

**THE EFFECT OF HEALTH EDUCATION BASED ON HILDEGARD
PEPLAU'S THEORY ON THE UNDERSTANDING OF INDEPENDENT
WOUND CARE OF POST SECTIO CAESAREAN OPERATION PATIENTS
IN THE REGIONAL GENERAL HOSPITAL IN BLITAR**

Elvina Eka Nur Azmi
Dr. Tri Johan Agus Yuswanto, S.Kep., M.Kep
*Bachelor of Nursing Study Program in Malang, Departement of Nursing, Health
Polytechnic of the Ministry of Health Malang.*
Email : elvinaeka@gmail.com

ABSTRACT

Health education is a crucial intervention in improving patients' understanding and independence in postoperative wound care. Inadequate education may increase the risk of complications and delay the healing process. This study aimed to examine the effect of health education based on Hildegard Peplau's theory on the understanding and independent wound care of post-cesarean section patients at the Blitar Regional General Hospital. This research employed a quasi-experimental method with a pre-test post-test control group design. A total of 100 respondents were selected and divided into two groups: 50 in the intervention group and 50 in the control group. The instruments used were a questionnaire and an observation sheet. Data were analyzed using parametric tests, namely the paired sample t-test and the independent sample t-test. The results of the paired sample t-test showed a significant difference in understanding and wound care between the pre-test and post-test in the intervention group ($p = 0.000$), with an average increase of 10.16. A significant difference was also found in the control group ($p = 0.000$), although the average increase was only 5.76. The independent sample t-test revealed a significant difference between the intervention and control groups after the intervention, with a p-value of 0.000 and a mean difference of 8.40. In conclusion, health education based on Hildegard Peplau's theory is effective in improving understanding and independent wound care in post-cesarean section patients.

Keywords: *Health Education, Hildegard Peplau Theory, Self-Wound Care, Caesarean Section.*