

EVALUASI EFEKTIVITAS EDUKASI PENGOBATAN HIPERTENSI BERBASIS VIDEO ANIMASI TERHADAP *SELF MANAGEMENT* PADA PASIEN HIPERTENSI USIA 40-60 TAHUN DI TIGA PUSKESMAS KOTA BATAM

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ABSTRAK

Hipertensi merupakan penyakit kronis yang membutuhkan pengelolaan mandiri (*self-management*) agar tekanan darah dapat terkontrol dan komplikasi dapat dicegah. Namun, masih banyak pasien hipertensi yang memiliki tingkat *self-management* rendah, terutama pada kelompok usia produktif akhir. Penelitian ini bertujuan untuk mengetahui efektivitas edukasi pengobatan hipertensi berbasis video animasi terhadap peningkatan kemampuan *self-management* pasien hipertensi usia 40–60 tahun di tiga Puskesmas Kota Batam. Jenis penelitian ini adalah kuantitatif dengan desain *pre-experimental* one group pretest-posttest. Sampel penelitian berjumlah 90 responden yang dipilih dengan teknik *purposive sampling*. Instrumen penelitian berupa kuesioner *self-management*, sedangkan intervensi yang diberikan adalah edukasi pengobatan hipertensi menggunakan media video animasi. Analisis data dilakukan dengan uji *Wilcoxon Signed Rank Test*. Hasil penelitian menunjukkan adanya peningkatan skor *self-management* pasien hipertensi setelah diberikan edukasi berbasis video animasi, dengan nilai $p < 0,05$ yang berarti terdapat perbedaan bermakna antara skor sebelum dan sesudah intervensi. Dengan demikian, dapat disimpulkan bahwa edukasi berbasis video animasi efektif dalam meningkatkan pengetahuan *self-management* pasien hipertensi usia 40–60 tahun, sehingga dapat direkomendasikan sebagai salah satu strategi promosi kesehatan di puskesmas.

Kata Kunci: Hipertensi, Edukasi, Video Animasi, *Self-management*.

EVALUATION OF THE EFFECTIVENESS OF ANIMATED VIDEO-BASED HYPERTENSION TREATMENT EDUCATION ON SELF-MANAGEMENT IN HYPERTENSION PATIENTS AGED 40-60 YEARS IN THREE PUBLIC HEALTH CENTERS IN BATAM CITY

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ABSTRACT

Hypertension is a chronic disease that requires good self-management to maintain controlled blood pressure and prevent complications. However, many hypertensive patients, particularly those in the late productive age group, still have low levels of self-management. This study aimed to evaluate the effectiveness of animation-based video education on hypertension treatment in improving self-management among hypertensive patients aged 40–60 years at three Community Health Centers (Puskesmas) in Batam City. This research employed a quantitative method with a pre-experimental design using a one-group pretest–posttest approach. A total of 90 respondents were selected using a purposive sampling technique. The research instrument was a self-management questionnaire, while the intervention provided was educational content on hypertension treatment through animation-based video media. Data were analyzed using the Wilcoxon Signed Rank Test. The results showed a significant increase in self-management scores after the intervention, with a p -value < 0.05 , indicating a statistically significant difference before and after the education. Therefore, animation-based video education was proven effective in enhancing self-management abilities among hypertensive patients aged 40–60 years and can be recommended as an alternative health promotion strategy in community health centers.

Keywords: *Hypertension, Education, Animation Video, Self-Management*