

ABSTRACT

Ramadhana, Daffa. 2024. *The Influence of Mobile Phone-Based Health Education on Knowledge About Efforts to Prevent the Risk of Coronary Heart Disease at Posbindu, Mojolangu District, Undergraduate Thesis, Health Polytechnic of the Ministry of Health Malang, Bachelor of Applied Health Promotion Program. Advisor I: Fiashriel Lundy, S.Kep.Ns, M.Kes, Advisor II: Dr. Farida Halis DK, SKp, MPd.*

Coronary heart disease is a common health problem that often occurs and can cause death, affecting both men and women from various backgrounds. According to Fadlilah et al (2019) in (Pane et al., 2022) Factors that influence cardiovascular disease include age (the risk increases with age, especially between 40-65 years), gender (men are more susceptible because they smoke more), genetic factors (family history can have an influence), and racial factors. The aim of the research is to determine the effect of mobile phone-based health education on preventing the risk of coronary heart disease. The research method uses a quantitative approach with Pre-Experiment and One-group pretest-posttest design. The research population was 500 people, with a sample of 30 respondents selected using purposive sampling. The results of the analysis using the Wilcoxon test show a p-value of 0.000. Thus, there is a significant influence of mobile phone-based health education methods on increasing knowledge about efforts to prevent the risk of coronary heart disease. This research can be used as a strategy for mobile phone-based health education methods regarding efforts to prevent the risk of coronary heart disease.

Keywords: Education, Mobile Phone, Prevention, Coronary Heart Disease