

**PENGARUH MEDIA *FLIPCHART* TERHADAP TINGKAT KEPATUHAN
MINUM OBAT PADA LANSIA HIPERTENSI
DI WILAYAH KERJA PUSKESMAS SEYEGAN**

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ABSTRAK

Latar Belakang: Hipertensi pada lansia memerlukan pengobatan jangka panjang, namun tingkat kepatuhan minum obat masih rendah akibat lupa, kurangnya pemahaman tentang pentingnya terapi berkelanjutan, dan keterbatasan dukungan sosial. Studi pendahuluan di Desa Margokaton menunjukkan banyak lansia menghentikan obat saat tidak bergejala. Media *flipchart* yang memuat materi edukasi singkat tentang hipertensi beserta kalender minum obat dinilai tepat untuk meningkatkan kepatuhan karena bersifat visual, interaktif, dan mudah dipahami oleh lansia berpendidikan rendah.

Tujuan: Mengetahui pengaruh media *flipchart* terhadap tingkat kepatuhan minum obat pada lansia hipertensi di wilayah kerja Puskesmas Seyegan.

Metode: Quasi experimental dengan desain *non-equivalent control group pre-test post-test* dan *total sampling* (n=64). Kelompok intervensi (n=32) mendapatkan edukasi menggunakan media *flipchart*, kelompok kontrol (n=32) mendapatkan motivasi lisan singkat. Kepatuhan diukur dengan MMAS-8. Analisis menggunakan uji Wilcoxon *Signed Rank Test* dan Mann-Whitney U.

Hasil: Terdapat perbedaan bermakna pada kelompok intervensi antara pretest dan posttest ($p=0,000$), dengan 93,8% responden mencapai kepatuhan tinggi. Kelompok kontrol tidak menunjukkan perubahan bermakna ($p=0,317$). Perbandingan posttest antara kedua kelompok menunjukkan perbedaan yang signifikan ($p=0,000$).

Kesimpulan: Media *flipchart* yang mengintegrasikan edukasi hipertensi dan kalender minum obat terbukti berpengaruh signifikan terhadap tingkat kepatuhan minum obat pada lansia hipertensi di wilayah kerja Puskesmas Seyegan dan direkomendasikan untuk digunakan secara rutin dalam program edukasi di posyandu lansia.

Kata Kunci: lansia, *flipchart*, hipertensi, kepatuhan minum obat

**THE EFFECT OF *FLIPCHART* MEDIA ON THE LEVEL OF MEDICATION
COMPLIANCE IN ELDERLY WITH HYPERTENSION IN THE SEYEGAN
COMMUNITY HEALTH CENTER WORK AREA**

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ABSTRACT

Background: Hypertension in the elderly requires long-term medication, yet adherence remains low due to forgetfulness, poor understanding of sustained therapy, and limited social support. A preliminary study in Margokaton Village revealed that many elderly patients stopped medication when asymptomatic. *Flipchart* media containing brief hypertension education and a medication schedule calendar was considered suitable to improve adherence, as it is visual, interactive, and accessible for low-literacy elderly populations.

Purpose: To determine the effect of *flipchart* media on the level of medication adherence in elderly patients with hypertension in the Seyegan Community Health Center work area.

Methods: *Quasi-experimental* with a *non-equivalent control group pre-test post-test* design and *total sampling* (n=64). The intervention group (n=32) received health education using *flipchart* media; the control group (n=32) received brief verbal motivation. Adherence was measured with MMAS-8 and analyzed using the Wilcoxon *Signed Rank Test* and Mann-Whitney U test.

Result: A significant difference was found in the intervention group between pretest and posttest ($p=0.000$), with 93.8% of respondents achieving high adherence. No significant change was found in the control group ($p=0.317$). The Mann-Whitney U test confirmed a significant difference between groups at posttest ($p=0.000$).

Conclusion: Flipchart media that integrates hypertension education and medication calendar has been proven to have a significant effect on the level of medication adherence in elderly people with hypertension in the Seyegan Community Health Center work area and is recommended for routine use in education programs at the elderly integrated health post.

Keywords: elderly, flipchart, hypertension, medication adherence