Making Nutrition Flipchart for Hypertension Patients as Nutrition Education at Puskesmas Pembantu Gelung in Situbondo

Septiana Veronita Yustanti
Clinical Nutrition Study Program
Department of Health

ABSTRACT

Hypertension is a disease that has a high number of sufferers. One risk factor that plays an important role in incidence of hypertension is consumption of foods high in sodium. This can be handled by the existence of health promotion and can be supported by using media in the form of flipcharts. The aim of this study was to make a nutrition flipchart for hypertension as nutrition education at Puskesmas Pembantu Gelung in Situbondo. The type of research used was research Research and Development (R & D) using the ADDIE model (Analysis, Design, Development, Implementation and Evaluation). The instruments used in this study were interview form and questionnaire instrument. Interview form was used to collect the information in finding problems and information about the flipchart needs. Questionnaire is used to determine the validity of flipchart. The data analysis technique was using qualitative descriptive and quantitative descriptive. Qualitative data in the form of suggestions and comments from the validator will be used as material for improvement of the product was developed. Quantitative data from this study is assessment score data from validators. The conclusion of this research was produced a nutritional flipchart for hypertension sufferers as a nutritional education media. The validation results from material experts were 85% in the good category and media experts by 92% which were in the very good category.

Keywords: ADDIE, Flipchart, Hypertension, Validator