

PENGARUH FLIPBOOK DIGITAL MANAJEMEN DIRI ATASI HIPERTENSI TERHADAP SELF MANAGEMENT PASIEN HIPERTENSI DI WILAYAH KERJA PUSKESMAS SLEMAN

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ABSTRAK

Latar Belakang : Hipertensi merupakan masalah kesehatan global dengan prevalensi yang terus meningkat dan beresiko menimbulkan komplikasi serius. Pengelolaan Hipertensi tidak hanya bergantung pada terapi medis, tetapi juga memerlukan kemampuan *self-management* pasien. *Self-management* pasien Hipertensi dipengaruhi oleh beberapa faktor salah satunya pengetahuan. Pemanfaatan media edukasi berbasis digital seperti *flipbook* menjadi alternatif yang dapat digunakan untuk meningkatkan pengetahuan karena bersifat interaktif dan mudah diakses. Peningkatan pengetahuan tersebut diharapkan dapat mendukung kemampuan *self-management* pasien hipertensi.

Tujuan : Mengetahui Pengaruh *flipbook* digital terhadap *self-management* pasien Hipertensi di wilayah kerja puskesmas sleman

Metode : Penelitian ini menggunakan metode *quasy experiment design* dengan pendekatan *pre-test post-test with control group design*. Pengambilan sampel pada penelitian ini menggunakan teknik *Non probability sampling*. Intervensi dengan *flipbook* digital dilakukan dengan 1 kali pertemuan, dengan jarak *pretest* dan *posttest* selama 2 minggu. Kuesioner yang digunakan untuk mengukur *self-management* menggunakan *Hypertension Self Management Behaviour Questionnaire* (HSMBQ). Analisis data dalam penelitian ini menggunakan uji *Wilcoxon* dan uji *Mann Whitney*.

Hasil : Hasil penelitian menunjukkan bahwa *self-management* pasien hipertensi pada kelompok intervensi mengalami peningkatan pada *posttest*. Uji *wilcoxon* didapatkan hasil *p value* 0,00 yang berarti *p value* < 0,05, maka hipotesis diterima.

Kesimpulan : Penelitian ini membuktikan bahwa edukasi dengan media *flipbook* digital mempengaruhi *self-management* pasien hipertensi.

Kata Kunci : *Flipbook* Digital, Hipertensi, *Self Management*

THE EFFECT OF DIGITAL FLIPBOOK SELF MANAGEMENT HYPERTENSION ON SELF MANAGEMENT IN HYPERTENSIVE PATIENTS IN THE SLEMAN COMMUNITY HEALTH CENTER WORKING AREA

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ABSTRACT

Background: Hypertension is a global health issue with a steadily rising prevalence and a high risk of causing serious complications. The management of hypertension does not rely solely on medical therapy but also requires patients' self-management skills. Self-management in patients with hypertension is influenced by several factors, one of which is knowledge. The use of digital educational media, such as flipbooks, is an alternative that can be used to improve knowledge because it is interactive and easily accessible. It is hoped that this increase in knowledge will support the self-management skills of patients with hypertension.

Objective: This study aims to understand the impact of Digital Flipbooks on Self-Management among patients with hypertension in the Sleman Community Health Center Working Area.

Methods: This study employed a quasi-experimental design using a pre-test-post-test with control group approach. Sampling in this study utilized non-probability sampling techniques. The intervention using a digital flipbook was conducted in a single session, with a 2-week interval between the pretest and posttest. The questionnaire used to measure self-management was the Hypertension Self-Management Behaviour Questionnaire (HSMBQ). Data analysis in this study utilized the Wilcoxon test and the Mann-Whitney test.

Results: The results of the study indicate that self-management among hypertensive patients in the intervention group improved on the posttest. The Wilcoxon test yielded a p-value of 0.00, which means the p-value is < 0.05 ; therefore, the hypothesis is accepted.

Conclusion: This study demonstrates that education using digital flipbooks influences self-management in patients with hypertension.

Keywords : Digital Flipbook, Hypertension, Self Management