

**IMPLEMENTATION OF HEALTH EDUCATION THROUGH
BOOKLETS FOR FAMILIES WITH A LACK OF KNOWLEDGE ABOUT
HYPERTENSION IN THE SERVICE AREA OF THE PANDANWANGI
COMMUNITY HEALTH CENTER**

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ABSTRACT

Hypertension is a noncommunicable disease with a high prevalence that carries a risk of serious complications if not properly managed. The family, as the smallest unit of society, plays a crucial role in maintaining and improving the health of its members. Limited family knowledge about hypertension can hinder efforts to prevent, manage, and treat the disease. One approach to improving family knowledge is through health education using booklets, as the information presented is more systematic, engaging, and can be studied independently. This Final Nursing Thesis employs a descriptive method with a case study approach focusing on the family of Mr. R in the service area of the Pandanwangi Community Health Center, Malang City. The case study subjects consisted of four family members involved in the care of a family member with hypertension. Data collection was conducted through interviews, observations, physical examinations, and knowledge level assessments using the Hypertension Knowledge-Level Scale (HK-LS) questionnaire. The intervention, which consisted of health education via booklets, was conducted over three sessions. The assessment results showed that the family had a low level of knowledge about hypertension, with an HK-LS score of 10. After receiving health education via booklets, the knowledge score increased to 22. The family was able to correctly explain the definition, risk factors, symptoms, complications, and management strategies for hypertension. In addition, families demonstrated a commitment to adopting healthy lifestyle behaviors, such as reducing salt intake, limiting coffee consumption, quitting smoking, and having their blood pressure checked regularly. Health education via booklets proved effective in improving families' knowledge of hypertension and can be used as a family nursing strategy to support hypertension management.

Keywords: Hypertension, Health Education, Booklet, Family, Knowledge Deficit.