

**THE EFFECTIVENESS OF HEALTH EDUCATION BASED ON THE
THEORY OF HEALTH PROMOTION MODEL AND SELF-MONITORING
STRATEGIES ON COMPLIANCE WITH HYPERTENSION
MANAGEMENT IN HYPERTENSIVE PATIENTS**

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ABSTRACT

Currently, many hypertension sufferers tend not to comply with their prescribed treatment. Low adherence to hypertension treatment is a significant obstacle in hypertension management. This study aims to analyze the effectiveness of health education and self-monitoring strategies on hypertension management compliance. The study used a quasi-experimental design with a two-group pre-post test approach, involving 40 respondents who were divided into treatment and control groups through purposive sampling. Health education used booklets and animated videos. The adherence instrument used the MMAS-8, while monitoring of signs, symptoms, and risk factors was recorded using a hypertension control card. Data analysis was performed using the Wilcoxon test and the Mann-Whitney test. The results of the study showed that in the pre-test, the average level of compliance of the treatment group was low (5) and the control group was low (2.52). In the post-test, the average level of compliance of the treatment group increased significantly (7.51) and the control group remained low (1.83). The Wilcoxon test results obtained a p value = 0.00 (<0.05), meaning there was a significant difference in the level of compliance pre and post in the treatment group. Meanwhile, the Mann-Whitney test results obtained a p value = 0.000 $< (0.05)$, meaning there was a significant difference in the level of compliance post between the two groups, so it was concluded that Health education based on the Health Promotion Model and self-monitoring strategies were proven effective in increasing compliance with hypertension management. It is hoped that community health centers and health workers can implement health education using booklets and videos to increase understanding of hypertension management and use the Self-Control Card to monitor signs, symptoms and risk factors in hypertension sufferers.

Keywords: Hypertension, Health education, Self Monitoring, Health Promotion Model, Medication Compliance