

## ABSTRACT

**Alifia Iklil Afifah. 2023. *The Effect of Education Using Flip Sheet Media on Elderly Knowledge about Diet for Hypertension Patients at the Sedayu Village Elderly Posyandu*, Thesis Poltekkes Kemenkes Malang Prodi Sarjana Terapan Promosi Kesehatan. Advisor I : Drs. Moh.Zainol Rachman.,SST.,M.Kes, Advisor II : Jupriyono, S.Kp., M.Kes.**

Education is important as an effort to increase the knowledge of the elderly regarding diet in patients with hypertension. Hypertension often affects the elderly. One of the causes of hypertension is a poor diet. Efforts are needed to change the previous poor diet to a better one. However, most elderly people still lack understanding about the right diet. Therefore, it is necessary to increase knowledge about the elderly diet for people with hypertension using the Flip Sheet media. This study aims to determine the effect of the Flip Sheet on the Elderly's knowledge about the Diet of Hypertension sufferers. This research design uses pre-experimental with a one group pre post-test approach. The population in this study were all elderly Sedayu Village, totaling 108 elderly. By using purposive sampling method and obtained a sample of 52 elderly. Based on the results of the paired T-test test with a significance value of 0.05, thus rejecting H<sub>0</sub>, which means that there is a significant effect where there is an increase in elderly knowledge about diet for people with hypertension using a flip sheet which was the mean pre-test 11.54 to 20. It is hoped that after the research, the ponkesdes coordinator, elderly posyandu cadres and health promoters can make this research a role model for other posyandu that have not been intervened.

Keywords: Education, Flip Sheet Media, Knowledge, Diet, Hypertension.