



Efforts to Prevent Hypertension in the Kaili Tribe Community

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Abstract

Hypertension is a cardiovascular disease that causes many risks of premature death. The aim of this research is to analyze efforts to prevent hypertension in the Kaili tribe community. This research method uses qualitative research methods with an ethnographic approach. The research results showed that health values to prevent hypertension had a positive impact on society in changing healthy living behavior. For general protection norms, this is done every day starting from light, moderate to heavy physical activity with a frequency of 5-30 minutes. Furthermore, the culture of consuming fruit and vegetables is still strong in the form of the habit of consuming local fruit, namely 1-2 bananas a day. Then the pattern of vegetable consumption is quite good by consuming green vegetables, but there is a culture in society that processes vegetables inappropriately. Then health checks are carried out routinely 1-3 times a month, depending on the health program held by the health center. Conclusion: efforts to prevent hypertension carried out by the Kaili tribe are carried out in five stages of prevention by adapting to social norms in the community whose level of success has not been achieved optimally

Keywords: Hypertension, Etnography, Preventive, Consumption Pattern, Physical Activity

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1. Introduction

One cardiovascular condition that raises the chance of dying young is hypertension. The majority of individuals are unaware of the signs and symptoms associated with hypertension. Although this ailment is prevalent, if prevention or the right treatment is not received right once, it can have catastrophic repercussions [1]. The number of people with hypertension is also rising in the city of Palu, which experiences annual fluctuations in the list of all non-communicable disease deaths in the city. In 2016, hypertension was ranked fourth; in 2017, it climbed to third place with 27,301 cases; and in 2018, with 26,024 cases overall, it ranked first. In 2019, it increased to 3,090 cases; in 2020 and 2021, it climbed to 7,848 cases and remains the highest non-communicable disease in the city of Palu. When compared to other non-communicable illnesses, the percentage of instances of hypertension has the most impact on raising the death rate for Palu City residents. It is evident that there were 41 female fatalities and 44 male deaths. 85 persons lost their lives as a result of hypertension overall. The current state of health issues is partially caused by the intimate connection between culture and health. Social and cultural norms can create a habitual response to health and illness at any level, which is why the prevalence of

hypertension among different ethnic groups is rising. According to medical record data from community health clinics in Palu, the Kaili tribe, who inhabit the Gawalise mountains, the Talise coast, Pantoloan beach, and Taipa beach, accounts for the majority of people with hypertension or its sequelae. Numerous risk factors impact the development of hypertension, such as way of life, nutrition, exposure to cigarette smoke or smoking, alcohol use, obesity, medicine, and genetic background. [2]. Based on the findings of a preliminary observational research conducted in September 2022–January 2023 in the Gawalise highlands and along the Taman Ria coast (New and Siranindi villages), including Talise Beach, Pantoloan Beach, and Taipa Beach, including a number of men and women with hypertension. Using data from 455 samples taken from tribal groups, a pilot research was conducted with the assistance of a health professional who is knowledgeable in some of the language dialects used by the Kaili community (such as Kaili Rai, Kaili Ledo group, Kaili Ija group, Kaili Da'a group, and Kaili Tara group). Merely 110 individuals exhibited normal blood pressure, 170 prehypertensive individuals, 87 individuals with stage 1 hypertension, and 88 individuals with stage 2 hypertension.

According to the background information on the issue that has been provided, there has been a rise in the prevalence of hypertension in Palu, with 7,848 cases overall. This puts the disease at the top of the list of non-communicable diseases that cause the greatest number of deaths. In addition, the medical records of the health center indicate that, according to the preliminary study's findings, the majority of people with hypertension or its complications are Kaili ethnic people who reside in Palu's coastal and mountainous areas. Of the 455 samples examined, 345 individuals had hypertension. Thus, the issue formulation for this study is to examine the manner in which the Kaili tribal community tries to avoid hypertension by examining the values or norms, culture, and habits that are followed.

2. Materials and Methods

2.1. Design of Research

In this research, a type of qualitative research is used, which is research that examines natural conditions as opposed to testing or experimentation, so that this research uses the researcher as the key instrument. The qualitative method approach used in this research is an ethnographic approach, the characteristics of which are holistic-integrated, in-depth descriptions, analyzed qualitatively to obtain the views of native or local communities (native point of view).

2.2. Data Collection

Once the Ethics Commission of Hasanuddin University's Faculty of Public Health gave its clearance, the data gathering phase of the study got underway. Interviews were carried out following an initial presentation of the study aims in order to protect informant anonymity and get their permission. Informants consented to the researcher's informed consent after being offered the chance to grant permission for voice recording during the interview.

2.3. Data Analysis

Qualitative methods were applied with an anthropological perspective in data analysis. This method is frequently used in narratives concerning commonplace occurrences; it is seen to be indicative of the truth of life as it happens. Because component analysis in ethnography is an activity in methodically searching for data, particularly regarding the components of cultural meaning related to efforts to prevent hypertension in the Kaili tribe, the research results obtained through ethnographic research will be far more comprehensive.

3. Results and discussion

3.1. Health Values

Researchers concluded that hypertension is a condition where a person has a rise in blood pressure above normal, which leads in morbidity and death. This information was based on the findings of in-depth interviews they conducted with key informants regarding

their perspectives of hypertension. During the research, many informants made the following statements:

"I feel dizzy and irritable, but I found out from the health center staff that ee's hypertension pressure is more than 120/80" (EK, 46 years old, Kaili tribe member).

The community health center then conducted health events and provided information on hypertension preventive strategies to the Kaili tribal community, which included the following statement from an informant:

"Eee from the health officer conveys in every Healthy Friday and Posbindu activity or in other community health center activities that you have to maintain your health, for example you have to exercise at least once every 30 minutes, eat vegetables and fruit every day, and you also have to reduce your food salt intake." (WI 52 Years Kaili tribe community).

Several informants state that in order to maximize the preventive program, which was carried out in cooperation with powerful individuals including tribe chiefs and local sub district authorities, specific persons were involved in promoting health values for hypertension prevention efforts. These individuals include the following:

"We are here for Healthy Friday activities, where tribal heads and sub-district officials are always present. The tribal chief and sub-district officials here are very active in inviting us, the community, to take part in the activities of the community health center. It can be seen that the tribal chief and sub-district officials are present at the activities of the community health center, especially Healthy Friday. Apart from the health officers on duty, there are also introductions from the tribal chief and sub-district officials before the activity begins." (AR 45 Years Chief of the Kaili Tribe).

The following messages are connected to values and methods of preventing hypertension in the Kaili tribal community and are delivered through counseling in every health activity. The information on cultivating health values for the prevention of hypertension is carried out in this manner:

"There are health workers who promote how we can maintain our health, they socialize it to remind us to keep trying to change bad habits to become healthier. What I remember is eating healthy food, exercising and having regular health checks." (WI 52 Years, Kaili tribe community).

The Kaili tribe has seen a significant improvement in change as a result of the advice provided to prevent hypertension. Key informants report several improvements, including a greater sense of control over how they manage their health, including controlling their food, cutting back on salt intake, and adhering to their antihypertensive drug regimen. his assertion:

"Yes, it is very, very helpful, because with the activities of the community health center for us residents, hypertension

can automatically be prevented. The change that I feel is that we know we have a healthy lifestyle and it feels like we are under control when we are older. (Yes, it is very, very helpful, because with the activities of the community health center, we as residents can automatically prevent hypertension. The change that I feel is that we know that we have a healthy lifestyle and that we are taking medication under control)" (TF 50 years, Kaili tribe community).

The following one then supplemented the disclosure from the previous informant. In his words, the majority of the Kaili tribe community has been significantly impacted by changes in the community's approach to preventing hypertension; however, in order to stabilize or even raise the proportion of people whose blood pressure can be controlled to become normal, health activities must be implemented and optimized continuously:

"To see whether there are changes or not, it can be said that quite a few people see their blood pressure starting to return to normal, but to maintain this stability, these prevention programs must continue to be implemented. Therefore, we always try to do our best" (SY 32 years old, health worker).

Health education, a dynamic process of behavior modification, may help achieve health values. Health education is changing not simply as a result of information being passed from one person to another but also as a result of each person's or group's awareness. A person's conduct is formed in large part by their knowledge. Patients with hypertension need to understand what hypertension is, why it occurs, what symptoms it frequently produces, how important it is to manage their condition consistently throughout time, and the risks involved with skipping doses of medicine. Due to the Kaili tribe's high prevalence of hypertension, the majority of whom are between the ages of 31 and 44 and 55 and 64. By attempting to offer the Kaili tribal population quality healthcare services, the local government hopes to lower the prevalence of non-communicable illnesses like hypertension. According to key informant interviews that researchers conducted with the Kaili tribe, hypertension is defined as a condition in which blood pressure is abnormally high, exceeding 120/80 mmHg. During this time, patients may experience additional symptoms, such as severe headaches and dizziness. Health experts are advising the inhabitants of Kaili to take better care of their health since they believe that their lack of a healthy lifestyle is the reason they are suffering from hypertension. This is consistent with the World Health Organization's view, which holds that excessive blood vessel pressure, 140/90 mmHg or above, is the cause of hypertension, or high blood pressure. While this is typical, if left untreated or neglected, it might worsen [3]. Other informants echoed this statement concerning the Kaili tribe's understanding of hypertension. They claim that the general public is aware that hypertension, which is defined as high blood pressure that may be extremely harmful if left untreated, occurs when blood vessel pressure is higher than the usual range of 120/80 mmHg. The Kaili tribe's high rate of hypertension is caused by their unhealthy lifestyle choices. One such habit is the excessive salting of food, which is a cultural practice that persists to this day. For instance, the Kaili tribe requires the use of salt to wash their

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rice. and the majority of his regular meals consist of items like Moringa coconut milk that contain coconut milk. The researcher's findings, which revealed that the cuisine was seen as being served with a lot of salt and produced from coconut milk by the Kaili tribe, further supported the interview results. This is consistent with Zhang's research, which indicates that consuming salt is linked to the development of high blood pressure. As a result, table salt, which is high in potassium, is used instead of regular salt in older adults, greatly lowering their chance of developing hypertension [4]. Based on the findings of key informant interviews that researchers conducted with members of the Kaili tribe on how to avoid hypertension through participation in health programs like Posbindu PTM and Healthy Fridays, which are organized by the neighborhood health center. Through this exercise, participants learned about methods for preventing high blood pressure. In order to promote participation in these health-related activities and help individuals adopt a healthy lifestyle in their everyday lives, a number of organizations also supports these activities. Subsequently, the primary informant the tribal chief stated that the Kaili tribe community reduces hypertension by routinely engaging in health-related activities at the community health center and by upholding good health through frequent physical examinations, nutritious diet, and exercise. According to Minister of Health Regulation Number 71 of 2015 about Management of Non-Communicable Diseases, which is in effect as of 2022 and states that the community, both individually and collectively, plays an active part in preventing NCDs, this is in accordance with Ministry of Health laws of the Republic of Indonesia. By creating and developing PTM Integrated Development Posts (Posbindu PTM), Community Based Health Efforts (UKBM) activities can accomplish the required community engagement. Early detection, monitoring, and early follow-up actions for NCD risk factors can be conducted independently and continuously at the PTM Integrated Development Post (Posbindu PTM) with the Community Health Center's assistance. [5]. The Kaili tribe community was one of the key informants whose interviews revealed that influential people were involved in the process of fostering health values to prevent hypertension. Working with influential people like the tribal chief and local sub district officials helped them feel more confident about taking part in health activities held in an effort to prevent hypertension. The parties engaged in this cross-sector collaboration carry out their respective responsibilities. For instance, health professionals provide healthcare services, while tribe and sub-district leaders are in charge of inviting and persuading the community to participate in events that promote health values. Therefore, it is hoped that these health initiatives would be implemented as effectively as possible and that they will prevent and reduce the number of hypertension patients in the Kaili tribal community. According to a 2019 statement from the Ministry of Health of the Republic of Indonesia, community empowerment is used to strengthen networks and partnerships in the strategy of fostering health values in the prevention of non-communicable diseases. Community leaders are involved in this process, and program activities are integrated into the implementation of major holidays in each region to raise public awareness of the prevention of risk factors for non-communicable diseases [6]. Then, health

professionals may impart knowledge by offering health education as a means of promoting healthy values and preventing hypertension. The information communicated relates to health values in reducing hypertension and takes the form of guidelines for healthy living, such as frequent health examinations and physical exercise and wholesome food consumption. This presentation is consistent with the Republic of Indonesia's Ministry of Health's 2018 declaration that each community health center's health promotion officers are direct community-level communicators. The primary responsibility of health promotion officers is to disseminate various health-related information with the goal of empowering the community and creating health-related resources. Invite individuals to engage in physical exercise, consume wholesome meals like fruits and vegetables, and do routine health examinations are a few examples of health promotion initiatives. [7]. Therefore, it was discovered that the Kaili tribe members experienced positive changes as a result of the information given about preventing hypertension. For instance, they became more responsible for maintaining their diet, cutting back on excessive salt intake, and managing their adherence to taking antihypertensive medication. As a result, local health authorities are working to improve and take a more active role in encouraging the public to take good care of their health. In an effort to lower the large number of people who suffer from hypertension. This is consistent with a 2018 statement from the Republic of Indonesia's Ministry of Health, which stated that in an effort to lower the death and morbidity rates associated with hypertension, the government is working to enhance health services. This includes blood pressure monitoring and checking, education about healthy lifestyle modifications, and pharmacological management [7].

3.2. General Protection Norms/Rules (Physical Activity)

According to other informants, community health center officials advise the Kaili tribe community to engage in regular physical activity every day, ranging from light to heavy physical activity for 30 minutes per day, with no specific guidelines for physical activity in the prevention of hypertension. The delivery is as follows:

"There are no special rules, it's just that we are following the advice of health officials. There are various types of exercise, from light to heavy. That has to be said every day. So 7 times a week, exercise time is said to be 30 minutes per day" (AL 67 years old, Kaili tribe community).

The following informant corroborated the previous statement, saying that the most crucial factor in physical activity for preventing hypertension in the Kaili tribe is that, in compliance with Ministry of Health regulations, physical activity must be done every day for at least 30 minutes, beginning with light, moderate, and heavy physical activity.

"For the people here, we only provide guidance so that they want to do physical activity every day. The types can vary from activities that are easy to do, not strenuous, usually known as light activities, and they can also do moderate and heavy activities in the form of sports. So basically they can choose what kind of activity is easy to do, the important Mustaqima et al., 2024

thing is that there is exercise. Yes. Of course, they must exercise at least 30 minutes per day. That's what we also convey to the community here." (ER 58 years old, Kaili tribe).

After engaging in regular physical activity to combat hypertension, the Kaili tribe experiences improvements in their blood pressure and smoother blood circulation, leading to a sense of overall wellness. One statement from the informant is as follows:

"Yes, Alhamdulillah, there will definitely be a good influence. "I personally think that when you finish exercising, your body feels fresher, and it's also good for improving blood circulation." (TG 37 years old, Kaili tribe).

In an attempt to avoid hypertension, routine physical activity guidelines are put into place. Health workers educated the Kaili tribe to regularly engage in physical exercise every day, at least twice a week, for the necessary amount of time, even though it was discovered that there were no clear regulations or traditional practices. a minimum of fifteen to thirty minutes. The informant's account is consistent with the Republic of Indonesia's Ministry of Health's 2022 statement, which declared that the Ministry of Health had established guidelines for physical activity that are regularly and measurably recommended, with a minimum of 30 minutes per day and 150 minutes per week at a moderate intensity, in an effort to prevent various diseases like hypertension. Based on the intensity and number of calories expended, physical activity is classified into three categories: mild, moderate, and heavy physical activity [8]. It was then discovered that some of them felt better in relation to the effect that followed regular physical activity as a means of preventing hypertension. People who engage in regular physical activity report feeling more refreshed, which reduces stress and promotes calmness. The informant's comments support Kusumo's view that regular community physical activity can improve people's health both now and in the future by lowering blood vessel resistance, controlling blood pressure, and reducing the activity of the sympathetic nervous system and the renin-angiotensin system [9]. Additional evidence was provided by additional informants, including health workers, who reported that regular physical exercise had a good influence on the majority of the Kaili tribal group. When these changes were evaluated based on the findings of monitoring and discussions between the Kaili tribe community and medical professionals, they recognized the benefits of regular exercise and claimed that it could bring their blood pressure back to normal.

3.3. Culture/Lifestyle (Fruit and Vegetable Consumption Patterns)

According to the findings of the key informant, main informant, and other informant interviews that the researchers performed with members of the Kaili tribe, fruit such as bananas, papaya, oranges, mangoes, and apples is ingested to avoid hypertension. They eat fruit based on what is available; for instance, they only eat one or two papaya

pieces at a meal and only approximately three bananas. This is what the statement says:

"If the fruit we often eat is banana and papaya, that's the fruit we have in the garden. Yes, the culture here is that every time you finish eating rice, you always eat a banana to wash your mouth. If we eat fruit, it's 1-2 pieces, 3 times in the morning, afternoon and evening. For papaya, it's the same, 1-2 pieces per meal" (TF 50 Years, Kaili tribe community).

Secondly, the Kaili tribe's vegetable consumption patterns are presented based on the findings of key informant interviews. These interviews focused on the kinds of vegetables that the Kaili tribe typically eats to prevent hypertension, namely green vegetables like kale, spinach, mustard greens, and moringa. However, the Kaili tribe members eat vegetables more frequently. Moringa in daily existence. Following the advice of health professionals, they eat an average of one plate of medium-sized veggies at every meal in the morning, midday, and evening.

"I eat a variety of vegetables, not just moringa, I eat spinach, kale, carrots and others. The typical vegetable here is the usual uta kelo with coconut milk sauce, but according to the health center staff, Moringa vegetable is good just plain for those of us with high blood pressure. So I often just use clear vegetables as Moringa, if I use clear spinach, sauteed or boiled kale and carrots, I usually cook it in soup. "Everything is enough for 1 medium bowl for every breakfast, lunch and dinner" (RI 34 years old, Kaili tribe community).

The following are the findings from informant interviews that researchers conducted with members of the Kaili tribe regarding the effects of changes in the community after consuming fruit and vegetables in preventing hypertension: they felt that their blood pressure had returned to normal because these foods contain vitamins that can improve blood flow:

"There are benefits after diligently eating fruit and vegetables, my blood pressure has become normal. It's not like before, my blood pressure is high because I don't eat fruit and vegetables regularly. "It's true what the health center staff said, fruit and vegetables can lower blood pressure" (MU 41 years old, Kaili tribe community).

According to the findings of key informant interviews that researchers did with the Kaili tribe regarding the kinds of fruit that the tribe frequently ate to avoid hypertension, the fruit that the tribe frequently consumed was fruit that health workers urged them to eat and that was readily available to the community. Take the local fruit, which includes oranges, bananas, papayas, and mangoes. These informants' views are consistent with the Republic of Indonesia's Ministry of Health's 2022 statement that persons with hypertension should control their diet with a balanced diet and eat fruit, such as oranges, apples, mangoes, and bananas [8]. In addition, a lot of fruit is eaten to lower blood pressure; the Kaili tribal members eat an average of 1-2 pieces of fruit each meal every day. 1-3 times a day, people eat. The quantity of fruit ingested varies according on the fruit's size; *Mustaqima et al., 2024*

for instance, just 1-2 bananas or 1-2 papaya pieces are eaten every meal. This is consistent with the Republic of Indonesia 2022 Ministry of Health's advice that people with hypertension should eat five portions (400–500 grams) of fruit and vegetables daily; one portion is equal to one orange, apple, mango, and banana [8]. Additionally, the findings from key informant interviews revealed the kinds of green vegetables kale, spinach, mustard greens, and moringa that the Kaili tribe frequently eats to lower their blood pressure; however, moringa is consumed more frequently by the Kaili tribe members on a daily basis. The same source also said that native veggies like kale and moringa are the kinds of vegetables that people often eat. Typically, moringa vegetables are processed to make coconut milk. People consume uta kelo, a kind of moringa vegetable, virtually daily. Another informant, a health professional, then made a further comment, saying that green vegetables including mustard greens, kale, long beans, moringa, and others are beneficial for reducing hypertension. They claim that although the Kaili tribal members consume a healthy diet rich in vegetables, some of them prepare them improperly by blending them with coconut milk, which has a high fat content and raises blood pressure. The informant's remark aligns with the Republic of Indonesia 2022 Ministry of Health's position that all kinds of green vegetables, including kale, spinach, mustard greens, and others, may be eaten in moderation to prevent and treat hypertension [8]. In addition, the Kaili tribe follows medical professionals' advice when it comes to the amount of vegetables they eat to prevent hypertension. Specifically, they typically eat one medium plate of vegetables for every meal in the morning, afternoon, and evening. This presentation complies with guidelines issued by the Ministry of Health of the Republic of Indonesia 2022, which stipulates that all vegetables are permitted and should be served four to five times a day. For instance, one glass (about 30 grams) of raw green leafy vegetables, like spinach or kale, and one ½ glass (45 grams) of cooked vegetables, like broccoli, carrots, and pumpkin, should be served [8]. Then, based on key informant interviews that researchers conducted to learn more about the effects of the Kaili tribe members consuming fruit and vegetables to prevent hypertension, some of them reported positive changes, such as their blood pressure returning to normal and their headaches becoming less frequent due to the vitamins that these foods contain, which can improve blood flow. This claim is supported by research findings from Fitri 2023, which showed that eating fruit and vegetables can help prevent hypertension because they contain fiber, vitamins, minerals, and pigments that help widen blood vessels, protect blood vessels from being narrowed by fat and free radicals, and maintain the body's sodium balance. [10].

3.4. Habits (Health Check)

The following informants provided information from researcher-conducted interviews about the Kaili tribe's routine practices for performing health checks to prevent hypertension: depending on the health center's ability to provide services, they perform health checks one to three times per month.

"Usually we take part in Healthy Friday 1-3 times a month, which is the mayor's event. "Posbindu is usually scheduled, but if we want to check, we go directly to the puskesmas" (TF 50 Years, Kaili tribe community).

Next, the findings from the informants' interviews with researchers about the kinds of health examinations the Kaili tribe community receives to prevent hypertension, specifically that the types include blood pressure, blood sugar, urine, and general check-ups that also include health officials' counseling, as follows:

"There are many kinds of health checks, for those of us with hypertension there are blood pressure and blood sugar checks, there are also general health checks." (WI 52 Years, Kaili tribe community).

"Blood pressure, blood sugar, urine checked. Then there is also health counseling." (RD 73 Years, Tribal Chief).

The next informant repeated the same narrative, saying that the Kaili tribe was subjected to a variety of health examinations based on the guidelines set by the Ministry of Health. These examinations included daily urine tests, blood pressure checks, and supporting examinations like blood sugar checks. health-related activities. This is the delivery:

"In preventing and treating hypertension, we carry out health checks in accordance with Ministry of Health standards, there are blood pressure checks, supporting examinations such as urine tests and blood sugar checks." (SY 32 Years, Health Officer).

Additionally, from informant interviews regarding the administration of antihypertensive medications to the Kaili tribe community during health checks to prevent hypertension, researchers discovered that antihypertensive medications, specifically 12 mg of captopril, were given to individuals whose blood pressure was still high in order to lower the risk of complications from hypertension, as follows delivery:

"Yes, I got the captopril medicine from the community health center, so I have to take it regularly." (AR 45 years old, Kaili tribe community).

The Kaili tribe community checked their health progress by controlling medical record books and counseling services, according to the findings of informant interviews that researchers conducted to learn more about how to modify the community's habits and prevent hypertension. This is the assertion:

"Medicines are given, but we are also monitored through consultations with puskesmas doctors. "So there is a history book about our illnesses, in there maybe the doctor will see if we are still giving medicine or not, if we don't give regular medicine, we will just be reminded how to maintain our health," (TF 50 years, Kaili tribe community).

Researchers interviewed key informants about the Kaili tribe's routine practices for performing health screenings to prevent hypertension. The results showed that the frequency

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of these screenings varies depending on the health center's health service program, with screenings occurring one to three times per month on average. The information provided by these informants is consistent with a 2016 declaration from the Republic of Indonesia's Ministry of Health, which stated that regular health examinations and blood pressure checks, which should be done at least once a month, are crucial for preventing high blood pressure [11]. The narrative of the supporting informants, which are health workers, provides additional confirmation that the Kaili tribe community receives various health examinations to prevent hypertension, including general examinations, blood pressure examinations, and supportive examinations like blood sugar and urine examinations in compliance with ministry guidelines. health and included into each action related to health. The statements made by the informants are consistent with the Republic of Indonesia's Ministry of Health for 2022, which states that blood tests, urine tests, electrocardiograms, and ultrasonography are examples of supporting examinations used in the type of health examination to prevent hypertension. Hypertension screening is an examination to detect high blood pressure in order to reduce the risk of complications. [12]. Subsequently, the findings of key informant interviews with the Kaili tribe community regarding the administration of antihypertensive medications during health checks to prevent hypertension revealed that some individuals with persistently high blood pressure received antihypertensive medication specifically, 12 mg of captopril from medical professionals. Several informants related another account about the Kaili tribe, saying that certain members of the tribe were not prescribed antihypertensive medicine by medical professionals since their blood pressure readings were within normal ranges. Supporting informants also repeated this claim, saying that anti-hepertensive drugs were administered to Kaili tribe members whose blood pressure was still high at the time of the measurement in order to avoid and lower the risk of consequences from high blood pressure. This is consistent with the Republic of Indonesia's Ministry of Health's 2019 view that antihypertensive medication administration can lower the risk of hypertension problems. A 20/10 mmHg drop in blood pressure can lower cardiovascular risk by as much as 50% [13]. In addition, it was discovered that the Kaili tribe monitored their health development by keeping track of their individual medical records and seeking counseling services in order to regulate their behaviors and prevent hypertension. The informant's opinion is consistent with that of Mumpuni (2023), who stated that counseling services can help patients develop preventive practices for hypertension and ensure that they take their antihypertensive medications as prescribed [14].

4. Conclusions

According to the health values, hypertension is defined as a condition in which a person's blood pressure rises over the typical range of 120/80 mmHg. This disease affects the majority of the Kaili tribe, so it is important to prevent and control hypertension. The Palu city government, in collaboration with a number of powerful organizations, actively works to prevent non-communicable diseases like hypertension through health initiatives like the PTM Integrated Development Post (Posbindu PTM) and Healthy

Friday Activities. In the Kaili tribal community, the approach entails early risk factor identification, monitoring, and follow-up. Information about preventing hypertension is disseminated through health coaching that makes use of counseling and health promotion techniques. The process of building confidence so that the tribal chief and local subdistrict officials, among other powerful figures, understand, are willing, and able to make efforts to prevent hypertension, thereby positively influencing the Kaili tribe community to adopt healthy lifestyle practices and perform routine health checks. The Kaili tribal group uses three different levels of physical activity light, moderate, and heavy to avoid hypertension in their daily life. Every day, the Kaili tribal group engages in 5–20 minutes of mild physical exercise. Examples of this activity include walking, sweeping, and seated labor. In addition, the Kaili tribe engages in moderate physical exercise for 10 to 30 minutes each day, such as cycling, gardening, and salt collection. Then, depending on the capabilities of each Kaili tribal group, vigorous physical exercise is performed nearly every day at least twice a week at a frequency of 5–20 minutes. Those who engage in regular physical activity report feeling healthier and having lower blood pressure. The Kaili tribe incorporates eating fruits and vegetables into their daily diet in an attempt to lower blood pressure. For instance, by eating at least one or two native fruits each day, such as bananas, papayas, mangoes, and oranges. Because of their cultural significance as a symbol of blessing, the Kaili tribal community has a habit of eating bananas after meals. Health professionals encourage this practice because bananas have a high potassium content, which can help lower blood pressure. However, there is a cultural practice in the Kaili tribe community that frequently processes green vegetables incorrectly. For example, moringa vegetables are made into Moringa coconut milk, or known as uta kelo for consumption, where coconut milk vegetables have a high fat content and can cause high blood pressure. Despite this, the vegetable consumption patterns of the Kaili tribe people are quite good because some people consume green vegetables like kale, spinach, mustard greens, and moringa, which are good for controlling high blood pressure. Nonetheless, fruit and vegetable consumption causes certain Kaili tribe members to experience improvements, such as their blood pressure returning to normal since these foods include vitamins that can enhance blood flow. The Kaili tribe has a tendency of performing health checks 1-3 times a month to avoid hypertension; however, this practice varies according to the health care programs offered by the community health center, such as Posbindu PTM and Healthy Friday events. A variety of tests are performed, including blood pressure and blood sugar checks, urine tests, general health exams, and counseling. Afterwards, in order to lower the risk of problems from high blood pressure, some individuals who still have blood pressure that is over normal are prescribed antihypertensive medicine, namely catopril, during health examinations. When doing health checks, all individuals' health developments are tracked by examining their medical records.

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