

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
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Efektivitas Edukasi *E-leaflet* Terhadap Peningkatan Pengetahuan Keluarga Penderita Hipertensi Dalam Penanganan Awal Stroke Di Wilayah Kerja Puskesmas Ledokombo
Jember, 2026

XIX + 100 Halaman + 3 Gambar + 17 Tabel + 15 Lampiran

ABSTRAK

Pendahuluan: Stroke merupakan kondisi darurat medis yang memerlukan penanganan segera karena dapat menyebabkan kerusakan otak permanen bahkan kematian apabila tidak ditangani dengan cepat dan tepat. Rendahnya pengetahuan keluarga mengenai penanganan awal stroke dapat menyebabkan keterlambatan penanganan pada fase pra-rumah sakit. Penelitian ini bertujuan untuk mengetahui efektivitas edukasi *e-leaflet* terhadap peningkatan pengetahuan keluarga penderita hipertensi dalam penanganan awal stroke di wilayah kerja Puskesmas Ledokombo.

Metode: Penelitian ini menggunakan desain *pre-experimental* dengan pendekatan *one group pretest-posttest design*. Sampel penelitian berjumlah 110 responden yang diambil menggunakan teknik *purposive sampling*. Instrumen penelitian menggunakan kuesioner pengetahuan berjumlah 15 item pertanyaan. Analisis data menggunakan uji *Wilcoxon Signed-Rank Test*. **Hasil:** Hasil penelitian menunjukkan bahwa sebelum diberikan edukasi *e-leaflet*, sebagian besar responden berada pada kategori pengetahuan kurang sebanyak 60 responden (54,5%). Setelah diberikan edukasi *e-leaflet*, terjadi peningkatan pengetahuan yang signifikan dimana mayoritas responden berada pada kategori baik yaitu sebanyak 93 responden (84,5%). Hasil uji *Wilcoxon Signed-Rank Test* menunjukkan nilai signifikansi (p value) $<0,001$ yang menunjukkan adanya perbedaan bermakna kategori tingkat pengetahuan sebelum dan sesudah intervensi. **Kesimpulan:** Edukasi kesehatan menggunakan media *e-leaflet* tentang risiko stroke pada hipertensi, tanda dan gejala, urgensi penanganan stroke serta langkah penanganan awal stroke dapat meningkatkan pengetahuan keluarga penderita hipertensi mengenai penanganan awal stroke dan dapat dijadikan media edukasi kesehatan yang efektif dan mudah diakses oleh keluarga penderita hipertensi di wilayah kerja Puskesmas Ledokombo.

Kata Kunci: *e-leaflet*, hipertensi, stroke, pengetahuan, penanganan awal stroke

Daftar Pustaka: 56 (2021-2025)

ABSTRACT

UNIVERSITY OF MUHAMMADIYAH JEMBER
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The Effectiveness of E-Leaflet Education on Improving the Knowledge of Families of Hypertensive Patients in Early Stroke Management in the Working Area of Ledokombo Public Health Center

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XIX + 100 Pages + 3 Figures + 17 Tables + 15 Attachments

ABSTRACT

Introduction: Stroke is a medical emergency that requires immediate treatment because it can cause permanent brain damage or even death if not treated promptly and appropriately. Low family knowledge regarding early stroke management can lead to delays in pre-hospital treatment. This study aimed to determine the effectiveness of e-leaflet education on improving the knowledge of families of hypertensive patients regarding early stroke management in the working area of Ledokombo Public Health Center. **Methods:** This study used a pre-experimental design with a one-group pretest-posttest approach. The sample consisted of 110 respondents selected using a purposive sampling technique. The research instrument was a knowledge questionnaire consisting of 15 items. Data were analyzed using the Wilcoxon Signed-Rank Test. **Results:** The study results indicate that prior to the e-leaflet education, the majority of respondents (60 or 54.5%) fell into the “poor knowledge” category. Following the e-leaflet education, a significant increase in knowledge was observed, with the majority of respondents (93 or 84.5%) falling into the “good knowledge” category. The Wilcoxon Signed-Rank Test yielded a significance value (p-value) of <0.001 , indicating a statistically significant difference in knowledge levels before and after the intervention. **Conclusion:** Health education using e-leaflets covering stroke risks associated with hypertension, signs and symptoms, the urgency of stroke management, and initial stroke response steps can improve the knowledge of families of patients with hypertension regarding initial stroke management; furthermore, this method serves as an effective and easily accessible educational tool for these families within the working area of the Ledokombo Community Health Center.

Keywords: e-leaflet, hypertension, stroke, knowledge, early stroke management

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