

PENGARUH EDUKASI BERBASIS *MOBILE HEALTH* “HEART” TERHADAP KESIAPSIAGAAN SERANGAN JANTUNG PADA MASYARAKAT WILAYAH KERJA PUSKESMAS KALASAN

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ABSTRAK

Latar Belakang : Serangan jantung merupakan salah satu penyebab utama kematian global yang memerlukan penanganan cepat dan tepat. Keterlambatan dalam pengenalan gejala dan pengambilan keputusan awal di masyarakat masih menjadi masalah utama yang berkontribusi terhadap tingginya mortalitas. Pemanfaatan teknologi *mobile health* berpotensi meningkatkan kesiapsiagaan masyarakat melalui edukasi yang interaktif dan mudah diakses.

Tujuan : Penelitian ini bertujuan untuk menganalisis pengaruh edukasi berbasis *mobile health* “Heart” terhadap kesiapsiagaan serangan jantung pada masyarakat di wilayah kerja Puskesmas Kalasan.

Metode : Penelitian ini menggunakan desain *quasi-experimental* dengan pendekatan *two group pretest-posttest design*. Sampel penelitian ini berjumlah 66 responden yang dibagi menjadi kelompok intervensi (n=33) dan kelompok kontrol (n=33) menggunakan teknik *purposive sampling*. Kelompok intervensi diberikan edukasi menggunakan *mobile health* “Heart”, sedangkan kelompok kontrol menggunakan media *leaflet*. Pengumpulan data dilakukan menggunakan kuesioner kesiapsiagaan yang telah diuji validitas dan reliabilitas ($\alpha=0,853$). Analisis data meliputi uji univariat dan bivariat dengan uji *Shapiro-Wilk*, *Paired Sample T-Test*, serta *Independent Sample T-Test*.

Hasil : Terdapat peningkatan kesiapsiagaan pada kedua kelompok setelah intervensi. Hasil uji *Paired Sample T-Test* menunjukkan perbedaan yang bermakna antara *pretest* dan *posttest* pada kelompok intervensi ($t=7,764$; $p=0,000$) maupun kelompok kontrol ($t=6,460$; $p=0,000$). Hasil uji *Independent Sample T-Test* menunjukkan perbedaan yang signifikan antara nilai *posttest* kelompok intervensi dan kontrol ($t=3,031$; $p=0,004$), dengan rerata *posttest* kelompok intervensi sebesar 89,09 dan kelompok kontrol sebesar 80,48.

Kesimpulan : Edukasi berbasis *mobile health* “Heart” berpengaruh terhadap kesiapsiagaan serangan jantung pada masyarakat. Terdapat perbedaan yang bermakna pada nilai *posttest* antara kelompok intervensi dan kelompok kontrol, sehingga *mobile health* dapat dipertimbangkan sebagai strategi inovatif dalam promosi kesehatan berbasis komunitas.

Kata kunci : kesiapsiagaan, *mobile health* , serangan jantung

THE EFFECT OF *MOBILE HEALTH* BASED EDUCATION “HEART” ON HEART ATTACK PREPAREDNESS AMONG COMMUNITIES IN THE WORKING AREA OF KALASAN PRIMARY HEALTH CENTER

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ABSTRACT

Background : Heart attack remains one of the leading causes of mortality worldwide and requires timely and appropriate management. Delays in symptom recognition and early decision-making at the community level continue to contribute significantly to high mortality rates. The use of *mobile health* technology offers a promising approach to improving community preparedness through interactive and accessible health education.

Objective : This study aimed to examine the effect of *mobile health* based education “Heart” on heart attack preparedness among communities in the working area of Kalasan Primary Health Center.

Methods : This study employed a quasi-experimental design with a two-group pretest–posttest approach. A total of 66 respondents were selected using purposive sampling and divided into an intervention group (n=33) and a control group (n=33). The intervention group received education through the “Heart” *mobile health* application, while the control group received leaflet-based education. Data were collected using a preparedness questionnaire that had been tested for validity and reliability ($\alpha=0.853$). Data were analyzed using univariate and bivariate analyses, including the Shapiro–Wilk test, Paired Sample T-Test, and Independent Sample T-Test.

Results : Preparedness levels increased in both groups following the intervention. The Paired Sample T-Test revealed a significant difference between pretest and posttest scores in the intervention group ($t=7.764$; $p=0.000$) and the control group ($t=6.460$; $p=0.000$). The Independent Sample T-Test showed a significant difference between posttest scores of the intervention and control groups ($t=3.031$; $p=0.004$), with mean posttest scores of 89.09 and 80.48, respectively.

Conclusion : *Mobile health* based education “Heart” has an effect on community preparedness for heart attacks. A statistically significant difference in posttest scores was found between the intervention and control groups, suggesting that *mobile health* may be considered an innovative strategy for community-based health promotion.

Keywords: preparedness, mobile health, heart attack