

ABSTRACT

Febianti, Maudia Inggit. 2023. The Effect Of Cadre Empowerment On Eldery Hypertension Gymnastics Through Vidoe Media On The Behavioral Domain Of Knowledge, Attitude, and Skill Of Cadre At Elderly Posyandu RW 01 Mergosono Village, Mlang City. Advisor I : Sugianto Hadi, S.KM, M.PH, Supervisor II : Drs. Moh. Zainol Rachman, STT. M. KES.

Hypertension in the elderly is one of the PTMs with a high prevalence and is the silent killer that causes disease complications. Factors that cause hypertension that often occur due to age, genetics, education, and lifestyle (exercise habits, diet and stress). Based on the problems that exist in the Arimbi RW 1 Elderly Posyandu the lack of knowledge, attitudes, and skills of cadres about empowering hypertension exercise in the elderly. The aim of the study was to identify the effect of empowering hypertension exercise cadres in the elderly Posyandu RW 01 Mergosono Village. Quantitative research method, research design pre-experimental one group pre-test post-test. Determination of the sample using a total sampling of 30 cadres. The results of the study, 80% lack of knowledge pretest, after empowerment experienced an increase of 73.3% good, the results of the pretest attitude of cadres supported 43.33%, and 56.67% attitude did not support, experienced an increase after empowerment 60% supported and 40% did not support, the results of the pretest observation were 86.7% lacking, an increase of 83.3% was good. The Wilcoxon test results show a p-value of $0.000 < \alpha (0.05)$ which means that H_1 is accepted, meaning that there is an effect of empowering hypertension exercise on the behavior of elderly posyandu cadres in RW 01 Mergosono Village, Malang City. From the results of the study it was concluded that the empowerment of elderly hypertension exercise went well according to the stages of empowerment. The recommendation of this research is that student information literacy must be further developed so that students can more easily select and manage information in completing their final project properly.

Keywords: Hypertension, pre-experimental, one group pre-test post-test, behavior