Development Nutrition Flipchart for Hypertension Patients as Nutrition Education at Puskesmas Panarukan in Situbondo

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ABSTRACT

Hypertension or high blood pressure is a non-communicable disease characterized by an increase in systolic and diastolic blood pressure of more than 140 mmHg and or 90 mmHg. One of the factors for hypertension is an unhealthy lifestyle which includes physical activity and food intake such as food consumption. high in fat and high in sodium. This can be handled with nutrition education and can be supported by using media in the form of flipcharts. The purpose of this study was to develop a flipchart as a medium for nutrition education for hypertension sufferers in the Work Area of the Panarukan Public Health Center, Situbondo Regency. The research subjects used 10 patients who had a history of hypertension based on outpatient data at the Panarukan Health Center. This research is a type of Research and Development research that uses the ADDIE model (Analysis, Design, Development, Implementation and Evaluation). The instruments used are situation analysis questionnaire, needs analysis questionnaire, SQ-FFQ, validator assessment questionnaire and acceptance test questionnaire. This situation analysis questionnaire is addressed to Nutritionists in order to find out the problems in the field. This needs analysis questionnaire is addressed to nutritionists and people with hypertension in order to find out the desired media needs and the desired media constituent materials. Validator assessment questionnaire and acceptance questionnaire were used to determine the level of validity of the developed flipchart. This study uses descriptive qualitative data analysis techniques and quantitative data analysis techniques. Qualitative data in the form of suggestions and comments from validators that will be used as material for improving the product being developed. Quantitative data from this study is data on assessment scores from material expert validators and media expert validators, each of which uses 2 validators. Based on the validation results from material expert 1 for stage one it was 52% (very poor), second stage was 100% (very good), while material expert 2 in stage one got a score of 70% (adequate), second stage was 82% (good). The validation results from media expert 1 for stage one are 70% (enough) second stage 96% (very good), while media expert 2 for stage 1 gets an assessment score of 84% (good) second stage 90% (very good). The assessment scores of the 4 validators on average resulted in a score of 91% from material experts in the very good category, while media experts amounted to 93% in the very good category. The results of the flipchart media trial on patients with hypertension got an assessment score of 91.6% in the very good category. The

conclusion of this study is to produce flipchart media that is suitable for use as a medium for nutrition education in Health Agencies, especially in Panarukan Health Center.