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**PERBEDAAN TINGKAT PENGETAHUAN SEBELUM DAN SETELAH PEMBERIAN
PENDIDIKAN KESEHATAN MELALUI VIDEO ANIMASI TENTANG MANFAAT JUICE
ALVOCADO PADA PASIEN HIPERTENSI
DI UPTD PUSKESMAS PEMBUANG HULU**

ABSTRAK

Latar belakang: Hipertensi telah menjadi masalah serius dan tiap tahunnya mengalami kenaikan yang signifikan. Upaya untuk membantu mengendalikan hipertensi dapat dilakukan secara Nonfarmakologi yang mudah didapat dilingkungan sekitar, seperti pemanfaatan *juice Alvocado*. Pendidikan Kesehatan tentang Manfaat *Juice Alvocado* dalam menurunkan tekanan darah pada klien Hipertensi perlu diberikan kepada klien Hipertensi melalui media Pendidikan Kesehatan yang efektif dalam meningkatkan pengetahuan dan dapat diterapkan dalam kehidupan sehari – hari.

Tujuan: Mengetahui pengaruh pendidikan kesehatan tentang manfaat juice avocado terhadap tingkat pengetahuan klien hipertensi di wilayah kerja UPTD Puskesmas Pembuang Hulu Kec.Hanau Kabupaten Seruyan.

Metode: Jenis penelitian yang digunakan adalah kuantitatif *Pre Experimental* menggunakan *one grup pretest dan posttest design*. Metode Pengambilan sampel dengan teknik *purposive sampling* dengan jumlah responden 44 orang. Instrumen penelitian menggunakan data sekunder dan Kuesioner. Analisis bivariat menggunakan *Wilcoxon signed rank test*.

Hasil: Hasil Penelitian sebelum diberikan Pendidikan Kesehatan tingkat pengetahuan responden paling banyak kategori kurang sebesar 29 (65,9%), dan hanya 2 responden (4,5%) kategori baik sedangkan hasil penelitian didapatkan setelah diberikan Pendidikan Kesehatan terdapat peningkatan tingkat pengetahuan responden yang mana paling banyak kategori baik sebesar 20 (45,5%), dan ada 19 responden (43,2%) kategori cukup.

Simpulan : Hasil penelitian menggunakan *Wilcoxon signed rank test* yang menunjukkan nilai *P value* sebesar 0,000 ($\alpha < 0,005$) yang artinya Ada Perbedaan tingkat pengetahuan sebelum dan setelah pemberian pendidikan kesehatan melalui video animasi tentang manfaat juice alvocado pada pasien hipertensi di UPTD Puskesmas Pembuang Hulu

Saran: Klien dengan Hipertensi diharapkan dapat mengadopsi Pemanfaatan *Juice Alvocado* dalam menurunkan Hipertensi.

Kata kunci: Pendidikan Kesehatan, Manfaat Juice Alvocado, Hipertensi

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**DIFFERENCES IN THE LEVEL OF KNOWLEDGE BEFORE
AND AFTER HEALTH EDUCATION THROUGH ANIMATED VIDEOS ABOUT
THE BENEFITS OF AVOCADO JUICE IN HYPERTENSION PATIENTS AT
THE UPTD PEMBUANG HULU COMMUNITY HEALTH CENTER**

ABSTRACT

Background: Hypertension has become a serious problem and every year there is a significant increase. Efforts to help control hypertension can be done non-pharmacologically, which is easily available in the surrounding environment, such as using avocado juice. Health education about the benefits of avocado juice in reducing blood pressure in hypertensive clients needs to be given to hypertensive clients through health education media that is effective in increasing knowledge and can be applied in everyday life.

Objective: To determine the effect of health education about the benefits of avocado juice on the level of knowledge of hypertensive clients in the UPTD work area of Pembuang Hulu Health Center, Hanau District, Seruyan Regency.

Method: The type of research used is quantitative Pre Experimental using one group pretest and posttest design. Sampling method using purposive sampling technique with a total of 44 respondents. The research instrument uses secondary data and questionnaires. Bivariate analysis used the Wilcoxon signed rank test.

Results: The results of the research before being given Health Education were that the level of knowledge of the most respondents was in the poor category at 29 (65.9%), and only 2 respondents (4.5%) were in the good category, while the research results obtained after being given Health Education showed an increase in the level of knowledge of respondents which was the most there are many good categories, 20 (45.5%), and there are 19 respondents (43.2%) in the fair category.

Conclusion: The results of the study using the Wilcoxon signed rank test showed a P value of 0.000 ($\alpha < 0.005$), which means there is a difference in the level of knowledge before and after providing health education through an animated video about the benefits of avocado juice for hypertension patients at the UPTD Pembuang Hulu Community Health Center.

Suggestion: Clients with hypertension are expected to adopt the use of Avocado Juice in reducing hypertension.

Keywords: Health Education, Benefits of Avocado Juice, Hypertension