

**PENGARUH PEMBERIAN EDUKASI DENGAN MEDIA VIDEO
TERHADAP PERILAKU PENCEGAHAN KEGAWATDARURATAN
STROKE HEMORAGIK
PADA PASIEN HIPERTENSI DI UPT.
PUSKESMAS LABRUK KIDUL**

SKRIPSI



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ABSTRAK

Khoiri, Grey Sinta*; Tursina, Hella Meldy**. 2026. **Pengaruh Pemberian Edukasi Dengan Media Video Terhadap Perilaku Pencegahan Kegawatdaruratan Stroke Hemoragik Pada Pasien Hipertensi Di UPT. Puskesmas Labruk Kidul**. Skripsi. Program Studi S1 Keperawatan Universitas dr. Soebandi Jember.

Latar Belakang: Hipertensi merupakan faktor risiko utama terjadinya stroke hemoragik yang diakibatkan oleh pecahnya pembuluh darah di otak, sehingga memerlukan penanganan darurat yang cepat untuk mencegah kematian atau kecacatan permanen. Namun, rendahnya pemahaman mengenai gejala awal sering kali memicu keterlambatan penanganan medis selama masa periode emas (*golden period*). Edukasi kesehatan melalui media video dianggap lebih efektif daripada media konvensional karena mampu menyajikan visualisasi yang menarik serta memudahkan retensi informasi di otak bagi pasien.

Tujuan: Penelitian ini bertujuan untuk menganalisis pengaruh pemberian edukasi menggunakan media video terhadap perilaku pencegahan kegawatdaruratan stroke hemoragik pada pasien hipertensi di UPT. Puskesmas Labruk Kidul.

Metode: Penelitian ini merupakan penelitian kuantitatif pre-eksperimental dengan desain *one group pre-test and post-test design*. Sampel penelitian berjumlah 35 responden yang dipilih menggunakan teknik *consecutive sampling*. Data dikumpulkan menggunakan kuesioner perilaku yang telah divalidasi dan dianalisis menggunakan uji statistik *Paired Sample t-test*.

Hasil: Hasil penelitian menunjukkan peningkatan perilaku pencegahan yang signifikan setelah intervensi. Pada saat *pre-test*, terdapat 40% responden berkategori kurang dan 60% cukup, sedangkan pada *post-test* meningkat menjadi 77,1% kategori baik dan 22,9% kategori cukup. *Paired Sample t-test*, diperoleh rata-rata skor perilaku pada *pre-test* sebesar 1,60 dan meningkat menjadi 2,77 pada *post-test*. Hasil analisis menunjukkan nilai $t = -18,124$ dengan $p\text{-value} = 0,000$ ($p < 0,05$), yang membuktikan adanya pengaruh signifikan pemberian edukasi terhadap perilaku responden.

Kesimpulan: Pemberian edukasi menggunakan media video efektif dalam meningkatkan perilaku pencegahan kegawatdaruratan stroke hemoragik pada pasien hipertensi di UPT. Puskesmas Labruk Kidul.

Kata Kunci: Hipertensi, Video Edukasi, Stroke Hemoragik, Perilaku Pencegahan

*Peneliti

**Pembimbing Utama

ABSTRACT

Khoiri, Grey Sinta*; Tursina, Hella Meldy**. 2026. *The Effect of Educational Intervention Using Video Media on Hemorrhagic Stroke Emergency Prevention Behavior among Hypertensive Patients at Labruk Kidul Community Health Center*. Thesis. Bachelor of Nursing Study Program, dr. Soebandi University, Jember.

Background: Hypertension is a major risk factor for hemorrhagic stroke caused by the rupture of blood vessels in the brain, requiring rapid emergency intervention to prevent death or permanent disability. However, a low level of understanding regarding early symptoms often triggers delays in seeking medical treatment during the "golden period". Health education through video media is considered more effective than conventional media because it can present engaging visualizations and facilitate better information retention in the patient's brain.

Purpose: This study aims to analyze the influence of providing education using video media on emergency prevention behavior for hemorrhagic stroke in hypertensive patients at Labruk Kidul Community Health Center

Methods: This research is a quantitative pre-experimental study using a one-group pre-test and post-test design. The research sample consisted of 35 respondents selected using the consecutive sampling technique. Data were collected using a validated behavior questionnaire and analyzed using the Paired Sample t-test.

Results: The results showed a significant increase in prevention behavior after the intervention. During the pre-test, 40% of respondents were in the poor category and 60% were in the fair category, whereas in the post-test, this increased to 77.1% in the good category and 22.9% in the fair category. The pre-test results showed that 40% of respondents were categorized as having poor behavior and 60% as having moderate behavior, while the post-test results increased to 77.1% in the good category and 22.9% in the moderate category. The mean score increased from 1.60 to 2.77, with $t = -18.124$ and $p = 0.000$ ($p < 0.05$), indicating a significant effect of the educational intervention on respondents' behavior.

Conclusions: Providing education using video media is effective in improving emergency prevention behavior for hemorrhagic stroke in hypertensive patients at Labruk Kidul Community Health Center.

Keywords: Hypertension, Video Education, Hemorrhagic Stroke, Prevention Behavior

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