

Pengaruh Media *Flipchart* Terhadap Tingkat Pengetahuan dan Pola Makan Pada Pasien Hipertensi di Puskesmas Kaliwates Kabupaten Jember. The (Effect of Flipchart Media on the Level of Knowledge and Diet in Hypertension Patients at the Kaliwates Health Center, Jember Regency)

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ABSTRACT

Hypertension is a condition that can occur in someone who experiences an increase in systolic and diastolic pressure that exceeds the reasonable limit of pressure with systolic pressure above 140 mmHg and diastolic above 90 mmHg. Hypertension occurs due to several factors such as knowledge level and diet factors. A person's knowledge can be increased through education. Flipchart is one of the media that can be used for education. Flipchart or reverse sheet is a props or media that resembles a illustrated reverse calendar. Interventions using flipchart media are known to be effective in increasing one's knowledge. The purpose of this study is to determine the effect of flipchart media on knowledge and diet in hypertensive patients at the Kaliwates Health Center, Jember Regency. This study uses quantitative design with pre-experimental methods with the design of one group pre teset post test design. This study was conducted in November 2022. The number of subjects of this study was 37 respondents. The instruments in this study used FFQ (Food Frequency Questioner Form) and Knowledge Questionnaire. The statistical test used is the wilcoxon test. From the results of the wilcoxon test there is an influence between flipchart media on the respondent's level of knowledge, is no influence between flipchart media on the respondent's.

Key words : flipchart, Hypertension, knowledge, diet