

# Pengaruh Model Perawatan Diri Hipertensi Berbasis Mobilephone dan Infografis Terhadap Kepatuhan Kontrol Tekanan Darah Penyandang Hipertensi di Kabupaten Belu Nusa Tenggara Timur = The Influence of Self-care Hypertension Model Based on Mobilephone and Infographic on Blood Pressure Control Compliance in Belu Regency, East Nusa Tenggara

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## Abstrak

Latar belakang: Hipertensi merupakan masalah kesehatan global. Kebijakan spesifik melalui program CERDIK-PATUH dan PIS-PK telah berjalan dengan baik, namun insiden hipertensi masih sulit dibendung, sehingga diperlukan upaya untuk meningkatkan kepatuhan kontrol tekanan darah. Pengembangan model perawatan diri yang lebih efektif diperlukan untuk mengatasi permasalahan hipertensi. Tujuan: Mengidentifikasi masalah hipertensi, mengembangkan model perawatan diri hipertensi berbasis mobilephone dan infografis serta mengidentifikasi pengaruhnya terhadap kepatuhan kontrol tekanan darah penyandang hipertensi. Metode penelitian: Penelitian merupakan penelitian operasional. Tahap pertama studi kualitatif melibatkan 29 partisipan, tahap kedua pengembangan model dengan pendekatan sintesis teori dan hasil penelitian tahap 1, dan tahap ketiga uji pengaruh model terhadap kepatuhan kontrol tekanan darah dengan pendekatan quasy experiment pre-post with kontrol group melibatkan 208 responden. Hasil: Teridentifikasi 7 tema tentang masalah hipertensi dan penatalaksanaannya. Dihasilkan pula model perawatan diri hipertensi berbasis mobilephone dan infografis. Model perawatan diri hipertensi berbasis mobilephone dan infografis berpengaruh secara bermakna terhadap kepatuhan dan tekanan darah sistolik ( $p < 0,05$ ) namun tidak berpengaruh terhadap tekanan darah diastolik ( $p > 0,05$ ). Simpulan: model ini berpengaruh secara signifikan terhadap kepatuhan dan tekanan darah pasien hipertensi. Saran: Model ini dapat diaplikasikan guna meningkatkan kepatuhan kontrol tekanan darah penyandang hipertensi di Kabupaten Belu Nusa Tenggara Timur.

.....Background: Hypertension is a global health problem. Specific policies through the CERDIK-PATUH and PIS-PK programs have been going well, but the incidence of hypertension is still difficult to stem, so efforts are needed to improve adherence to blood pressure control. The development of a more effective self-care model is needed to overcome the problem of hypertension. Objectives: To identify the hypertension problems, to develop a self-care hypertension model based on mobilephone and infographic, and to identify its effect on adherence to blood pressure control in hypertensive patients. Method: This is an operational research. The first stage used a qualitative study with 29 participants, the second stage was developing the model using a theory synthesis approach, the results of the 1st stage research, and expert consultation, and the third stage was identifying the effect of the model on compliance BP control using a quasy experiment pre-post with group control approach involving 208 respondents. Results: Identified 7 themes regarding hypertension and its management. A self-care hypertension model based mobilephone and infographics were produced. The self-care hypertension model based mobilephone and infographics had a significant effect on adherence and systolic blood pressure ( $p \text{ value} < 0.05$ ) but had no effect on dyastolic blood pressure ( $p \text{ value} > 0.05$ ). Conclusion: this model has a significant effect on adherence and blood

pressure in hypertensive patients. Suggestion: This model can be applied to improve adherence to blood pressure control in people with hypertension in East Nusa Tenggara