

**PENGARUH EDUKASI MELALUI MEDIA *LEAFLET*
DAN *POWER POINT* TERHADAP TINGKAT
PENGETAHUAN LANSIA TENTANG
PENCEGAHAN HIPERTENSI**

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Intisari

Hipertensi adalah suatu kondisi tekanan darah tinggi dengan sistoliknya diatas 140 mmHg dan diastoliknya diatas 90 mmHg. Hipertensi pada lanjut usia sebagian besar merupakan hipertensi sistolik terisolasi (HST), meningkatnya tekanan sistolik menyebabkan besarnya kemungkinan timbulnya kejadian stroke dan *infark myocard* bahkan walaupun tekanan diastoliknya dalam batas normal (*isolated systolic hypertension*). Salah satu upaya pencegahan yang dilakukan adalah dengan memberikan edukasi tentang pencegahan hipertensi terhadap lansia yang belum terkena hipertensi. Tujuan penelitian ini untuk mengetahui pengaruh edukasi melalui media *leaflet* dan *power point* terhadap tingkat pengetahuan lansia tentang pencegahan hipertensi. Metode penelitian kuantitatif menggunakan desain *quasi experimental*, rancangan penelitian yang digunakan adalah *one group pretest-posttest design*. Pengambilan sample pada penelitian ini dengan teknik *Probability Sampling* menggunakan metode *simple random sampling* yaitu sebanyak 55 responden lansia yang tidak menderita hipertensi di Wilayah Kerja Puskesmas Selasari. Penelitian ini dilakukan pada bulan Maret – April 2023. Hasil penelitian menyatakan bahwa ada pengaruh edukasi melalui media *leaflet* dan *power point* terhadap tingkat pengetahuan lansia tentang pencegahan hipertensi dengan nilai signficancy pada hasil uji *Paired T Test* didapatkan p -value (0,000) $< \alpha$ (0,05). Kesimpulan: Edukasi melalui media *leaflet* dan *power point* berpengaruh terhadap tingkat pengetahuan lansia tentang pencegahan hipertensi.

Kata Kunci : Edukasi, Lansia, Pencegahan Hipertensi Pengetahuan

**EDUCATIONAL INFLUENCE THROUGH LEAFLET MEDIA
AND POWER POINT AGAINST THE LEVEL
ELDERLY KNOWLEDGE ABOUT
HYPERTENSION PREVENTION**

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Abstract

Hypertension is a condition of high blood pressure with systolic above 140 mmHg and diastolic above 90 mmHg. Hypertension in the elderly is mostly isolated systolic hypertension (HST), increased systolic pressure causes a greater likelihood of stroke and myocardial infarction even though the diastolic pressure is within normal limits (isolated systolic hypertension). One of the prevention efforts is to provide education about hypertension prevention for the elderly who have not been exposed to hypertension. The purpose of this study was to determine the effect of education through the media of leaflets and power points on the level of knowledge of the elderly about hypertension prevention. The quantitative research method uses a quasi-experimental design, the research design used is one group pretest-posttest design. Sampling in this study using the Probability Sampling technique using the simple random sampling method, namely as many as 55 elderly respondents who do not suffer from hypertension in the Work Area of the Selasari Health Center. This research was conducted in March – April 2023. The results stated that there was an influence of education through media leaflets and power points on the level of knowledge of the elderly about preventing hypertension with a significance value on the Paired T Test results obtained $p\text{-value } (0.000) < \alpha (0, 05)$. Conclusion: Education through the media of leaflets and power points has an effect on the level of knowledge of the elderly about hypertension prevention.

Keywords: Education, Elderly, Prevention of Hypertension Knowledge