

## Efektivitas mobile health (mhealth) dalam self-management hipertensi: literature review = The effectiveness of mobile health in hypertension self-management: a literature review study

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### Abstrak

Hipertensi merupakan salah satu faktor risiko penyakit kardiovaskular dan tergolong ke dalam penyakit kronis, dimana jika tidak dikelola dengan baik dapat menyebabkan komplikasi penyakit yang berujung pada kematian. Penanganan penyakit kronis perlu melibatkan peran aktif dari pasien yang dapat dilakukan melalui penerapan self-management. Dengan memanfaatkan perkembangan teknologi informasi dan komunikasi, self-management dapat difasilitasi melalui penggunaan mHealth. Oleh karena itu, penelitian ini bertujuan untuk mengetahui efektivitas mHealth dalam self-management hipertensi. Penelitian ini menggunakan metode literature review. Pencarian studi dilakukan dengan menggunakan online database yaitu PubMed, ScienceDirect, dan ProQuest. Terdapat 16 studi yang termasuk ke dalam penelitian ini. Hasil penelitian ini menunjukkan bahwa sebanyak 9 studi menghasilkan penurunan tekanan darah yang dinilai signifikan dan terdapat sebanyak 8 studi yang menunjukkan adanya perubahan positif pada pola hidup pasien. Sehingga, dapat dikatakan bahwa penggunaan mHealth efektif dalam penerapan self-management hipertensi.

.....Hypertension is one of the risk factors for cardiovascular disease and is classified as a chronic disease, which if not managed properly will cause complications of the disease that lead to death. The management of chronic diseases have to involve an active role from the patient which can be done through the application of self-management. Self-management can be facilitated by the use of mHealth which utilizes development in information and communication technology. Therefore, this study aims to determine the effectiveness of mHealth in hypertension self-management. This study uses a literature review method. The study search was conducted using online databases, namely PubMed, ScienceDirect, and ProQuest. There are 16 studies included in this study. The results of this study indicate that 9 studies resulted in a decrease in blood pressure which was considered significant and there were as many as 8 studies that showed positive changes in the patient's lifestyle. Thus, it can be inferred that the use of mHealth is effective in the application of hypertension self-management.