ABSTRACT

THE EFFECT OF EDUCATION USING THE SETEKAD (SEHATKAN TEKANAN DARAH) WEBSITE ON THE KNOWLEDGE AND ATTITUDES OF GRADE X STUDENTS REGARDING HYPERTENSION PREVENTION AT SMK PGRI 6 MALANG

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Hypertension can be prevented from adolescence, as blood pressure during this period influences the risk of hypertension in adulthood. The risk of hypertension among adolescents is affected by various factors, including unhealthy lifestyles and limited knowledge and attitudes regarding hypertension. The utilization of the SETEKAD website as an educational medium is considered appropriate for adolescents, who are closely connected to technology, and has been shown to have good acceptance in influencing health behavior. This study aims to determine the effect of health education delivered through the SETEKAD (Sehatkan Tekanan Darah) *website in improving the knowledge and attitudes of Grade X students at* SMK PGRI 6 Malang *regarding hypertension prevention. This research employed a pre-experimental design with a one-group pretest–posttest approach. The sample consisted of 55 Grade X students selected using proportional random sampling. The instruments used were a knowledge questionnaire and an attitude checklist. Data were analyzed using the Wilcoxon Signed Ranks Test. The study results indicated that prior to the educational intervention, the students' mean knowledge score was (30.04) and the mean attitude score was (27.67). Following the intervention, the mean knowledge score increased to (81.84), and the mean attitude score rose to (37.85). An increase in adolescents' knowledge and attitudes was observed before and after the educational intervention, and health education using the SETEKAD website media significantly influenced the improvement of students' knowledge and attitudes. Based on this study, the SETEKAD website can be developed as an educational medium for hypertension prevention efforts.*

Keywords : *Health Education, Website, Hypertension, Adolescents, Knowledge, Attitudes*