

PEMBERDAYAAN KADER LANSIA MELALUI PROGRAM LANSIA SEHATI (SEHAT TANPA HIPERTENSI) DENGAN MEDIA EDUKASI DI POSYANDU LANSIA WILAYAH KERJA PUSKESMAS MLATI II

Getha Puji Lestari¹, Slamet Iskandar², Siti Budi Utami³

^{1,2,3}Prodi Pendidikan Profesi Dietisien Poltekkes Kemenkes Yogyakarta

Jalan Tata Bumi No. 3 Banyuraden, Gamping, Sleman

Email: getha.p23@gmail.com

ABSTRAK

Hipertensi merupakan salah satu penyakit tidak menular yang paling banyak dialami oleh lansia dan dapat menyebabkan komplikasi serius seperti stroke, gagal jantung, dan gangguan ginjal. Peran kader posyandu lansia sangat penting dalam upaya promotif dan preventif, namun masih ditemukan keterbatasan pengetahuan dan keterampilan dalam memberikan edukasi kesehatan. Penelitian ini bertujuan untuk mengetahui pengaruh program pemberdayaan Lansia SEHATI (Sehat Tanpa Hipertensi) terhadap peningkatan pengetahuan dan keterampilan kader posyandu lansia dalam edukasi hipertensi menggunakan media lembar balik.

Penelitian menggunakan desain pre-eksperimental dengan rancangan *one-group pretest-posttest* dan pendekatan kuantitatif. Subjek terdiri dari 25 orang kader posyandu lansia di wilayah kerja Puskesmas Mlati II. Instrumen penelitian meliputi kuesioner pengetahuan hipertensi dan lembar observasi keterampilan edukasi. Analisis data dilakukan menggunakan uji normalitas *Shapiro-Wilk* dan dilanjutkan dengan uji *Wilcoxon*.

Hasil penelitian menunjukkan adanya peningkatan signifikan pada pengetahuan kader, dengan rata-rata nilai *pre-test* 52,17 meningkat menjadi 89,45 pada *post-test* ($p = 0,000$). Selain itu, sebanyak 92% kader dinilai memiliki keterampilan baik dalam melakukan edukasi hipertensi setelah pelatihan. Temuan ini menunjukkan bahwa program Lansia SEHATI efektif dalam meningkatkan kapasitas kader dalam memberikan edukasi dan pencegahan hipertensi pada lansia.

Kata Kunci: hipertensi, kader posyandu lansia, pemberdayaan kader, edukasi kesehatan, Lansia SEHATI.

**EMPOWERMENT OF ELDERLY POSYANDU CADRES THROUGH
THE LANSIA SEHATI (HEALTHY WITHOUT HYPERTENSION)
PROGRAM USING EDUCATIONAL MEDIA AT MLATI II
PUBLIC HEALTH CENTER**

Getha Puji Lestari¹, Slamet Iskandar², Siti Budi Utami³

^{1,2,3}Dietitian Professional Education Study Program, Poltekkes Kemenkes
Yogyakarta

Jalan Tata Bumi No. 3 Banyuraden, Gamping, Sleman

Email: getha.p23@gmail.com

ABSTRACT

Hypertension is one of the most common non-communicable diseases among older adults and can lead to serious complications such as stroke, heart failure, and kidney disorders. Cadres of elderly posyandu play an essential role in promotive and preventive efforts; however, limited knowledge and skills in providing health education are still frequently found. This study aims to determine the effect of the Lansia SEHATI (Sehat Tanpa Hipertensi) empowerment program on improving the knowledge and skills of elderly posyandu cadres in delivering hypertension education using flipchart media.

This study employed an pre-experimental design with a one-group pretest–posttest approach and a quantitative method. The subjects consisted of 25 elderly posyandu cadres in the working area of Puskesmas Mlati II. Research instruments included a hypertension knowledge questionnaire and an observation checklist for educational skills. Data analysis was performed using the Shapiro–Wilk normality test followed by the Wilcoxon test.

The results showed a significant increase in cadre knowledge, with mean scores rising from 52.17 (pre-test) to 89.45 (post-test) ($p = 0.000$). Additionally, 92% of cadres demonstrated good skills in providing hypertension education after the training. These findings indicate that the Lansia SEHATI program is effective in enhancing cadre capacity in delivering education and contributing to hypertension prevention among older adults.

Keywords: *hypertension, elderly posyandu cadres, cadre empowerment, health education, Lansia SEHATI.*