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PREVENTION OF HYPERTENSION DISEASE THROUGH INCREASING *PERCEIVED THREAT* ON INDONESIAN MIGRANT WORKERS IN MALAYSIA: HEALTH EDUCATION BASED *HEALTH BELIEVE MODELS*

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ABSTRACT Migrant workers are a group that is vulnerable to health problems, especially diseases related to the cardiovascular system, one of which is hypertension. To overcome this problem, prevention programs are needed through increasing the perception that the disease is a severe and serious disease so that it is motivated to take preventive measures. Community service activities carried out to groups of Indonesian Migrant Workers (PMI) in Malaysia. The purpose of the activity is to increase the perception that the impact of hypertension can pose a fatal threat to health. The community service method is carried out by conducting health education online (in the *internet-online* network) through the lecture method made in *mp.4 video* format. The results of community service activities were carried out in the form of health education with *an online* lecture method to 113 Indonesian migrant workers in Malaysia. The topic of counseling is to explain how hypertension is a serious and vulnerable disease in migrant workers, and continued with how to prevent the disease. Health education to increase *perceived threats* based on health belief models can be an option in preventing the incidence of hypertension in migrant workers in Malaysia.

Keywords: *Prevention of Hypertension, Migrant Workers, Perceived threat*

1. INTRODUCTION

Currently, millions of Indonesian Migrant Workers (PMI) Indonesia work abroad. both legally and illegally. Malaysia is one of the largest migrant receiving countries in Southeast Asia, with the largest number of migrant workers coming from Indonesia. Among the 2.7 million migrant

workers in Malaysia, only 1.6 million workers go through regular channels The rest are non-regular migrant workers who often work in very poor conditions (IOM, 2023). Most migrant workers working in Malaysia are uneducated workers, who usually work as domestic helpers and laborers in the oil palm plantation sector (Rahmany, 2023).

Being in the *low-skill* and *unskilled* work sector makes migrant workers abroad vulnerable to diseases due to poor sanitation and working conditions, heavy work, poor nutrition and the absence of health protection guarantees (Rinaldi, 2023) . A report from *The Mahidol Migration Centre, Institute for Population and Social Research, Mahidol University, Thailand* states that the working conditions and health insurance of Indonesian migrant workers are very low and inhumane (Tjitrawati, 2017).

Rosenthal et al. (2022) reported that diseases that often arise in migrant populations are chronic diseases such as Hypertension, Diabetes, CVD, and COPD, where the incidence of hypertension is quite high. The prevalence of hypertension in Malaysia is quite high. The WHO report (2023) states that 40% of the population aged 15-79 years suffer from hypertension. This prevalence rate is quite large when compared to the prevalence of hypertension in Southeast Asian countries which if averaged by 27%. If based on this prevalence rate, it means that every 10 people, about 3 people in that age range suffer from hypertension (WHO, 2023).

The impact of hypertension is the onset of severe diseases / complications on individual health. The American Heart Association (AHA, 2024) states that this disease can have consequences for stroke, heart attack, heart failure, kidney disease and or failure, vision loss, and sexual dysfunction. Hypertension prevention programs need to be carried out immediately, especially among migrant workers by increasing the perception that hypertension is a very serious disease so that there is a motivation to do prevention. The purpose of this community service is to improve the perceived threat of hypertension through health education to improve hypertension prevention behavior in migrant workers.

2. METHOD

Community service activities in efforts to prevent hypertension through increasing perceived threat perceptions of health due to hypertension by providing health education based on *Health Believe Models* will be held on Sunday, May 26, 2024. The target of this community service activity is the Indonesian Migrant Workers (PMI) group in Malaysia. Community service program implementation activities consist of three stages, namely:

a. Preparatory Phase

The preparatory phase will be carried out from March 13 to May 25, 2024, including studying the TOR of international community service activities, making and presenting community service proposals, administrative settlements, coordination with the organizing committee through the WA group, making materials and media and preparing supporting tools needed for service activities.

b. Execution Level

The implementation stage is in the form of online health education activities in the form of video presentation screenings that are broadcast directly to community service partners, namely Indonesian Migrant Workers (PMI) in Malaysia on Sunday, May 26, 2024. The process of implementing the activity is: (1) the presenter enters the Zoom Meting room, (2) the organizing committee plays the health education video that has been made, (3) fills out the attendance list,

c. Evaluation Phase

The evaluation stage will be held on May 26 – June 2, 2024. This stage of activities is in the form of observation during the activity, identification of the number of participants present, making reports and articles of community service, and publication.

3. RESULT AND DISCUSSION

The provision of 7 minutes of health education / counseling material in *mp.4* video format with material on the vulnerability and seriousness of hypertension and simple prevention methods that can be done related to daily living activities has been conveyed in international community service activities. The theme of international community service is "*Empowering Migrant Workrers in Malaysia: Multidisciplinary Capacity Building Approach and Medical Examination*". This activity was carried out in the form of *hybrid presentations* (*online* and *offline*) facilitated by NGO Sharing in collaboration with international institutions in Malaysia such as the Nahdhatul Ulama Special Branch Management (PCINU), Indonesian Student Association (PPI), Sultan Idris University of Education (UPSI), Embassy of the Republic of Indonesia (KBRI) in Kuala Lumpur, and Indonesian School Kuala Lumpur (SIKL).

There are 3 parts in the content of the presentation, which contains material about serious impacts on health to cause death if someone suffers from hypertension, the vulnerability of hypertension for migrant workers, and how to prevent hypertension. Section (1) contains information material on the seriousness of this disease that causes various complications of the disease such as stroke, vision loss, heart attack, heart failure, kidney disease and failure, and

impaired sexual function. The presentation of this material aims to make service participants feel that if they suffer from hypertension, the impact is very serious. Part (2) presents information material related to the vulnerability of hypertension and complications of hypertension. Especially in migrant workers. The purpose of presenting this presentation material is to increase feelings or perceptions of being susceptible to hypertension and its complications. Section (3) describes information material on how to prevent hypertension that can be done daily. The purpose of delivering this presentation material is expected, if someone has felt vulnerable and takes hypertension seriously, they will be motivated to immediately carry out preventive practices.

In the HBM model theory, the combination of *perceived susceptibility* with *perceived seriousness* will produce *perceived susceptibility* / *threat*, namely feeling a threat to their health (Rosenstock (1974) in (Oztruk, 2024). One of the main factors in a person carrying out preventive behaviors that are detrimental to health is because a strong perception or belief in health threats is formed. This threat perception is initiated by perceived *susceptibility* factors to hypertension and *perceived seriousness* of the impact of hypertension. If the individual feels that hypertension is a threat that will be fatal to his health and safety, then the individual will immediately take preventive behavior against the disease. For this reason, perceptions about the dangers of hypertension need to be cultivated in migrant workers as a preventive measure / prevent the increase of hypertension in the future (Hidayat et al., 2023).

Independent disease prevention, especially hypertension is important to do, considering that this group usually experiences limitations in accessing health services and does not have health insurance, so it becomes an obstacle in dealing with their health problems (Legido-Quigley et al., 2019).

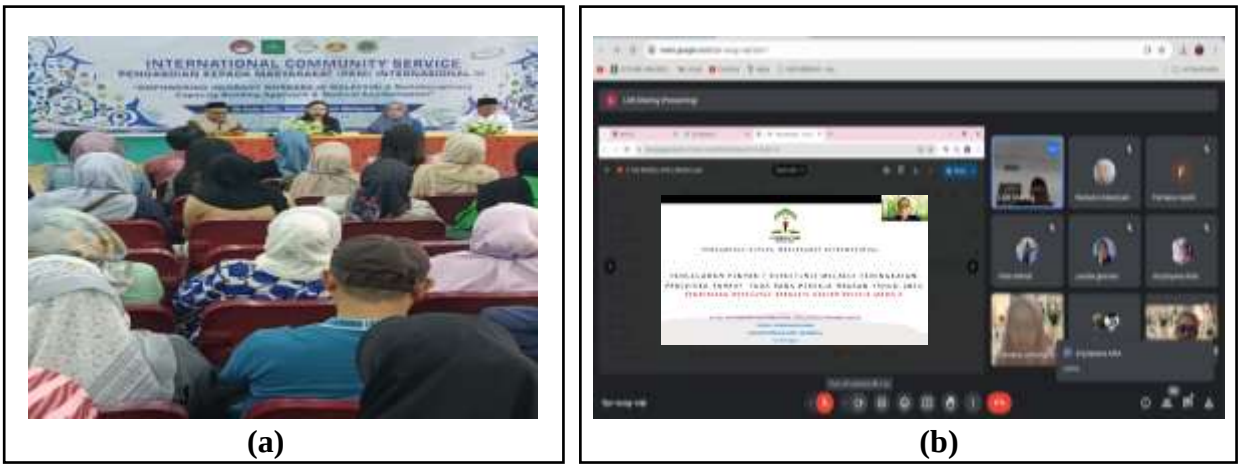

Figure 1. (a) Community Service Objectives; Indonesian Migrant Workers in Malaysia; **(b)** *Online* Presentation of Community Service via Zoom Meting

4. CONCLUSION

Prevention of hypertension in migrant workers can be done with health education based on *Health Believe Models* (HBM) by providing material that can increase *perceived susceptibility,* and *perceived seriousness* of the dangers and effects of hypertension causing *perceived threats* towards his future health. This program can be used as an intervention to prevent smoking behavior in schools. This activity can be used as a sustainable program so that perception changes continue to increase and are permanent considering that changes in perception in individuals need a time process in an effort to reduce the prevalence of hypertension from time to time, especially in migrant workers.

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CONFLICT OF INTERESTS

This international community service team has no affiliation or involvement in any organization or entity, whether in the form of financing or other non-financing. International community service activities are only funded by the institution where we work, namely Stikes Intan Martapura and there is no influence and pressure by officials in our institution.

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