

ABSTRAK

Pengaruh Edukasi Manajemen Hipertensi Berbasis Kearifan Lokal Terhadap Kepatuhan Manajemen Hipertensi di Unit Pelaksana Teknis Daerah Puskesmas Sukawati 1

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Introduction: Hipertensi merupakan penyakit tidak menular dengan prevalensi tinggi yang terus meningkat dan sering disebut the silent killer. Ketidakpatuhan pasien dalam manajemen hipertensi masih menjadi masalah kesehatan global maupun nasional. Edukasi berbasis kearifan lokal Bali diharapkan meningkatkan kepatuhan pasien secara kontekstual. Penelitian ini bertujuan menganalisis pengaruh edukasi manajemen hipertensi berbasis kearifan lokal terhadap kepatuhan manajemen hipertensi. **Method:** Penelitian menggunakan desain pra eksperimental dengan rancangan *one-group pretest-posttest design*. Sampel sebanyak 37 responden dipilih dengan teknik *purposive sampling*. Edukasi diberikan tiga kali dalam dua minggu dengan durasi 45 menit per sesi. Pengumpulan data menggunakan kuesioner, analisis menggunakan uji *paired t test*. **Result:** Rerata kepatuhan sebelum edukasi 19,24 (kurang patuh), meningkat menjadi 40,33 (patuh) setelah edukasi. **Analisis:** Hasil uji Uji Paired T Test menunjukkan t hitung 33,476 lebih besar dari t tabel 2,021 dengan p value 0,000 ($p < 0,05$), dan selisih rerata kepatuhan 21,189 hasil ini menunjukkan bahwa ada pengaruh edukasi manajemen hipertensi berbasis kearifan lokal terhadap kepatuhan manajemen hipertensi. **Discussion:** Edukasi manajemen hipertensi berbasis kearifan lokal terbukti berpengaruh signifikan terhadap peningkatan kepatuhan pasien. Pendekatan budaya lokal mempermudah pasien memahami dan menginternalisasi pesan kesehatan sehingga dapat dijadikan strategi promotif dan preventif di pelayanan kesehatan primer.

Kata Kunci: Edukasi Manajemen Hipertensi, Kearifan Lokal, Kepatuhan

ABSTRACT

The Effect of Local Wisdom-Based Hypertension Management Education on Hypertension Management Adherence at the Regional Technical Implementation Unit of Sukawati I Community Health Center

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Introduction: Hypertension is a non-communicable disease with a high and continuously increasing prevalence and is often referred to as the silent killer. Poor adherence to hypertension management remains a global and national public health problem. Local wisdom-based education incorporating Balinese cultural values is expected to improve patients' adherence through a culturally relevant approach. This study aimed to analyze the effect of local wisdom-based hypertension management education on hypertension management adherence. **Methods:** This study employed a pre-experimental design with a one-group pretest–posttest. A total of 37 respondents were selected using purposive sampling. The educational intervention was delivered in three sessions over two weeks, with each session lasting 45 minutes. Data were collected using a questionnaire and analyzed using the paired t-test. **Results:** The mean adherence score before the educational intervention was 19.24 (non-adherent), which increased to 40.33 (adherent) after the intervention. **Analysis:** The results of the paired t-test showed that the calculated t value (33.476) was greater than the critical t value (2.021), with a p-value of 0.000 ($p < 0.05$). The mean difference in adherence scores was 21.189. These findings indicate that local wisdom-based hypertension management education significantly improved adherence to hypertension management. **Discussion:** Local wisdom-based hypertension management education was shown to improve patients' adherence significantly. A culturally tailored approach enables patients to understand better and internalize health messages, making it a promising promotive and preventive strategy for implementation in primary healthcare settings.

Keywords: Hypertension Management Education, Local Wisdom, Adherence