

**PROGRAM STUDI S1 KEPERAWATAN
FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

Skripsi, Juli 2024

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Pengaruh Edukasi Menggunakan *Virtual Conseling (Vir-Con)* Dengan *Self Management* Pada Pasien Hipertensi Di Puskesmas Rejosari Kota Pekanbaru

Xii + 60 Halaman + 2 Skema + 9 Tabel + 15 Lampiran

ABSTRAK

Hipertensi merupakan penyakit tidak dapat disembuhkan namun dapat dikendalikan supaya tidak terjadi peningkatan yang dapat menimbulkan kerusakan pembuluh darah di organ seperti serangan jantung, gagal jantung, kerusakan ginjal dan stroke. *Self management* tidak efektif merupakan kemampuan pasien terkait perubahan gaya hidup tidak adekuat dalam mengontrol hipertensi. Salah satu pengembangan media konseling yang lebih modern yang sedang trend menggunakan metode *virtual*. *Virtual conseling (vir-con)* merupakan metode edukasi kesehatan pemberian pesan dan penerima pesan diajak untuk melakukan interaksi secara *virtual* menggunakan *Video conferencing*. Tujuan penelitian ini untuk mengetahui pengaruh edukasi menggunakan *virtual conseling (vir-con)* dengan *self management* pada pasien hipertensi di Puskesmas Rejosari Kota Pekanbaru. Penelitian ini menggunakan metode kuantitatif dengan desain *quasy experiment* dengan pendekatan *one grup pre and post test without control desain*. Teknik sampling digunakan *pursosive sampling*. Jumlah sampel digunakan sebanyak 20 responden. Instrumen digunakan berupa kuesioner *Hypertension self management behavior questionnaire (HSMBQ)*. Intervensi diberikan dengan edukasi menggunakan *virtual conseling (vir-con)* dengan *whatsapp videocall* selama 30 menit dan dilakukan selama 5 hari. Hasil penelitian berdasarkan uji statistic univariat didapatkan hasil rata-rata *self management* nilai *self management* sebelum diberikan edukasi menggunakan *virtual conseling (vir-con)* 81,90 sedangkan setelah diberikan edukasi menggunakan *virtual conseling (vir-con)* 90,55 yang berarti terdapat peningkatan nilai *self management*. Nilai rata-rata *self management pretest-posttest* didapatkan hasil *p value* 0,000 (<0,05) yang berarti H_0 ditolak. Dapat disimpulkan adanya pengaruh edukasi menggunakan *virtual conseling (vir-con)* dengan *self management* pada pasien hipertensi. Disarankan agar pasien hipertensi hendaknya dapat menerapkan *self management* secara baik sebagai salah satu alternatif untuk mengontrol tekanan darah.

Kata Kunci : Hipertensi, *Self Management*, *Virtual Conseling (Vir-Con)*
Daftar Pustaka : 50 (2016-2023)

**NURSING PROGRAM STUDY
NURSING FACULTY
INSTITUT OF HEALTH SCIENCES PAYUNG NEGERI PEKANBARU**

Research, July 2024

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The Effect Of Education Using Virtual Conseling (Vir-Con) With Self
Management On Hypertension Patients At The Rejosari Public Health Center
Pekanbaru City

Xii + 60 Pages + 2 Schemes + 9 Tables + 15 Attachments

ABSTRAK

Hypertension is a disease that cannot be cured but can be controlled to prevent an increase that can cause blood vessel damage in organs such as heart attacks, heart failure, kidney damage, and stroke. Ineffective self-management refers to the patient's inadequate ability to make lifestyle changes to control hypertension. One of the more modern counseling media developments that is trending is using the virtual method. Virtual counseling (vir-con) is a health education method where messages are delivered and received through virtual interactions using video conferencing. The aim of this study was to determine the effect of education using virtual counseling (vir-con) on self-management in hypertensive patients at the Rejosari Community Health Center in Pekanbaru City. This study used a quantitative method with a quasi-experimental design with a one-group pre-and-post-test without a control design approach. The sampling technique used was purposive sampling. The sample size was 20 respondents. The instrument used was the Hypertension Self-Management Behavior Questionnaire (HSMBQ). The intervention was provided through education using virtual counseling (vir-con) via WhatsApp video call for 30 minutes and was conducted for 5 days. The results of the study, based on univariate statistical tests, showed that the average self-management score before education using virtual counseling (vir-con) was 81.90, while after education using virtual counseling (vir-con), it was 90.55, indicating an increase in self-management scores. The average pretest-posttest self-management score yielded a p-value of 0.000 (<0.05), indicating that H_0 was rejected. It can be concluded that there is an effect of education using virtual counseling (vir-con) on self-management in hypertensive patients. It is recommended that hypertensive patients should be able to implement good self-management as an alternative to control blood pressure.

Keywords : Hypertension, Self Management, Virtual Conseling (Vir-Con)
References : 50 (2016-2023)