

**PENGARUH EDUKASI MENGGUNAKAN MEDIA BOOKLET
TERHADAP *SELF-MANAGEMENT* DAN PENGETAHUAN
PASIEN HIPERTENSI DI GUNUNGGIDUL
YOGYAKARTA**

INTISARI

Latar belakang: Hipertensi memerlukan pengelolaan jangka panjang, namun banyak pasien masih memiliki pengetahuan dan *self-management* yang rendah. Edukasi penting untuk mengatasi pengetahuan dan *self-management* yang rendah, maka *booklet* dapat menjadi solusi dari keterbatasan sumber bacaan menjadi kendala.

Tujuan: Mengetahui pengaruh edukasi menggunakan media *booklet* terhadap *self-management* dan pengetahuan pada pasien hipertensi.

Metode: Penelitian *quasy-eksperimen* dengan *non-equivalent control group design* melibatkan 70 pasien hipertensi. Data dikumpulkan melalui kuisioner demografi, *Hypertension Knowledge-Level Scale (HK-LS)*, dan *Hypertension Self-Management Behavior Quisionnare (HSMBQ)* yang telah dimodifikasi. Analisis data bivariate menggunakan *Mann-Whitney*.

Hasil: Hasil menunjukkan bahwa ada pengaruh signifikan antara intervensi edukasi menggunakan *booklet* dengan *self-management* hipertensi (*p-value: 0,001*), dan pengetahuan hipertensi (*p-value: 0,001*). Rata-rata skor *self-management* hipertensi pada kelompok intervensi (*pretest 88,06; posttest 134,20*) dan pada kelompok kontrol (*pretest 94,46; posttest 96,89*) dan rata-rata skor pengetahuan hipertensi pada kelompok intervensi (*pretest 17,23; posttest 21,60*) dan pada kelompok kontrol (*pretest 17,34; posttest 17,20*).

Kesimpulan: Edukasi menggunakan media *booklet* terbukti efektif dalam meningkatkan *self-management* dan pengetahuan pada pasien hipertensi.

Kata kunci: *Self-management* hipertensi, pengetahuan hipertensi, *booklet*, pasien hipertensi, edukasi.

THE EFFECT OF EDUCATION USING BOOKLET MEDIA ON SELF-MANAGEMENT AND KNOWLEDGE OF HYPERTENSION PATIENTS IN GUNUNGGKIDUL YOGYAKARTA

ASBTRACT

Background: Long-term management is necessary for hypertension, but many patients still lack the knowledge and skills necessary for self-management. Booklets may be a solution to the problem of limited reading sources because education is crucial for overcoming low knowledge and poor self-management.

Objective: To determine how self-management and knowledge levels in patients with hypertension are influenced by education through booklet media.

Method: The study involved 70 hypertensive patients and employed a quasi-experimental design with a non-equivalent control group. The Hypertension Knowledge-Level Scale (HK-LS), the modified Hypertension Self-Management Behaviour Questionnaire (HSMBQ), and demographic questionnaires were used to gather data. The Mann-Whitney analysis was used for the bivariate data.

Result: The results showed that there was a significant influence between educational intervention using booklets with hypertension self-management (p -value: 0.001), and hypertension knowledge (p -value: 0.001). The average hypertension self-management score in the intervention group (pretest 88.06; posttest 134.20) and in the control group (pretest 94.46; posttest 96.89) and the average hypertension knowledge score in the intervention group (pretest 17.23; posttest 21.60) and in the control group (pretest 17.34; posttest 17.20).

Conclusion: Patients with hypertension can improve their knowledge and self-management through education that uses booklet media.

Keyword: Hypertension self-management, hypertension knowledge, booklet, patients with hypertension, education.