

ABSTRAK

PENGARUH PENDIDIKAN KESEHATAN MEDIA AUDIOVISUAL TERHADAP PERILAKU PENCEGAHAN KEKAMBUIHAN HIPERTENSI PADA LANSIA DI DESA MOJOWIRYO KECAMATAN KEMLAGI MOJOKERTO

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Tingginya angka kejadian hipertensi disebabkan oleh banyak faktor, misalnya masyarakat sudah mengetahui bahwa dirinya menderita hipertensi, namun belum ada tindakan pengendalian yang dilakukan, bahkan masyarakat tidak mengetahui bahwa dirinya menderita hipertensi. Tujuan penelitian mengetahui pengaruh pendidikan kesehatan pada lansia menggunakan media audiovisual terhadap perilaku pencegahan kekambuhan hipertensi Desa Mojowiryo Kecamatan Kemlagi Mojokerto. Desain penelitian praeksperimen *one group pre postests design*. Populasi penelitian yaitu seluruh lansia yang mengalami hipertensi di Desa Mojowiryo Kecamatan Kemlagi Kabupaten Mojokerto sebanyak 78 lansia. Sampel diambil dengan teknik purposive sampling sebanyak 52 responden. Data dikumpulkan dengan instrument kuesioner dan diuji dengan uji wilcoxon. Hasil penelitian menunjukkan terjadi penurunan responden yang mempunyai perilaku negatif dari 30 responden (57,7%) sebelum diberikan pendidikan kesehatan media audiovisual menjadi 15 responden (28,8%) setelah diberikan pendidikan kesehatan media audiovisual. Terjadi peningkatan perilaku positif dari 22 responden (42,3%) sebelum diberikan pendidikan kesehatan menjadi 37 responden (71,2%) setelah diberikan pendidikan kesehatan media audiovisual. Hasil uji Wilcoxon menunjukkan nilai Nilai $\rho = 0,000$ dan $\alpha = 0,05$ maka $\rho < \alpha$ sehingga ada Pengaruh Pendidikan Kesehatan Media Audiovisual Terhadap Perilaku Pencegahan kekambuhan Hipertensi di Desa Mojowiryo Kemlagi Mojokerto. Pemberian pendidikan kesehatan menggunakan media audio visual dapat membantu penderita hipertensi dalam meningkatkan tindakan pencegahan kekambuhan hipertensi, disamping itu keterlibatan keluarga dalam merawat penderita hipertensi di dalam keluarga menjadi salah satu hal yang mendukung perilaku penderita dalam mencegah kekambuhan hipertensi.

Kata Kunci : Pendidikan Kesehatan, Audiovisual, Perilaku, Hipertensi, Lansia

ABSTRACT

THE EFFECT OF HEALTH EDUCATION FOR THE ELDERLY USING AUDIOVISUAL MEDIA ON THE BEHAVIOR OF PREVENTING RECURRENCE OF HYPERTENSION IN MOJOWIRYO VILLAGE, KEMLAGI DISTRICT MOJOKERTO

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The high incidence of hypertension is caused by many factors, for example people already know that they suffer from hypertension, but no control measures have been taken, and people do not even know that they suffer from hypertension. The aim of the research is to determine the effect of health education for the elderly using audiovisual media on the behavior of preventing recurrence of hypertension in Mojowiryo Village, Kemlagi District, Mojokerto. Pre-experimental research design, one group pre-post test design. The research population was all elderly people who experienced hypertension in Mojowiryo Village, Kemlagi District, Mojokerto Regency, totaling 78 elderly people. The sample was taken using a purposive sampling technique as many as 52 respondents. Data was collected using a questionnaire instrument and tested using the Wilcoxon test. The research results showed that there was a decrease in respondents who had negative behavior from 30 respondents (57.7%) before being given audiovisual media health education to 15 respondents (28.8%) after being given audiovisual media health education. There was an increase in positive behavior from 22 respondents (42.3%) before being given health education to 37 respondents (71.2%) after being given audiovisual media health education. The results of the Wilcoxon test show that the values $\rho = 0.000$ and $\alpha = 0.05$, so $\rho < \alpha$ so that there is an influence of audiovisual media health education on behavior to prevent recurrence of hypertension in Mojowiryo Kemlagi Village, Mojokerto. Providing health education using audio-visual media can help hypertension sufferers in improving measures to prevent hypertension recurrence, besides that, family involvement in caring for hypertension sufferers in the family is one of the things that supports sufferers' behavior in preventing hypertension recurrence.

Key Words : Health Education, Audiovisual, Behaviour, Hypertention, Elderly