

# Empowering older adults at Sekolah Lansia Purbaya through community-based exercise and audio-visual health education for hypertension management

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## Abstract

Early detection and disease prevention are part of the health activities conducted at *Sekolah Lansia Purbaya* in Salatiga City, Central Java. A health survey on May 20, 2025, revealed that of 29 older women, most participants had hypertension (89.66%). In addition, 65.52% had a body mass index outside the normal range, and 58.62% had abdominal obesity. These conditions show the need for a community service program focusing on blood pressure management. This activity aimed to improve older adults' understanding of hypertension through audiovisual education and exercise. A service-learning approach was used for 33 participants from Purbaya Senior Citizens' School in Karangalut, Salatiga City. The activity included health needs assessment, program preparation, implementation, reflection, and evaluation. Participants received health examinations, took part in the Ngadi Salira hypertension exercise, watched the Healthy Heart and Controlled Blood Pressure (*SEHATI*) educational video, and had a group discussion. Health examinations in July 2025 showed that 60.61% of participants had stage 1 hypertension and 60.61% had abdominal obesity, while most had normal blood glucose, uric acid, and cholesterol levels. After the service-learning, all the participants reported enjoying the exercise session. During the discussion, many expressed interest in continuing the exercise at home and in applying the information from the educational video. The *Ngadi Salira* exercise and *SEHATI* audiovisual serve as educational tools for managing high blood pressure at the *Sekolah Lansia Purbaya*.

### Keywords

Community engagement; Older adults; Hypertension management; Audio-visual health education; Active ageing

## Abstrak

*Deteksi dini dan pencegahan penyakit menjadi salah satu Program Sekolah Lansia Purbaya Kota Salatiga, Jawa Tengah. Survei kesehatan pada 20 Mei 2025 menunjukkan bahwa dari 29 lansia perempuan, 89,66% memiliki hipertensi. Bahkan sebanyak 65,52% memiliki indeks massa tubuh tidak ideal dan 58,62% dengan obesitas abdominal. Kondisi ini menunjukkan perlunya program kesehatan untuk membantu lansia mengendalikan tekanan darah sedini mungkin. Kegiatan pengabdian kepada masyarakat ini bertujuan*

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membantu lansia memahami cara mengendalikan tekanan darah melalui edukasi audiovisual dan senam lansia. Kegiatan dilakukan dengan pendekatan *service-learning* yang melibatkan 33 peserta didik Sekolah Lansia Purbaya Karangalit, Kota Salatiga Jawa Tengah. Kegiatan dilaksanakan melalui tahapan identifikasi kebutuhan kesehatan lansia, persiapan bersama pengurus Sekolah Lansia Purbaya, pelaksanaan program, refleksi, dan evaluasi. Program yang diberikan berupa pemeriksaan kesehatan seperti pengukuran tekanan darah, senam lansia berjudul *Ngadi Salira*, pemutaran video edukasi berjudul *Hidup Sehat Tekanan Darah Terkendali (SEHATI)*, hingga diskusi bersama. Hasil pemeriksaan pada bulan Juli 2025 menunjukkan bahwa walaupun mayoritas lansia memiliki kadar gula darah, asam urat, dan kolesterol dalam rentang normal, sebanyak 60,61% lansia mengalami hipertensi tahap 1 dan 60,61% memiliki obesitas abdominal. Setelah pemberian *service-learning*, semua lansia merasa senang dengan pelaksanaan senam lansia. Lansia pun aktif dalam diskusi yang menunjukkan keinginan untuk melakukan senam di rumah hingga mengikuti cara pengendalian hipertensi yang diajarkan dari video SEHATI. Senam *Ngadi Salira* dan media audiovisual SEHATI pun mampu menjadi media edukasi dalam pengendalian hipertensi di Sekolah Lansia Purbaya.

#### Kata Kunci

Pemberdayaan masyarakat; Lansia; Pengendalian hipertensi; Edukasi kesehatan berbasis audio-visual; Penuaan aktif

## 1. Introduction

*Sekolah Lansia Purbaya*, located in Karangalit, was established in 2022 as the first and only school for older adults in Salatiga City. The school provides non-formal education for older adults aged 60 years and above and offers learning activities that help them to be healthy and active. In 2023, the development of the school was supported through collaboration between the National Population and Family Planning Agency and the Department of Women's Empowerment, Child Protection, Population Control, and Family Planning. The program at *Sekolah Lansia Purbaya* consists of health information, spirituality needs, social relationships, agriculture, arts, character development, and daily life skills (Suwartiningsih et al., 2025). The health information program focuses on improving health knowledge and supporting healthy behaviours among older adults.

Before this community service program was conducted, health education had already been part of the activities at *Sekolah Lansia Purbaya*. In its first year (2023), learning sessions focused on topics such as Alzheimer's disease, nutrition, and oral health. In 2024, participants were introduced to healthy ageing practices, including blood pressure measurement, body mass index assessment, and screening for blood glucose, uric acid, and cholesterol levels. Hypertension and nutritional problems remained common among older adults at *Sekolah Lansia Purbaya* despite regular health education and health monitoring activities. A health survey conducted on May 20, 2025, involving 29 of 42 participants, found that 89.66% had hypertension, 65.52% had a body mass index outside the normal range, and 58.62% of older women had abdominal obesity. These findings indicated that the older adults needed health education on how to manage their blood pressure and adopt healthier daily habits.

Previous studies have shown that education provided by nurses can help older adults improve self-management behaviours and maintain better blood pressure control. Lifestyle education and self-management support have also been associated with improved quality of life among older adults with hypertension (Chantakeeree et al., 2022). Through health education, community nurses help older adults understand how to manage hypertension and encourage them to take care of their health in everyday life (Ampugo et al., 2024). In addition, audio-visual media can make health information easier to understand and remember, particularly for older adults (Amalia et al., 2021). Considering the health conditions identified at *Sekolah Lansia Purbaya* Karangalit, an educational approach combining exercise and audio-visual learning was needed. Therefore, a community service program was developed using the *Ngadi Salira* hypertension exercise and the Healthy Heart and Controlled Blood Pressure (*SEHATI*) audiovisual education program to promote self-care and hypertension management for the participants. The name *Ngadi Salira*, a Javanese term meaning self-care,

was chosen because most participants were of Javanese ethnicity. The use of local language and cultural expressions was intended to make the program more familiar and meaningful for older adults.

## 2. Methods

This activity was implemented using a service-learning approach as the conceptual framework. This framework included five interconnected stages: investigation, preparation, implementation, reflection, and demonstration (Glòria et al., 2022), with a participatory education approach involving *Sekolah Lansia Purbaya* throughout the process (Figure 1). Service-learning integrates academic learning with meaningful community service, enabling nursing students to apply nursing knowledge in real community settings while addressing identified community health needs (Nasrawi et al., 2026).

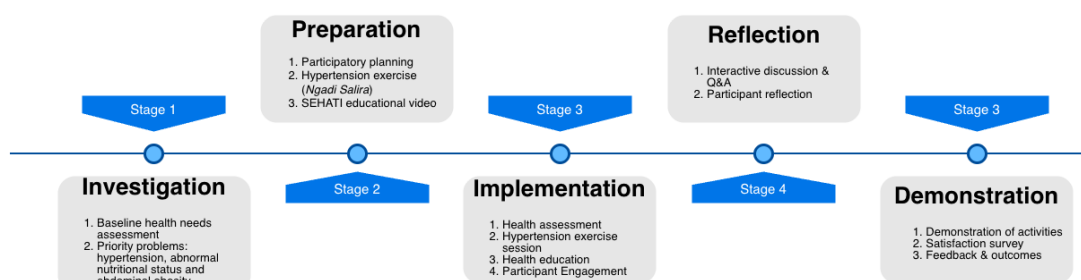


Figure 1. Community Service Activity Flowchart

The service-learning activities began with a health survey conducted on May 20, 2025, involving 29 older adults from *Sekolah Lansia Purbaya* in Karangalit, Salatiga City. The survey showed that hypertension, excess body weight, and abdominal obesity were common among participants. These findings were used to determine the focus of the community service program. Lecturers and students from Satya Wacana Christian University worked together with the school management to prepare activities that addressed these health needs.

During the preparation stage, educational media, facilities, and activity schedules were developed. The educational media consisted of the *Ngadi Salira* hypertension exercise and the *SEHATI* (Healthy Heart and Controlled Blood Pressure) educational video. *Ngadi Salira* was developed and conducted by nursing lecturers and students based on the health conditions identified among participants. The hypertension exercise used simple movements aimed to promote blood circulation and was adjusted to suit the physical abilities of older adults. The exercise was recorded in a 30-minute instructional video so the participants can do it by themselves at home. Also, the song in *Ngadi Salira* video contained health messages related to hypertension management, including reducing salt intake, limiting foods high in fat and coconut milk, engaging in regular physical activity, maintaining emotional well-being, and taking medication as prescribed.

After the *Ngadi Salira* exercise, all the participants watched a six-minute health education video called SEHATI. This video featured the experiences of two older Javanese women living in Salatiga City who shared how they managed their blood pressure. Their stories included regular physical activity, healthy eating habits, routine health checks, and adherence to treatment. The video also introduced the use of boiled bay leaf preparations, a traditional practice familiar to many older adults in the local community. To make the information easier to understand, the video used simple Indonesian language with Javanese subtitle. Photographs, illustrations, and participant testimonies were included throughout the presentation. In another research, SEHATI video helped improve knowledge and health-related behaviours associated with hypertension among Javaness older people in Salatiga City, Central Java (Rayanti et al., 2026).

Most participants at *Sekolah Lansia Purbaya* in Salatiga City were of Javanese ethnicity, and previous discussions with school administrators indicated that participants were more comfortable receiving health information in a familiar linguistic and cultural context. As a result,

health messages were presented using simple local language, familiar daily activities, and examples drawn from the experiences of older adults living in the local community.

The program was conducted on 16 July 2025. First, all the participants underwent basic health examinations, including blood pressure measurement using a digital blood pressure monitor. This was followed by the *Ngadi Salira* exercise session, which consisted of warm-up, core movement, and cool-down phases and lasted approximately 30 minutes. After completing the exercise, participants watched the SEHATI video as information education on hypertension management. At the end of the activity, participants took part in a discussion and question-and-answer session. They were encouraged to share their experiences, ask questions related to hypertension management, and discuss the health messages presented in the video. Participants also demonstrated several exercise movements to ensure that they understood the activity correctly. Program evaluation was conducted using a 10-item of satisfaction questionnaire and participant feedback collected after the session.

### 3. Result and Discussion

#### 3.1 Baseline Health Conditions of Participants Before the Program

The implementation of the community service program began with a comprehensive health assessment to identify the baseline health conditions of elderly participants before the intervention. The examination included measurements of body weight, height, blood pressure, waist and hip circumference, as well as cholesterol, random blood glucose, and uric acid levels (Figure 2). A total of 33 out of 42 elderly students participated in the health screening and education activities. Health screening was conducted as an initial step to map the health conditions of the elderly, serving as the basis for identifying health problems and care needs, so that appropriate interventions could be planned (Sanubari & Saragih, 2020). The assessments were conducted by the students using simple, polite, and slow communication to ensure that the older adults could easily understand the procedures.



Figure 2. Registration and Health Examination Activities

Table 1 reflects the characteristics of older adults who regularly participate in activities at the *Sekolah Lansia Purbaya* di Kota Salatiga. Most of the participants were aged 60–74 years (62.16%), female (61.90%), and Javanese (92.11%). As the risk of hypertension tends to increase with age, health promotion and preventive activities remain important for this group. This risk is further increased in women after menopause, as declining estrogen levels reduce the body's ability to regulate blood pressure effectively (Rayanti et al., 2025). Additionally, the increasing of age is associated with a decline in overall health conditions and a higher prevalence of health problems, with nutritional status disorders identified as the highest risk factors among older adults (Lumowa & Rayanti, 2024).

**Table 1.** Respondent Profile

Indicator (n=38)		f	%
Age	45-59 (Pre Elderly)	5	13,51%
	60-74 (Older Elderly)	23	62,16%
	75-90 (Oldest Elderly)	10	24,32%
Gender	Female	26	61,90%
	Male	12	28,57%
Ethnicity	Javanese	35	92,11%
	Batak	1	2,63%
	Chinese	1	2,63%
	Sangir	1	2,63%

Table 2 showed that stage 1 hypertension was the most common blood pressure category, affecting 20 of 33 participants (60.61%). A similar proportion (60.61%) had a waist-to-hip ratio classified as at risk. However, most participants had normal blood glucose levels (96.88%), while more than half had cholesterol levels within the normal range (54.55%). Normal uric acid levels were also found in most participants. Most participants had normal blood glucose, cholesterol, and uric acid levels based on portable blood screening; unfortunately, hypertension and abdominal obesity remained common among the older adults. Similar findings have been reported in previous studies, where age-related physiological changes and excess abdominal fat led to cardiovascular risk even with normal metabolic indicators (Hasan et al., 2025; Zhang et al., 2021).

**Table 2.** Blood Pressure and Peripheral Blood Examination

Indicator (n=33)		f	%
Blood Pressure	<120/80 mmHg (Normal)	10	30,30%
	<159/ <99 mmHg (Hypertension Stage 1)	20	60,61%
	160-179/100-109 mmHg (Hypertension Stage 2)	3	9,09%
Waist-to-Hip Ratio	Not at Risk	13	39,39%
	At Risk	20	60,61%
Cholesterol	High (>200 mg/dL)	15	45,45%
	Normal (<200 mg/dl)	18	54,55%
Random Blood Glucose	High (>200 mg/dL)	2	6,25%
	Normal (<200 mg/dl)	31	96,88%
Uric Acid	High		
	Male (>7,0 mg/dL)	3	9,09%
	Female (>6.0 mg/dL)	7	21,21%
	Normal		
	Male (3,4 -7,0 mg/dL)	9	27,27%
Female (2,4 - 6,0 mg/dL)	14	42,42%	

### 3.2 Program Implementation Based on Identified Needs

Based on the baseline assessment, the community service intervention was designed to address the main factors identified among participants, especially hypertension and central obesity. There were two main components in this program: a hypertension-specific exercise session and audio-visual health education (Figure 3).



**Figure 3.** Implementation of the Education Activity

The exercise session lasted approximately 30 minutes and was guided by nursing students using structured movements designed to improve blood circulation and promote physical activity suitable for older adults. After that, participants received health education through the SEHATI (Healthy Heart and Controlled Blood Pressure) audio-visual program, which focused on self-care strategies such as regular blood pressure monitoring, medication adherence, reduced salt intake, and engaging in physical activities. Hypertension management among older adults emphasizes healthy lifestyle behaviors, dietary modifications including low-salt intake, and adherence to prescribed antihypertensive medications (Rebokh et al., 2024). Low-salt consumption is recommended because foods with high salt content consumed by older adults contribute to the development of hypertension (Puspita et al., 2023).

Audiovisual media were found to help improve older adults' understanding of hypertension management. The use of visual and audio elements helps participants to follow the information more easily, especially when health information is accompanied by direct demonstrations of movements, as supported by multimedia learning theory and evidence from older-adult audiovisual learning studies (Lee et al., 2020). This helped older adults who may have declining memory and cognitive function. Step-by-step visual guidance helped older adults to easily understand the content compared to verbal explanation alone. These are in line with previous studies showing that educational videos provide improvements in knowledge, self-care, and empowerment for older adults with hypertension (Rayanti et al., 2026). In addition, animated video-based educational media can positively improve patients' knowledge and motivation regarding adherence to a hypertension diet (Budiarti et al., 2025).

The Javanese language was used during health education and played an important role in the learning process. Previous studies suggest that the use of Javanese-language in the educational videos resulted in improvement in older adults' compliance with blood pressure monitoring (Wibowo et al., 2024). When the information is delivered using the local language, it becomes easier to understand and more relevant to the participant's daily life, in this case, older people with a history of hypertension. Delivering information in the local language reduced the distance between facilitators and participants. It also increased comfort and trust, which encouraged more active participation during the session. In this community service activity, a cultural approach and simple local language appeared to provide better engagement with older adults. From a community nursing perspective, communication using a cultural approach and audiovisual media are practical methods to improve health education and support older populations' behavior change in rural areas.

### **3.3 Participant Responses and Program Outcomes**

A participant satisfaction survey was conducted after *Ngadi Salira* exercise. Based on this survey, all the older adults enjoyed taking part in the *Ngadi Salira* exercise. All participants (100%) reported feeling happy during the activity and all enjoyed the music and lyrics. Most

participants found the exercise easy to follow, with 97% mention that they can perform the movements easily, and 94% of them reported that the movements matched their physical abilities. In addition, 97% felt motivated by the music used during the exercise, while 87% stated that the song lyrics were easy to understand. Among the participants, 97% report that they feel relaxed after the exercise, and 90% believed this exercise helped reduce stress. During the hypertension exercise, participants were able to follow the movements comfortably and were actively engaged in the activity. These responses indicate that the *Ngadi Salira* exercise was well accepted and suited the physical abilities of the older adults who attended the program.

This positive response may also be influenced by the participants' previous experiences with regular physical activity in *Sekolah Lansia Purbaya*, Karangalit, Salatiga City. Most older adults in this school are already familiar with physical exercise through regular *Senam Tera* sessions conducted weekly. This is likely to contribute to their familiarity with this kind of exercise, making it easier for them to follow the *Ngadi Salira* exercise and adapt to the new activity. In relation to this, a previous study has shown that Tera gymnastics can contribute to improved blood pressure control among older adults with hypertension (Setiawati et al., 2023).

Since the exercise was conducted inside the building, some participants suggested that future exercise sessions could be done outdoors to provide more space so they can move more freely. One of the main reasons this program was held indoors is to facilitate the use of an LCD screen and sound system for displaying the exercise video. During the session, three female nursing students played as the instructors, providing step-by-step instruction and continuous encouragement to help the older adults follow each exercise comfortably and confidently. At the beginning, the instructors felt slightly nervous when guiding the exercise. However, after a few minutes, they became more relaxed and confident and were able to lead while also encouraging the participants.

**Table 3.** Satisfaction with Elderly Exercise for Hypertension Relief

Question	f	%	Category
I feel happy participating in this exercise	31	100%	High
The exercise movements are easy to follow	30	97%	High
The exercise movements match my physical abilities	29	94%	High
The music in the exercise makes me feel motivated	30	97%	High
The lyrics in the exercise are easy for me to understand	27	87%	High
The musical rhythm is easy for me to follow	31	100%	High
I like the rhythm and lyrics of the songs	31	100%	High
I do not have difficulty following each exercise movement	22	71%	High
This exercise helps reduce my stress	28	90%	High
I feel relaxed after doing the exercise	30	97%	High

The discussion session allowed participants to share their views on hypertension management and healthy ageing (Figure 4). Following the activity, participants discussed what they had learned about hypertension and healthy lifestyles. Some even shared their experiences in controlling blood pressure and wanted to continue the exercise at home. One of the older adults raised a question about the effect of daily coffee consumption on blood pressure. Another participant also shared that she regularly does physical activity by walking in the morning with her grandchildren around the housing complex. This question reflected their active engagement and interest in understanding daily lifestyle factors related to blood pressure control.

After the activity, three older adults approached the facilitators to request a copy of the exercise video so they could continue practicing at home. Then, several participants also expressed their willingness to continue the *Ngadi Salira* exercise at home and use the *SEHATI* video as a guide. This showed the strong interest and willingness of some participants to maintain the hypertension exercise independently at home. Participants also shared their intention to pay more attention to their health through regular exercise, blood pressure monitoring, and healthier daily habits. These responses indicate that the participants were

actively involved in the program and were interested in applying the information in their daily lives.



Figure 4. Discussion Sessions

### 3.4 Program Impact within the Service-Learning Framework

The service-learning program contributed to the improvement of learning and health promotion outcomes for older adults at *Sekolah Lansia Purbaya*. Initial health survey identified hypertension and nutritional problems as common concerns among participants, which guided the development of the *Ngadi Salira* exercise and the SEHATI educational video. In the implementation, participants actively engaged in health screening, exercise sessions, and educational activities. The evaluation result showed high satisfaction from participants. All participants enjoyed the exercise, and most reported that the movements were easy to follow and helped them feel relaxed. These findings are consistent with Lestari et al. (2020), who reported that older adults respond well to simple and easy-to-follow exercise instructions. This 30-minute *Ngadi Salira* exercise is comparable to an aerobic exercise program that has been associated with improved blood pressure control and physical functioning for older adults with hypertension (Jones et al., 2025). The discussion session further indicated that participants had a better understanding of the importance of blood pressure control and regular physical activity. Several participants expressed their willingness to continue the exercise at home and learn more about the SEHATI educational. These findings suggest that combining exercise, audiovisual education, and participant involvement can enhance hypertension management for older adults in community settings.

A side from the older adults' reflections during the group discussion, the nursing students also gained valuable learning experiences throughout this community service-learning activity. This experience provided them with direct, real-world experience in providing nursing care for older adults in the community. It also gave them an opportunity as they prepare for their future roles as professional nurses working in community settings.

## 4. Conclusion

This community service activity successfully achieved its objectives by improving older adults' understanding and motivation in controlling hypertension through integrated health screenings, *Ngadi Salira* exercise, and SEHATI audio-visual education. The success of the program was indicated by high participant engagement, positive satisfaction responses, increased awareness of self-care practices, and strong motivation to continue the activities at home independently. Although many older adults remain at risk for hypertension and abdominal obesity based on baseline assessments, the program provided a positive impact, as the exercise was perceived as easy to follow, the educational media were easy to understand, and participants reported feeling more refreshed and more aware of the importance of self-care.

For future implementation, there are several things to be improved based on the review and feedback from both participants and facilitators, such as enhanced audio quality and music for the video, and providing clearer instructions using Indonesian counting cues, as well as being conducted in a larger space or outdoors to support comfortable movement. In addition to that, shorter exercise and educational videos shared via WhatsApp are recommended to facilitate independent practice at home. Regular monitoring of blood pressure, waist-to-hip ratio, cholesterol, blood glucose, and uric acid levels should be integrated into routine health check-ups. Furthermore, Sekolah Lansia Purbaya should establish the program as a regular activity

by supplying a simple self-care booklet using the local language to ensure the information can be easily understood and applied in older adults' daily life.


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