

ABSTRACT

THE EFFECT OF HYPERTENSION PREVENTION EDUCATION VIDEOS ON KNOWLEDGE AND ATTITUDES IN FARMERS IN GISTING SUB-DISTRICT, TANGGAMUS REGENCY

By

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Background: Farmers have a high risk of hypertension due to various factors. Hypertension can be prevented by health promotion efforts to improve knowledge and attitudes. This study was conducted to determine the effect of hypertension prevention education videos on knowledge and attitudes of farmers in Gisting District, Tanggamus Regency

Method: This type of research is quantitative research with *Quasi-Experimental* research method and this research design uses *One Group Pretest-Posttest Design*. There are independent variables, namely the viewing of educational videos and dependent variables, namely knowledge and attitudes. The sample used was 58 farmers in Gisting District, Tanggamus Regency who had met the inclusion and exclusion criteria. Then the data was tested with *paired sample t-test* ($\alpha = 5\%$)

Results: Results obtained an average value of knowledge before video views of 20.98 ± 2.47 , after video views of 26.62 ± 1.77 , and after one week of video views of 29.78 ± 1.82 . In addition, the average value of attitude before video screening was 32.90 ± 3.04 , after video viewing was 37.33 ± 2.50 , and after one week video viewing was 41.33 ± 2.81 . Statistical analysis found significant differences in the average value of knowledge and attitudes of farmers before, after, and after one week given educational videos on hypertension prevention ($p = 0.000$)

Conclusion: There is an influence of hypertension prevention education videos on knowledge and attitudes of farmers in Gisting District, Tanggamus Regency. The use of educational videos is recommended for health promotion, especially for farmers.

Keywords: hypertension, knowledge, attitude, educational video, farmer

ABSTRAK

PENGARUH VIDEO EDUKASI PENCEGAHAN HIPERTENSI TERHADAP PENGETAHUAN DAN SIKAP PADA PETANI DI KECAMATAN GISTING, KABUPATEN TANGGAMUS

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Latar Belakang: Petani memiliki resiko tinggi mengalami hipertensi dikarenakan berbagai faktor. Hipertensi dapat dicegah dengan upaya promosi kesehatan untuk meningkatkan pengetahuan dan sikap. Penelitian ini dilakukan untuk mengetahui pengaruh video edukasi pencegahan hipertensi terhadap pengetahuan dan sikap pada petani di Kecamatan Gisting, Kabupaten Tanggamus

Metode: Jenis penelitian ini adalah penelitian kuantitatif dengan metode penelitian *Quasi-Experimental* dan desain penelitian ini menggunakan *One Group Pretest-Posttest Design*. Terdapat variabel bebas yaitu penayangan video edukasi serta variabel terikat yaitu pengetahuan dan sikap. Sampel yang digunakan adalah 58 petani di Kecamatan Gisting, Kabupaten Tanggamus yang telah memenuhi kriteria inklusi dan eksklusi. Kemudian data di uji dengan *paired sample t-test* ($\alpha = 5\%$)

Hasil: Hasil didapatkan nilai rata-rata pengetahuan sebelum penayangan video sebesar $20,98 \pm 2,47$, sesudah penanyangan video sebesar $26,62 \pm 1,77$, dan setelah satu minggu penanyangan video sebesar $29,78 \pm 1,82$. Selain itu, didapatkan nilai rata-rata sikap sebelum penanyangan video sebesar $32,90 \pm 3,04$, sesudah penanyangan video sebesar $37,33 \pm 2,50$, dan setelah satu minggu penanyangan video sebesar $41,33 \pm 2,81$. Analisis statistik didapatkan perbedaan yang signifikan rata-rata nilai pengetahuan dan sikap petani sebelum, sesudah, dan setelah satu minggu diberikan video edukasi pencegahan hipertensi ($p=0,000$)

Kesimpulan: Terdapat pengaruh video edukasi pencegahan hipertensi terhadap pengetahuan dan sikap pada petani di Kecamatan Gisting, Kabupaten Tanggamus. Penggunaan video edukasi disarankan untuk promosi kesehatan khususnya pada petani.

Kata Kunci: Hipertensi, pengetahuan, sikap, video edukasi, petani