
Influence of Health Education Through Audiovisual on Knowledge and Self Management of Hypertension Elderly in Tondo Kelurahan Mantikulore District

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ABSTRACT

Hypertension is one of the non-communicable diseases (PTM) and also often referred to as the "silent killer" because the character of hypertension does not show clear signs and symptoms. Based on data from Talise Health Center, Talise Health Center covers 4 villages, namely: Talise Village, Tondo Village, Layana Indah Village, and Tanamodindi Village. Tondo Village is one of the areas that contributes to the highest number of elderly hypertension. Tondo Village has never conducted health education through audiovisual for the prevention of hypertension in the elderly. This research aims to determine the effect of health education through audiovisual on knowledge and self-management of elderly hypertension in the Tondo sub-district, Mantikulore sub-district. This type of research is a quantitative research with a pre-experimental design with the type of one group pre-test post-test design. The population in this study amounted to 32 elderly diagnosed with hypertension who actively participated in health checks at the Tondo Sub-Health Health Center. Determination of the sample in this study was done with the technique Total Sampling. The samples taken were 32 elderly people diagnosed with hypertension. Collecting data using a questionnaire that was analyzed by the Wilcoxon signed rank test. The results of this study indicate that there is an effect of health education through audiovisual on knowledge of the elderly with hypertension in Tondo Village, Mantikulore District as evidenced by statistical tests with value $p=0.000 < 0.05$ and there is an effect of health education through audiovisual on self-management of elderly hypertension in Tondo Village, Mantikulore District. This study suggests to all health workers to always provide understanding or knowledge to the community intensively about the importance and benefits of providing health education in preventing hypertension.

INTRODUCTION

Hypertension is one of the non-communicable diseases (PTM). Hypertension is a blood pressure condition of more than 140/90 mmHg. Hypertension is also often referred to as the "silent killer" because the character of hypertension does not show clear signs and symptoms, where this disease can develop progressively and permanently. Hypertension can affect anyone, both men and women (1).

Data from the World Health Organization (WHO) shows that around 1.13 billion people in the world have hypertension, meaning that 1 in 3 people in the world is diagnosed with hypertension. The number of people with hypertension continues to increase every year, it is estimated that by 2025 there will be 1.5 billion people affected by hypertension, and it is estimated that every year 9.4 million people die from hypertension and its complications (2).

The results of Riskesdas in 2018 showed a high prevalence of non-communicable diseases in Central Sulawesi Province, such as hypertension (34.1%), heart disease (1.5%), stroke (10.9%), diabetes mellitus (2.2%), asthma (2.4%), chronic kidney (3.8%), joint disease (7.3%), and cancer/tumor (1.8%). This shows that most people with hypertension do not know that they are hypertension so they do not get treatment (3).

Based on data from the report on the elderly health service program at the Palu City Health Office, Talise Health Center ranks the highest in the elderly hypertension rate, as many as 2277 elderly. Talise Health Center is known to have 4 working areas consisting of Tondo village with 505 hypertension elderly, Talise village as many as 482 hypertension elderly, Layana Indah village as many as 476 hypertension elderly and Tanamodindi village as many as 463, and patients outside the working area of Talise Health Center as many as 351 hypertension elderly who have hypertension. get health services.

Efforts must be made in overcoming the problem of hypertension, namely preventing and controlling hypertension, including increasing understanding of health education through increasing knowledge and self-management of hypertension (4).

The implementation of health education requires media or teaching aids so that what is conveyed is in accordance with what is expected. The selection of media and methods is very important so that the delivery of information becomes more interesting and easier to understand by the recipients of the information.

So that researchers are interested in conducting research on health education using the audio-visual method because the provision of health education with the audiovisual method is very influential in receiving health information or education. This media is considered more interesting and has a more positive effect because it involves two senses, namely the senses of sight and hearing which can maximize the reception of information.

METHODOLOGY

The type of research used in this study is quantitative with a pre-experimental design with the type of one group pre-post test design, where in this design preliminary measurements (pretest) are carried out before treatment is given, then treatment or intervention is given and measurements (posttest) are carried out after being given treatment. . The location of this research was carried out in the village of Tondo, sub-district of Mantikolore. The analysis used in this study after the normality test was carried out using the Wilcoxon test. Where the data is not normally distributed.

RESULTS

The Effect of Health Education Through Audiovisual on Knowledge of Hypertension Elderly

From the results of the study the effect of health education through audiovisual on the knowledge of the elderly with hypertension in the Tondo sub-district, Mantikolore sub-district.

Table 1. The Effect of Health Education Through Audiovisual on Knowledge of Hypertension Elderly in Tondo Village, Mantikolore District

	Elderly Knowledge		Mean	Standard Deviation	Sig (p- Value)
	Tall	Low			
Pre Test	18	14	7,25	2,995	0,000
Post Test	20	12	10,59	1,542	

The Effect of Health Education Through Audiovisual on Self Management of Elderly Hypertension

From the results of the study the effect of health education through audiovisual on self-management of elderly hypertension in the Tondo sub-district, Mantikolore sub-district.

Table 2. The Effect of Health Education Through Audiovisual on Self Management of Elderly Hypertension in Tondo Village, Mantikolore District

	Elderly Self Management		Mean	Standard Deviation	Sig (p- Value)
	Do	Do not do			
Pre Test	16	16	5,59	1,500	0,000

Post Test	25	7	9,00	0,762
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DISCUSSION

The results of the research conducted on 32 respondents in Tondo Village, Mantikulore District, based on table 1. it can be seen that some of the respondents, namely 14 respondents (43.8%) had a low level of knowledge before health education was carried out. This is because respondents know that the symptoms of hypertension can be seen from their physical appearance and that hypertension can only be treated with drugs. Basically, people with hypertension do not show any characteristics or only experience mild symptoms such as: headache, dizziness, blurred vision, nausea, ringing in the ears, irregular heartbeat, fatigue, chest pain, and difficulty breathing. Patients who have a history of hypertension are indeed recommended to continue taking hypertension drugs every day, but treatment does not have to be through drugs, symptoms of hypertension can be reduced or prevented by exercising regularly, eating nutritious foods and avoiding smoking and alcoholic beverages.

Based on the results of the study in table 2. Self-management of elderly hypertension in Tondo Village, Mantikulore District, before being given health education there were 16 (50.0%) respondents from 32 respondents who did not do self-management properly such as often forgetting to take hypertension medication and not doing activities or walking. feet for 30 minutes every morning. A person who must take medication to lower his blood pressure knows that the drug must be taken regularly. Lack of self-management causes respondents to be undisciplined to take medication regularly.

Respondents who have received health education interventions through audiovisual mostly show high knowledge about hypertension with a total of 20 respondents (62.5%) and 25 respondents (78.1) who are willing to carry out self-management well. After health education was conducted, respondents knew that hypertension sufferers were required to take hypertension medication every day, but hypertension could be treated or reduce symptoms without having to take medication, one of which was walking regularly for 30 minutes every morning.

The results of this study indicate that health education affects the knowledge of self-management of the elderly, the more often health education is given, the more information is obtained so that the interest of respondents to prevent hypertension is increasing. This study not only changes the level of knowledge and self-management of the elderly, but also reduces the complaints felt by the elderly so that they can carry out daily activities.

In this way respondents can change behavior which is a way of changing thinking, acting and acting with the aim of helping treatment, rehabilitation, disease prevention and promotion of healthy living, so that from this experience it can influence better behavior.

Based on the results of the study, using the Wilcoxon signed rank test analysis showed that the statistical test results obtained $p \text{ value} = 0.000 < \alpha = 0.05$, which means that H_0 is rejected and H_1 is accepted, which means that there is an effect of health education through audiovisual on knowledge and self-management of the elderly. hypertension in Tondo sub-district, Mantikulore sub-district.

Health education in this study was delivered using audiovisual, namely a 2.53 minute video entitled Education on Hypertension (High Blood Pressure) Health.

According to researchers, health education through audiovisual has been shown to increase knowledge and self-management of elderly hypertension, because in health education there is a learning process that can change a person's behavior. The step that has been taken by the researcher is to do door to door to the respondent's house together with health workers due to the absence of posyandu services at Pustu Tondo due to restrictions on gatherings of people due to the corona virus-19 (COVID-19). The results of this health education are obtained by the presence of respondents who welcome and are willing to receive health education at home. This can be shown by the respondents paying attention when conducting health education about hypertension health education.

According to the researcher, behavior change is not only obtained from health education methods, the age factor is one of the factors that can influence the occurrence of behavior because age can affect a person's perception and mindset.

Health education is essentially an activity or effort to convey health messages to the community, both groups and individuals. Limited knowledge about hypertension has a direct effect on daily behavior which can result in controlled and uncontrolled blood pressure. Facing this, it is necessary to think about efforts to increase patient knowledge about hypertension. Some things that can be done, for example, are getting through television, newspapers, internet and health workers giving detailed explanations about matters related to hypertension, or also encouraging patients to read more books about hypertension (5).

Education about hypertension is needed to be able to take good hypertension control measures. This education is very important for hypertensive patients, the success of patients in controlling the increase in blood pressure is by controlling hypertension. In this case, education has an important role for patients to take the right action.

CONCLUSION

There is an Effect of Health Education Through Audiovisual on Knowledge and Self Management of Elderly Hypertension in Tondo Village, Mantikulore District, where p value = 0.000 or $p \leq 0.05$, meaning that H_0 is rejected, indicating that this variable has a significant effect.

SUGGESTION

For Agencies, it is expected to always provide understanding or knowledge to the community intensively about the importance of preventing hypertension.

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