collective responsibility.

The empowerment approach not only increased the community's knowledge about health issues but also enhanced their capacity to act independently in maintaining health. This was evidenced by the active involvement of the community members in each phase of the program, from planning to execution. The enthusiasm observed throughout the activities reflects the program's success in creating sustainable behavioral changes that could lead to long-term health improvements within the community.

In conclusion, this community service program effectively integrated educational, preventive, and care strategies, providing a model for future health initiatives aimed at empowering communities to take control of their health outcomes. The results highlight the importance of community engagement and empowerment as key components in promoting public health and achieving lasting behavioral change.

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