

ABSTRACT

Darmawan, Syahrul. 2024. *The Effect of Hypertension Exercise Training on Increasing the Knowledge and Skills of Cadres as Hypertension Exercise Instructors at the Posyandu for the Elderly, Samaan Village, Thesis, Malang Health Polytechnic Ministry of Health Promotion Study Program. Advisor I: Fiashriel Lundy, S.Kep.Ns, M.Kes, Advisor II: Mujito, A.Perpen, M.Kes*

Hypertension is a health issue that needs to be monitored given the high prevalence of hypertension in Indonesia. The role of posyandu cadres is very important in preventing hypertension, one of which is their active role as hypertension exercise instructors. The aim of this research is to determine the effect of hypertension exercise education on increasing the capacity of cadres as hypertension exercise instructors at posyandu for the elderly, Samaan Village, Malang City. The type of research used is quantitative research with a one group pretest-posttest design with a sample of 30 respondents. This sampling technique uses a total sampling technique. The instrument for collecting knowledge data uses a questionnaire and the instrument for collecting skills data uses an observation sheet. Before the hypertension exercise education was carried out, it was found that the majority of respondents had sufficient knowledge. After conducting hypertension exercise education, almost all respondents had good knowledge. Before the hypertension exercise education was carried out, it was found that the majority of respondents had skills in the moderate category. After providing hypertension exercise education, almost all respondents had skills in the high category. This research proves that there is an influence of hypertension exercise education on increasing the capacity of cadres as hypertension exercise instructors at posyandu for the elderly, Samaan Village, Malang City. Hypertension exercise education can be a method of health promotion, education and training, especially for elderly posyandu cadres.

Keywords: Training, Hypertension, Exercise, Knowledge, Skills