
THE EFFECT OF EDUCATIONAL LEAFLETS ON SELF MANAGEMENT OF HYPERTENSION PATIENT ON ANAMBAS ISLAND

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Abstract

Hypertension is considered The Silent Killer because sufferers rarely experience complaints. It is one of the non-communicable diseases that causes premature death in the world (Kemenkes, 2022). Education using leaflets is needed to improve self-management for hypertension sufferers so that they are more alert and avoid even more serious complications. This research aims to see the effect of nurse education using leaflet media on self-management of hypertension in patients at Posyandu Dahlia, South Tarempa Village, Anambas Islands Regency in 2024. This research method is experimental. This type of research is Pre-Experimental with a one group pre test post test design research design. The sample for this research was 32 people with hypertension at Posyandu Dahlia which was carried out from 15 July to 15 August 2024. The data collection tool used a questionnaire. Data analysis used the paired T-Test statistical test. The results of the study showed that there was a significant relationship between nurse education using leaflets and self-management of hypertension with a p-value of 0.00. The conclusion is that before education, 25 people (78.1%) had poor self-management and 7 people (21.9%) had moderate self-management and after education 6 people (18.8%) had poor self-management, 10 people (31.2%) had moderate self-management and 16 people (50%) had good self-management. Suggestions from the results of this research can provide new knowledge about nurse education using leaflets for hypertension self-management.

Keywords: *Education, Nurse, Self Management, Hypertension.*

INTRODUCTION

Hypertension or high blood pressure is a condition when there is an increase in blood pressure, namely above 140 mmHg for systolic blood pressure and 90 mmHg for measured blood pressure when the heart expands so that the figure is the lowest (Nugroho Priyo, 2024). Hypertension is a condition where systolic blood pressure is ≥ 140 mmHg and diastolic blood pressure is ≥ 90 mmHg. Often considered The Silent Killer because sufferers rarely experience complaints. It is one of the non-communicable diseases that causes premature death in the world. (Ministry of Health, 2020).

Self-management of hypertensive patients is the ability to maintain effective behavior and disease management that can be applied in daily life to help reduce and maintain stable blood pressure (Simanullang, 2019). Self-management of hypertensive patients consists of adherence to taking medication, low-fat diet intake, daily exercise, limiting alcohol intake, smoking cessation, weight loss, self-monitoring of blood pressure, routine health checks, and stress reduction (Melaku, 2022).

Self-management skills are very necessary for all individuals who carry out daily activities, especially people with hypertension. Hypertension sufferers who do not implement self-management will experience difficulties in carrying out daily activities, because the activities carried out are not planned well. These difficulties generally relate to what activities to do, how to start these activities, whether these activities affect the condition of hypertension, etc. (Talitha, 2021).

Optimal self-management behavior is one component of achieving

successful treatment for hypertensive patients. Hypertensive patients must have the ability to care for themselves independently, in the form of taking prescribed medication, periodically controlling blood pressure, modifying diet, losing weight, and increasing activity. Self-management is needed by hypertension sufferers to monitor their condition to maintain quality of life (Kurnia, 2020).

There are many media that can be used as a forum for conveying health education, including videos, banners, books, leaflets and others. These media can reach a larger audience, so that the message conveyed can be spread widely and quickly (Jatmika, S 2019). Leaflets are media in the form of paper containing concise and easy to understand information that can be folded, making it easy to share.

MATERIALS AND METHODS

This type of research is Pre-Experimental with a one group pre test post test design research design. The sample for this research was 32 people with hypertension at Posyandu Dahlia which was carried out from 15 July to 15 August 2024. The data collection tool used a questionnaire. Data analysis used the paired T-Test statistical test. The results of the study showed that there was a significant relationship between nurse education using leaflets and self-management of hypertension with a p-value of 0.00. The data collection tool used a questionnaire filled out by respondents, with data analysis using univariate analysis to determine the frequency distribution of independent or dependent variables and bivariate analysis to see the relationship between the independent variable and the dependent variable.

RESULTS AND DISCUSSION

1. Research Results

Based on the results of research entitled "The Effect of educational leaflets on self-management of hypertension patients in Anambas Island". Data on the frequency distribution of respondents was obtained based on the results studied, as follows:

a. Univariate Analysis

Univariate analysis was carried out to explain or describe the characteristics of each research variable (Notoatmodjo, 2018), as can be seen in the following table:

Table 4.2 Frequency Distribution of Self-Management of Hypertension in Patients at Posyandu Dahlia, South Tarempa Village, Anambas Islands Regency in 2024 Before Intervention

No.	Variabel	Frekuensi (n)	Persentase (%)
1.	<u>Self Management</u> Before Intervention		
	Poor	25	78,1
	Modarate	7	21,9
	Total	32	100

Based on table 4.2, it shows that of the 32 respondents, the results obtained before the education were carried out, most of the respondents had less self-management, 25 people (78.1%).

Table 4.3 Frequency Distribution of Self-Management of Hypertension in Patients at Posyandu Dahlia, South Tarempa Village, Anambas Islands Regency in 2024 After Intervention

No.	Variabel	Frekuensi (n)	Persentase (%)
1.	<u>Self Management</u> After Intervention		
	Poor	6	18,8
	Modarate	10	31,2
	Good	16	50,0
	Total	32	100

Based on table 4.3, it shows that the results obtained from 32 respondents were given after being given education using leaflets. Most of the respondents had good self-management, 16 people (50%).

b. Bivariate Analysis

Bivariate analysis is an analysis carried out to determine the relationship between 2 variables. In this analysis, two measurements are taken for each observation. In bivariate analysis, the samples used can be paired or independent with their treatment. Bivariate analysis is a type of analysis that is used according to the condition of the number of variables. This seemingly simple analysis can produce very useful tests. The bivariate analysis in this study aims to determine the effect of nurse education using leaflet media on Self-Management of Hypertension in patients at Posyandu Dahlia, South Tarempa Village, Anambas Islands Regency in 2024. The statistical test used is the paired T test.

Table 4.4 The Effect of Nurse Education Using Leaflet Media on Self-Management of Hypertension in Patients at Posyandu Dahlia, South Tarempa Village, Anambas Islands Regency in 2024

Self-Management	Poor		Moderate		Good		P Value		
	N	%	n	%	N	%			
	Pre-Test	25	78,1	7	21,9	0		0	32
Post Test	6	18,8	10	31,2	16	50	32	100	

To determine the effect of nurse education using leaflet media on Hypertension Self Management in patients at Dahlia Posyandu, South Tarempa Village, Anambas Islands Regency in 2024, an analysis was carried out using statistical tests, namely the paired t-test. Based on the results of the paired t-test analysis, it is known that the p value is $0.000 < 0.05$, so H_0 is rejected and H_a is accepted, meaning that there is an influence of nurse education using leaflet media on self-management of hypertension in patients at Dahlia Posyandu, South Tarempa Village, Anambas Islands Regency in 2024.

DISCUSSION

- a. Frequency distribution of self-management of hypertension in patients at Posyandu Dahlia, South Tarempa Village, Anambas Islands Regency in 2024 before being given education

Based on the research results, data was found that 25 of the respondents had poor self-management, with details including low self-integrity as much as 88%, such as consuming less fruit and vegetables, reducing salt consumption. Interaction with related health workers is low, such

as controlling blood pressure by 80% and compliance with recommendations such as taking medication less than the dose given by the doctor by 52%.

According to Musakkar and Djafar (2020), some of the causes of hypertension are not maintaining a diet such as containing lots of fat, high salt content and not consuming enough fruit and vegetables which is one of the biggest factors after heredity, plus the habit of rarely doing physical activities such as exercising and smoking can cause causing hypertension to become unavoidable or get worse. The results of this research are in line with research conducted by Delfriana Ayu et al (2017) with the research title "Risk Factors and the Incidence Rate of Hypertension" with the research results of the biggest factors causing hypertension, namely heredity, smoking habits, lack of exercise and obesity.

Some respondents admitted that they rarely consume fruit and vegetables, some hypertension sufferers will only have their health checked if they have complaints and will stop treatment if they feel better. Hypertension is a disease that requires treatment and requires continuous follow-up. The decision of some respondents could cause them to experience uncontrolled hypertension. If it continues, it will cause even worse disease complications, so good self-management is needed from respondents so that this does not happen.

- b. Frequency distribution of self-management of hypertension in patients at Posyandu Dahlia, South

Tarempa Village, Anambas Islands Regency in 2024 after being given education

Based on the research results after being given education, it was found that 16 respondents had good self-management. From the results of the questionnaire distributed, 80% had good integrity, such as starting to consume fruit and vegetables and reducing excessive salt consumption. Interaction with related health workers has increased to 95%, such as controlling blood pressure and compliance with recommendations such as taking medication according to the dose given by the doctor by 80%.

A total of 10 people had moderate hypertension self-management, this happened because the majority of respondents were aged 51-60 years so the process of receiving education required a longer process. However, assistance from families and posyandu cadres means that the education process can be better and can be accepted and understood by respondents.

This is different from the number of respondents who had less than 6 self-management of hypertension. The educational process that has been carried out by nurses cannot improve their self-management. There are many factors that influence the educational process not being able to run well, one of which is the age factor where it is difficult for the elderly to receive education, lack of support from the family is also another factor. Even though nurses and cadres have helped, it doesn't make self-management better.

According to Notoadmodjo (2020), education in general is a planned effort to influence other people, whether individually, in groups or in society in general, so that they can do what educators expect. These boundaries include elements of input (planned processes to influence other people) and output (an expected result). The expected result of a promotion is behavior to increase knowledge. This can be seen from the results of the education given to hypertension sufferers, there is an increase or difference in self-management in hypertension sufferers.

- c. The influence of nurse education using leaflet media on Self-Management of Hypertension in patients at Posyandu Dahlia, South Tarempa Village, Anambas Islands Regency in 2024

Bivariate analysis was carried out to determine the relationship between variables. After carrying out the analysis test using a paired t-test, the results were obtained. There was an influence of nurse education using leaflet media on Hypertension Self-Management in patients at Dahlia Posyandu, South Tarempa Village, Anambas Islands Regency in 2024, so analysis was carried out using statistical tests, namely the paired t-test. Based on the results of the paired t-test analysis, it is known that the p value is 0.000.

Before education was carried out using leaflets for hypertension sufferers, from the results of the questionnaire distributed, 25 people (75%) of respondents had poor self-management, whereas after being given education using leaflets, 16 people (50%) of

respondents had good self-education.

This is in line with the theory put forward by Mariana & Simanullang, 2019, where self-management is an individual's ability to carry out self-care activities to maintain life, improve and maintain the individual's health and well-being. Self-management is an individual's activity to control symptoms, carry out treatment, physical and psychological conditions and change lifestyle according to the disease suffered to maintain life, health and well-being. The main aim of self-management is that clients can effectively manage their health on an ongoing basis, especially clients with chronic illnesses.

In line with research conducted by Simanullang, S. M. P. (2019) with the title "Self Management of Hypertension Patients at H. Adam Malik Hospital Medan" with the results of education on self management of hypertension sufferers being better.

The use of leaflet media as an educational medium in this research provides several benefits, namely, as a reference, can reach far, helps other media and the content can be reprinted and can be used as discussion material (Agustini, 2020). As previously explained, the aim of self-management is to control behavior that may become a problem, both for oneself and in relationships with other people. The components of self-management are: self-integration, self-regulation, interaction with health workers and others as well as compliance with the rules

recommended by the relevant health workers.

Based on the explanation above, it can be concluded that there was an increase in self-management among respondents after education was provided to respondents.

CONCLUSIONS AND RECOMMENDATIONS

1. Conclusion Based on the results of research conducted on "The Effect of educational leaflets on self-management of hypertension patients in Anambas Island ". It can be concluded that:
 - a. Frequency distribution of self-management of hypertension in patients at Posyandu Dahlia, South Tarempa Village, Anambas Islands Regency in 2024 before being given education from 32 respondents, the results showed that 25 people (78.1%) had poor self-management
 - b. Frequency distribution of self-management of hypertension in patients at Posyandu Dahlia, South Tarempa Village, Anambas Islands Regency in 2024 after being given education from 32 respondents, the results showed that 16 people (50%) had good self-management.
 - c. Based on statistical analysis using the paired t-test with a confidence level of α 0.05, the p value was $0.000 < 0.05$, which means that there is an influence of nurse education using leaflet media on Self Management of Hypertension in patients at Posyandu Dahlia, South Tarempa Village, Pulau Regency Anambas in 2024.

2. Recommendations

a. For Nursing Practice

It is hoped that the results of this research will provide new knowledge regarding the effect of education using leaflets on the self-management of hypertensive patients so that hypertensive sufferers can have good self-management.

b. For Tarempa Health Center Nursing

This research is expected to provide an overview of the influence of education on hypertensive patients and use this research as a reference in carrying out nursing actions to improve the health status of the community, especially hypertensive sufferers.

c. For Nursing Education & Further Research

Adding literature and scientific studies to increase the knowledge and insight of readers, especially nursing students, regarding the influence of Nurse Education using Leaflet Media on Self-Management of Hypertension in hospitalized patients Puskesmas working area to improve the baby blues syndrome prevention program.

d. For Batam University

It is hoped that the results of this research can become reference material in libraries and reading material for students. For further research, it is hoped that the results of this research can be used as reference material for students who will research the same problem or to research the factors that influence the incidence of baby blues syndrome.

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