# LAMPIRAN

**Lampiran 1 Kuesioner Penelitian**

## KUESIONER

## EFEKTIVITAS APLIKASI "*DHE SILENT KILLER*" SEBAGAI MEDIA EDUKASI DAN PENANGGULANGAN HIPERTENSI PADA USIA DEWASA DIPUSKESMAS PANGKAJENE KABUPATEN SIDENRENG RAPPANG

**A. Identitas Responden**

1. Nama Responden :
2. Jenis Kelamin : 1. Laki-Laki
   2. Perempuan
3. Umur :.....Tahun
4. Pendidikan terakhir :
5. Tekanan darah :

**B. Pengetahuan**

Pilih salah satu jawaban yang benar kemudian beri tanda silang (X)

1. Apa yang dimaksud hipertensi?
   a. Tekanan darah tinggi secara terus-menerus
   b. Tekanan darah rendah
   c. Penyakit jantung
   d. Gangguan pernapasan
2. Apa penyebab utama hipertensi?
   a. Keturunan
   b. Gaya hidup tidak sehat
   c. Stres
   d. Semua jawaban benar
3. Gejala apa yang biasanya muncul pada penderita hipertensi?
   a. Pusing
   b. Sakit kepala
   c. Mudah lelah

d. Hipertensi tidak menunjukkan gejala
e. Semua jawaban benar

4. Berapa nilai tekanan darah sistolik dan diastolik yang dianggap normal?
a. 100/60 mmHg
b. 120/80 mmHg
c. 140/90 mmHg
d. 180/110 mmHg

5. Bagaimana cara terbaik untuk mencegah hipertensi?
a. Mengonsumsi obat antihipertensi
b. Menjaga pola makan sehat dan rutin berolahraga
c. Menghindari konsumsi air
d. Hanya menghindari stres

6. Siapa saja yang berisiko tinggi terkena hipertensi?
a. Orang yang memiliki riwayat keluarga dengan hipertensi
b. Orang yang tidak aktif bergerak atau berolahraga
c. Orang yang mengonsumsi makanan tinggi garam
d. Semua jawaban benar

7. Apakah hipertensi dapat diobati?
a. Ya, dengan obat-obatan dan perubahan gaya hidup
b. Tidak, hipertensi tidak bisa diobati
c. Hanya bisa dikendalikan sementara
d. Tidak ada cara pengobatan untuk hipertensi

8. Apa dampak buruk dari hipertensi yang tidak diobati?
a. Gangguan penglihatan
b. Stroke
c. Penyakit jantung
d. Semua jawaban benar

9. Apakah konsumsi garam berlebihan berhubungan dengan hipertensi?
a. Ya, konsumsi garam yang tinggi dapat meningkatkan tekanan darah

b. Tidak, garam tidak berpengaruh pada hipertensi
c. Hanya garam iodized yang berbahaya
d. Garam tidak memengaruhi tekanan darah

10. Bagaimana cara mengetahui apakah seseorang menderita hipertensi?
a. Dengan pemeriksaan tekanan darah secara rutin
b. Melalui tes darah
c. Mengukur detak jantung
d. Dengan cek kondisi fisik umum

**C. Sikap**

Istilah pertanyaan dibawah dengan memberi tanda (√ ) pada kotak **SS,S,TS,STS**

Keterangan :
SS : Sangat setuju
S : Setuju
TS : Tidak Setuju
STS : Sangat tidak setuju

| No | Pertenyaan | SS | S | TS | STS |
|---|---|---|---|---|---|
| 1 | Saya percaya bahwa hipertensi adalah masalah kesehatan yang serius | | | | |
| 2 | Saya merasa penting untuk memeriksakan tekanan darah secara rutin | | | | |
| 3 | Saya sering merasa bahwa hipertensi hanya masalah orang tua. | | | | |
| 4 | Saya percaya bahwa gaya hidup sehat dapat membantu mencegah hipertensi | | | | |

| | | | | | |
|---|---|---|---|---|---|
| 5 | Saya merasa cemas jika tekanan darah saya tinggi, dan saya akan segerah mencari pengobatan. | | | | |
| 6 | Saya merasa bahwa obat hipertensi adalah solusi terbaik untuk mengobati hipertensi. | | | | |
| 7 | Saya merasa mengurangi konsumsi garam dalam dalam makanan saya untuk mencegah hipertensoi. | | | | |
| 8 | Saya percaya bahwa hipertensi dapat dikendalikan dengan perubahan pola makan dan olahraga teratur. | | | | |
| 9 | Saya merasa bahwa stres tidak berpengaruh besar terhadap tekanan darah saya. | | | | |
| 10 | Saya cenderung mengabadikan masalah tekanan darah tinggi jika tidak ada gejala yang saya rasakan. | | | | |

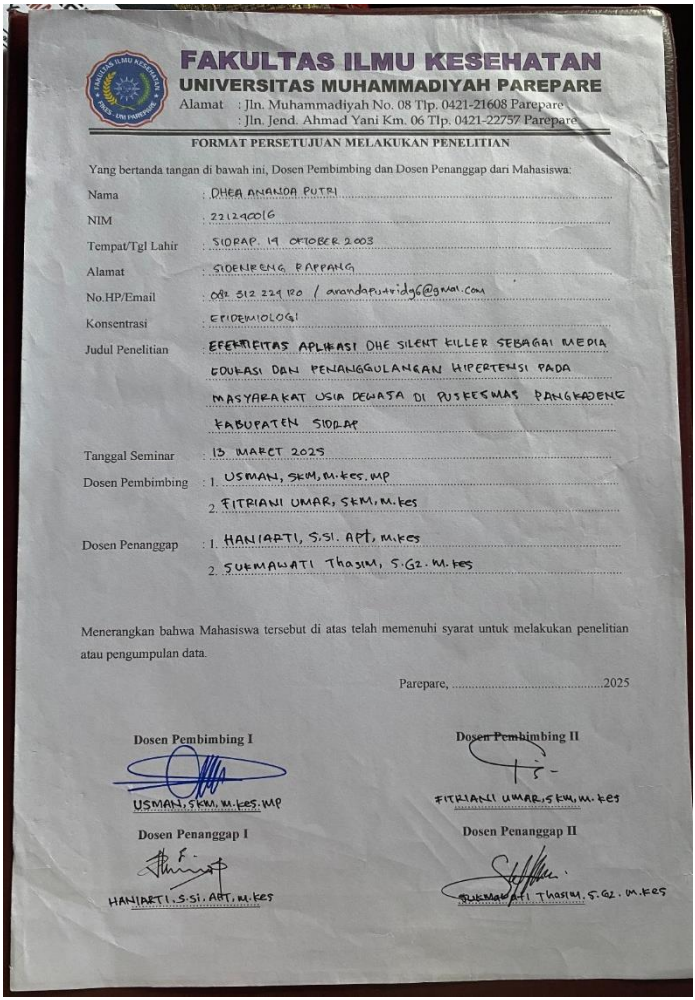
**D. Perilaku**

Istilah pertanyaan dibawah dengan memberi tanda (√ ) pada **kotak selalu, sering, kadang-kadang, jarang, tidak pernah.**

| No | pernyataan | Sering | Kadang-kadang | Jarang | Tidak pernah |
|---|---|---|---|---|---|
| 1 | saya memeriksakan tekanan darah saya secara rutin. | | | | |
| 2 | Saya mengurangi konsumsi garam dalam makanan sehari-hari | | | | |
| 3 | Saya berolahraga minimal 3X seminggu | | | | |
| 4 | Saya menghindari konsumsi alkohol. | | | | |
| 5 | Saya mengonsumsi makanan yang rendah lemak dan kaya akan buah serta sayuran. | | | | |
| 6 | Saya rutin memeriksan berat badan | | | | |

| | | | | | |
|---|---|---|---|---|---|
| | untuk memastikan tetap dalam kisaran sehat. | | | | |
| 7 | Saya mengelola stres dengan cara yang sehat, seperti meditasi atau relaksasi. | | | | |
| 8 | Saya memeriksakan diri pada saat saya merasa tekanan darah saya tinggi. | | | | |
| 9 | Saya menghindari kebiasaan merokok atau sudah berhenti merokok. | | | | |
| 10 | Saya selalu mengikuti anjuran dokter terkait pengobatan dan gaya hidup sehat untuk mengontrol tekanan darah. | | | | |

## Lampiran 2 Lampiran Persetujuan Melakukan Penelitian



**FAKULTAS ILMU KESEHATAN**
**UNIVERSITAS MUHAMMADIYAH PAREPARE**
Alamat : Jln. Muhammadiyah No. 08 Tlp. 0421-21608 Parepare
: Jln. Jend. Ahmad Yani Km. 06 Tlp. 0421-22757 Parepare

**FORMAT PERSETUJUAN MELAKUKAN PENELITIAN**

Yang bertanda tangan di bawah ini, Dosen Pembimbing dan Dosen Penanggap dari Mahasiswa:

| | |
|---|---|
| Nama | : DHEA ANANDA PUTRI |
| NIM | : 2212900016 |
| Tempat/Tgl Lahir | : SIDRAP, 19 OKTOBER 2003 |
| Alamat | : SIDENRENG, RAPPANG |
| No.HP/Email | : 082 312 229 120 / anandaputridg6@gmail.com |
| Konsentrasi | : EPIDEMIOLOGI |
| Judul Penelitian | : EFEKTIFITAS APLIKASI DHE SILENT KILLER SEBAGAI MEDIA EDUKASI DAN PENANGGULANGAN HIPERTENSI PADA MASYARAKAT USIA DEWASA DI PUSKESMAS PANGKAJENE KABUPATEN SIDRAP |
| Tanggal Seminar | : 13 MARET 2025 |
| Dosen Pembimbing | : 1. USMAN, SKM, M.KES. MP |
| | 2. FITRIANI UMAR, SKM, M.KES |
| Dosen Penanggap | : 1. HANIARTI, S.SI. APT, M.KES |
| | 2. SUKMAWATI THASIM, S.GZ. M.KES |

Menerangkan bahwa Mahasiswa tersebut di atas telah memenuhi syarat untuk melakukan penelitian atau pengumpulan data.

Parepare, .....2025

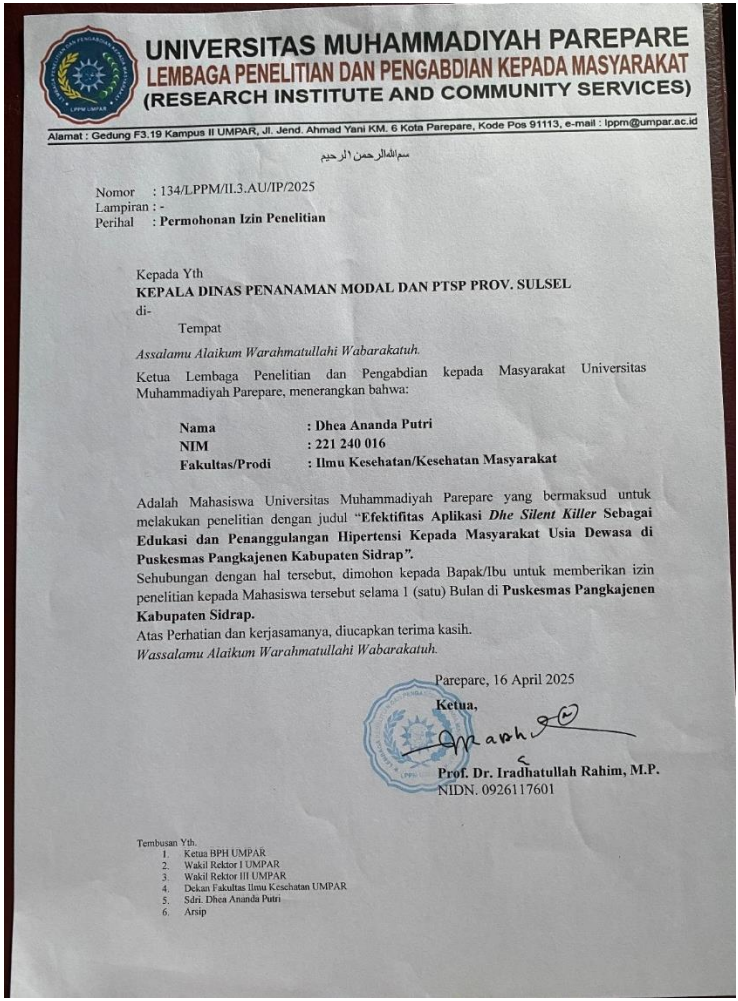
**Dosen Pembimbing I**
USMAN, SKM, M.KES. MP

**Dosen Pembimbing II**
FITRIANI UMAR, SKM, M.KES

**Dosen Penanggap I**
HANIARTI, S.SI. APT, M.KES

**Dosen Penanggap II**
SUKMAWATI THASIM, S.GZ. M.KES

## Lampiran 3 Surat Izin Penelitian LPPM



**UNIVERSITAS MUHAMMADIYAH PAREPARE**
**LEMBAGA PENELITIAN DAN PENGABDIAN KEPADA MASYARAKAT**
**(RESEARCH INSTITUTE AND COMMUNITY SERVICES)**

Alamat : Gedung F3.19 Kampus II UMPAR, Jl. Jend. Ahmad Yani KM. 6 Kota Parepare, Kode Pos 91113, e-mail : lppm@umpar.ac.id

بسم الله الرحمن الرحيم

Nomor : 134/LPPM/II.3.AU/IP/2025
Lampiran : -
Perihal : **Permohonan Izin Penelitian**

Kepada Yth
**KEPALA DINAS PENANAMAN MODAL DAN PTSP PROV. SULSEL**
di-
Tempat

*Assalamu Alaikum Warahmatullahi Wabarakatuh.*

Ketua Lembaga Penelitian dan Pengabdian kepada Masyarakat Universitas Muhammadiyah Parepare, menerangkan bahwa:

| | |
|---|---|
| **Nama** | **: Dhea Ananda Putri** |
| **NIM** | **: 221 240 016** |
| **Fakultas/Prodi** | **: Ilmu Kesehatan/Kesehatan Masyarakat** |

Adalah Mahasiswa Universitas Muhammadiyah Parepare yang bermaksud untuk melakukan penelitian dengan judul "**Efektifitas Aplikasi *Dhe Silent Killer* Sebagai Edukasi dan Penanggulangan Hipertensi Kepada Masyarakat Usia Dewasa di Puskesmas Pangkajenen Kabupaten Sidrap**".
Sehubungan dengan hal tersebut, dimohon kepada Bapak/Ibu untuk memberikan izin penelitian kepada Mahasiswa tersebut selama 1 (satu) Bulan di **Puskesmas Pangkajenen Kabupaten Sidrap.**
Atas Perhatian dan kerjasamanya, diucapkan terima kasih.
*Wassalamu Alaikum Warahmatullahi Wabarakatuh.*

Parepare, 16 April 2025
**Ketua,**

**Prof. Dr. Iradhatullah Rahim, M.P.**
NIDN. 0926117601

Tembusan Yth.
1. Ketua BPH UMPAR
2. Wakil Rektor I UMPAR
3. Wakil Rektor III UMPAR
4. Dekan Fakultas Ilmu Kesehatan UMPAR
5. Sdri. Dhea Ananda Putri
6. Arsip

**Lampiran 4 Surat Izin Penelitian DPMPTSP/Bupati Kabupaten SIDRAP**



PEMERINTAH KABUPATEN SIDENRENG RAPPANG
DINAS PENANAMAN MODAL DAN PELAYANAN TERPADU SATU PINTU
JL. HARAPAN BARU KOMPLEKS SKPD BLOK A NO. 5 KABUPATEN SIDENRENG RAPPANG
PROVINSI SULAWESI SELATAN
Telepon (0421) - 3590005 Email : ptsp_sidrap@yahoo.co.id Kode Pos : 91611

**IZIN PENELITIAN**

**Nomor : 240/IP/DPMPTSP/4/2025**

DASAR
1. Peraturan Bupati Sidenreng Rappang No. 1 Tahun 2017 Tentang Pendelegasian Kewenangan di Bidang Perizinan Kepada Kepala Dinas Penanaman Modal dan Pelayanan Terpadu Satu Pintu Kabupaten Sidenreng Rappang
2. Surat Permohonan **DHEA ANANDA PUTRI** Tanggal **21-04-2025**
3. Berita Acara Telaah Administrasi / Telaah Lapangan dari Tim Teknis **UNIVERSITAS MUHAMMADIYAH PAREPARE** Nomor **134/LPPM/II.3.AU/IP/2025** Tanggal **16-04-2025**

**MENGIZINKAN**

KEPADA
NAMA : **DHEA ANANDA PUTRI**
ALAMAT : **Jl.cempaka no 29A kel.todang pulu, kec. Tellu limpoe kan. Sidrap**
UNTUK : melaksanakan Penelitian dalam Kabupaten Sidenreng Rappang dengan keterangan sebagai berikut :

| | |
|---|---|
| NAMA LEMBAGA / UNIVERSITAS | : **UNIVERSITAS MUHAMMADIYAH PAREPARE** |
| JUDUL PENELITIAN | : **"EFEKTIVITAS APLIKASI DHE SILENT KILLER SEBAGAI MEDIA EDUKASI DAN PENANGGULANGAN HIPERTENSI PADA USIA DEWASA DI PUSKESMAS PANGKAJENE KABUPATEN SIDRAP "** |
| LOKASI PENELITIAN | : **WILAYAH KERJA PUSKESMAS PANGKAJENE** |
| JENIS PENELITIAN | : **KUANTITATIF** |
| LAMA PENELITIAN | : **01 Mei 2025 s.d 31 Mei 2025** |

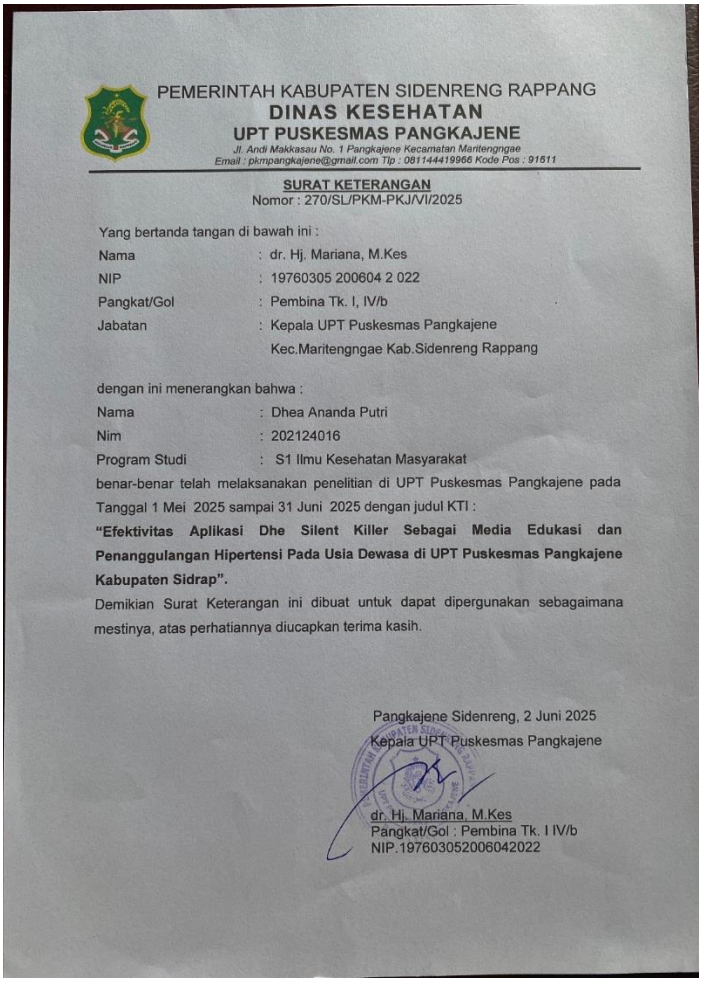
Izin Penelitian berlaku selama penelitian berlangsung

Dikeluarkan di : Pangkajene Sidenreng
Pada Tanggal : 21-04-2025

**Biaya : Rp. 0,00**

Tembusan :
PUSKESMAS PANGKAJENE KABUPATEN SIDRAP

## Lampiran 5 Surat Selesai Penelitian



PEMERINTAH KABUPATEN SIDENRENG RAPPANG
**DINAS KESEHATAN**
**UPT PUSKESMAS PANGKAJENE**
*Jl. Andi Makkasau No. 1 Pangkajene Kecamatan Maritengngae*
*Email : pkmpangkajene@gmail.com Tlp : 081144419966 Kode Pos : 91511*

**SURAT KETERANGAN**
Nomor : 270/SL/PKM-PKJ/VI/2025

Yang bertanda tangan di bawah ini :

| | | |
|---|---|---|
| Nama | : | dr. Hj. Mariana, M.Kes |
| NIP | : | 19760305 200604 2 022 |
| Pangkat/Gol | : | Pembina Tk. I, IV/b |
| Jabatan | : | Kepala UPT Puskesmas Pangkajene Kec.Maritengngae Kab.Sidenreng Rappang |

dengan ini menerangkan bahwa :

| | | |
|---|---|---|
| Nama | : | Dhea Ananda Putri |
| Nim | : | 202124016 |
| Program Studi | : | S1 Ilmu Kesehatan Masyarakat |

benar-benar telah melaksanakan penelitian di UPT Puskesmas Pangkajene pada Tanggal 1 Mei 2025 sampai 31 Juni 2025 dengan judul KTI :

**"Efektivitas Aplikasi Dhe Silent Killer Sebagai Media Edukasi dan Penanggulangan Hipertensi Pada Usia Dewasa di UPT Puskesmas Pangkajene Kabupaten Sidrap".**

Demikian Surat Keterangan ini dibuat untuk dapat dipergunakan sebagaimana mestinya, atas perhatiannya diucapkan terima kasih.

Pangkajene Sidenreng, 2 Juni 2025
Kepala UPT Puskesmas Pangkajene

dr. Hj. Mariana, M.Kes
Pangkat/Gol : Pembina Tk. I IV/b
NIP.197603052006042022

## Lampiran 6 Tabulasi data

**jenis kelamin perlakuan**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | laki-laki | 15 | 17.9 | 35.7 | 35.7 |
| | perempuan | 27 | 32.1 | 64.3 | 100.0 |
| | Total | 42 | 50.0 | 100.0 | |
| Missing | System | 42 | 50.0 | | |
| Total | | 84 | 100.0 | | |

**jenis kelamin kontrol**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | laki-laki | 8 | 9.5 | 19.0 | 19.0 |
| | perempuan | 34 | 40.5 | 81.0 | 100.0 |
| | Total | 42 | 50.0 | 100.0 | |
| Missing | System | 42 | 50.0 | | |
| Total | | 84 | 100.0 | | |

**tingkat pendidikan perlakuan**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | rendah | 21 | 25.0 | 50.0 | 50.0 |
| | sedang | 15 | 17.9 | 35.7 | 85.7 |
| | tinggi | 6 | 7.1 | 14.3 | 100.0 |

| | | | | | |
|---|---|---|---|---|---|
| | Total | 42 | 50.0 | 100.0 | |
| Missing | System | 42 | 50.0 | | |
| Total | | 84 | 100.0 | | |

**tingkat pendidikan kontrol**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | rendah | 20 | 23.8 | 47.6 | 47.6 |
| | sedang | 15 | 17.9 | 35.7 | 83.3 |
| | tinggi | 7 | 8.3 | 16.7 | 100.0 |
| | Total | 42 | 50.0 | 100.0 | |
| Missing | System | 42 | 50.0 | | |
| Total | | 84 | 100.0 | | |

**Descriptives**

| | kelompok | | | Statistic | Std. Error |
|---|---|---|---|---|---|
| umur | perlakuan | Mean | | 47.26 | .638 |
| | | 95% Confidence Interval for Mean | Lower Bound | 45.97 | |
| | | | Upper Bound | 48.55 | |
| | | 5% Trimmed Mean | | 47.24 | |
| | | Median | | 47.50 | |
| | | Variance | | 17.076 | |
| | | Std. Deviation | | 4.132 | |
| | | Minimum | | 40 | |
| | | Maximum | | 55 | |
| | | Range | | 15 | |

| | | | | | |
|---|---|---|---|---|---|
| | | Interquartile Range | | 7 | |
| | | Skewness | | -.270 | .365 |
| | | Kurtosis | | -.849 | .717 |
| | kontrol | Mean | | 47.60 | .523 |
| | | 95% Confidence Interval for Mean | Lower Bound | 46.54 | |
| | | | Upper Bound | 48.65 | |
| | | 5% Trimmed Mean | | 47.71 | |
| | | Median | | 49.00 | |
| | | Variance | | 11.466 | |
| | | Std. Deviation | | 3.386 | |
| | | Minimum | | 40 | |
| | | Maximum | | 55 | |
| | | Range | | 15 | |
| | | Interquartile Range | | 5 | |
| | | Skewness | | -.460 | .365 |
| | | Kurtosis | | -.336 | .717 |
| tekanan darah diatas | perlakuan | Mean | | 163.76 | 3.176 |
| | | 95% Confidence Interval for Mean | Lower Bound | 157.35 | |
| | | | Upper Bound | 170.18 | |
| | | 5% Trimmed Mean | | 162.01 | |
| | | Median | | 160.00 | |
| | | Variance | | 423.649 | |
| | | Std. Deviation | | 20.583 | |
| | | Minimum | | 140 | |
| | | Maximum | | 220 | |
| | | Range | | 80 | |
| | | Interquartile Range | | 30 | |

| | | | | | |
|---|---|---|---|---|---|
| | | Skewness | | .943 | .365 |
| | | Kurtosis | | .851 | .717 |
| | kontrol | Mean | | 147.62 | 1.663 |
| | | 95% Confidence Interval for Mean | Lower Bound | 144.26 | |
| | | | Upper Bound | 150.98 | |
| | | 5% Trimmed Mean | | 147.09 | |
| | | Median | | 140.00 | |
| | | Variance | | 116.144 | |
| | | Std. Deviation | | 10.777 | |
| | | Minimum | | 130 | |
| | | Maximum | | 180 | |
| | | Range | | 50 | |
| | | Interquartile Range | | 20 | |
| | | Skewness | | .871 | .365 |
| | | Kurtosis | | .582 | .717 |
| tekanan darah dibawah | perlakuan | Mean | | 92.14 | 1.157 |
| | | 95% Confidence Interval for Mean | Lower Bound | 89.81 | |
| | | | Upper Bound | 94.48 | |
| | | 5% Trimmed Mean | | 92.12 | |
| | | Median | | 90.00 | |
| | | Variance | | 56.272 | |
| | | Std. Deviation | | 7.501 | |
| | | Minimum | | 80 | |
| | | Maximum | | 110 | |
| | | Range | | 30 | |
| | | Interquartile Range | | 10 | |
| | | Skewness | | -.015 | .365 |

| | | | | | |
|---|---|---|---|---|---|
| | | Kurtosis | | -.489 | .717 |
| | kontrol | Mean | | 87.62 | 1.067 |
| | | 95% Confidence Interval for Mean | Lower Bound | 85.46 | |
| | | | Upper Bound | 89.77 | |
| | | 5% Trimmed Mean | | 87.35 | |
| | | Median | | 90.00 | |
| | | Variance | | 47.851 | |
| | | Std. Deviation | | 6.917 | |
| | | Minimum | | 80 | |
| | | Maximum | | 100 | |
| | | Range | | 20 | |
| | | Interquartile Range | | 10 | |
| | | Skewness | | .354 | .365 |
| | | Kurtosis | | -.821 | .717 |
| tingkat pendidikan | perlakuan | Mean | | 1.64 | .112 |
| | | 95% Confidence Interval for Mean | Lower Bound | 1.42 | |
| | | | Upper Bound | 1.87 | |
| | | 5% Trimmed Mean | | 1.60 | |
| | | Median | | 1.50 | |
| | | Variance | | .528 | |
| | | Std. Deviation | | .727 | |
| | | Minimum | | 1 | |
| | | Maximum | | 3 | |
| | | Range | | 2 | |
| | | Interquartile Range | | 1 | |
| | | Skewness | | .675 | .365 |
| | | Kurtosis | | -.782 | .717 |

| | | | | | |
|---|---|---|---|---|---|
| | kontrol | Mean | | 1.69 | .116 |
| | | 95% Confidence Interval for Mean | Lower Bound | 1.46 | |
| | | | Upper Bound | 1.92 | |
| | | 5% Trimmed Mean | | 1.66 | |
| | | Median | | 2.00 | |
| | | Variance | | .560 | |
| | | Std. Deviation | | .749 | |
| | | Minimum | | 1 | |
| | | Maximum | | 3 | |
| | | Range | | 2 | |
| | | Interquartile Range | | 1 | |
| | | Skewness | | .585 | .365 |
| | | Kurtosis | | -.961 | .717 |

**Tests of Normality**

| | | Kolmogorov-Smirnov[a] | | | Shapiro-Wilk | | |
|---|---|---|---|---|---|---|---|
| | kelompok | Statistic | df | Sig. | Statistic | df | Sig. |
| umur | perlakuan | .141 | 42 | .034 | .937 | 42 | .022 |
| | kontrol | .185 | 42 | .001 | .931 | 42 | .014 |
| tekanan darah diatas | perlakuan | .168 | 42 | .004 | .892 | 42 | .001 |
| | kontrol | .284 | 42 | .000 | .851 | 42 | .000 |
| tekanan darah dibawah | perlakuan | .255 | 42 | .000 | .844 | 42 | .000 |
| | kontrol | .254 | 42 | .000 | .789 | 42 | .000 |
| tingkat pendidikan | perlakuan | .312 | 42 | .000 | .758 | 42 | .000 |
| | kontrol | .298 | 42 | .000 | .769 | 42 | .000 |

a. Lilliefors Significance Correction

**Descriptives**

| | kelompok | | | Statistic | Std. Error |
|---|---|---|---|---|---|
| umur | perlakuan | Mean | | 47.26 | .638 |
| | | 95% Confidence Interval for Mean | Lower Bound | 45.97 | |
| | | | Upper Bound | 48.55 | |
| | | 5% Trimmed Mean | | 47.24 | |
| | | Median | | 47.50 | |
| | | Variance | | 17.076 | |
| | | Std. Deviation | | 4.132 | |
| | | Minimum | | 40 | |
| | | Maximum | | 55 | |
| | | Range | | 15 | |
| | | Interquartile Range | | 7 | |
| | | Skewness | | -.270 | .365 |
| | | Kurtosis | | -.849 | .717 |
| | kontrol | Mean | | 47.60 | .523 |
| | | 95% Confidence Interval for Mean | Lower Bound | 46.54 | |
| | | | Upper Bound | 48.65 | |
| | | 5% Trimmed Mean | | 47.71 | |
| | | Median | | 49.00 | |
| | | Variance | | 11.466 | |
| | | Std. Deviation | | 3.386 | |
| | | Minimum | | 40 | |
| | | Maximum | | 55 | |
| | | Range | | 15 | |

| | | | | | |
|---|---|---|---|---|---|
| | | Interquartile Range | | 5 | |
| | | Skewness | | -.460 | .365 |
| | | Kurtosis | | -.336 | .717 |
| tekanan darah diatas | perlakuan | Mean | | 163.76 | 3.176 |
| | | 95% Confidence Interval for Mean | Lower Bound | 157.35 | |
| | | | Upper Bound | 170.18 | |
| | | 5% Trimmed Mean | | 162.01 | |
| | | Median | | 160.00 | |
| | | Variance | | 423.649 | |
| | | Std. Deviation | | 20.583 | |
| | | Minimum | | 140 | |
| | | Maximum | | 220 | |
| | | Range | | 80 | |
| | | Interquartile Range | | 30 | |
| | | Skewness | | .943 | .365 |
| | | Kurtosis | | .851 | .717 |
| | kontrol | Mean | | 147.62 | 1.663 |
| | | 95% Confidence Interval for Mean | Lower Bound | 144.26 | |
| | | | Upper Bound | 150.98 | |
| | | 5% Trimmed Mean | | 147.09 | |
| | | Median | | 140.00 | |
| | | Variance | | 116.144 | |
| | | Std. Deviation | | 10.777 | |
| | | Minimum | | 130 | |
| | | Maximum | | 180 | |
| | | Range | | 50 | |
| | | Interquartile Range | | 20 | |

| | | | | | |
|---|---|---|---|---|---|
| | | Skewness | | .871 | .365 |
| | | Kurtosis | | .582 | .717 |
| tekanan darah dibawah | perlakuan | Mean | | 92.14 | 1.157 |
| | | 95% Confidence Interval for Mean | Lower Bound | 89.81 | |
| | | | Upper Bound | 94.48 | |
| | | 5% Trimmed Mean | | 92.12 | |
| | | Median | | 90.00 | |
| | | Variance | | 56.272 | |
| | | Std. Deviation | | 7.501 | |
| | | Minimum | | 80 | |
| | | Maximum | | 110 | |
| | | Range | | 30 | |
| | | Interquartile Range | | 10 | |
| | | Skewness | | -.015 | .365 |
| | | Kurtosis | | -.489 | .717 |
| | kontrol | Mean | | 87.62 | 1.067 |
| | | 95% Confidence Interval for Mean | Lower Bound | 85.46 | |
| | | | Upper Bound | 89.77 | |
| | | 5% Trimmed Mean | | 87.35 | |
| | | Median | | 90.00 | |
| | | Variance | | 47.851 | |
| | | Std. Deviation | | 6.917 | |
| | | Minimum | | 80 | |
| | | Maximum | | 100 | |
| | | Range | | 20 | |
| | | Interquartile Range | | 10 | |
| | | Skewness | | .354 | .365 |

| | | | | | |
|---|---|---|---|---|---|
| | | Kurtosis | | -.821 | .717 |
| tingkat pendidikan | perlakuan | Mean | | 1.64 | .112 |
| | | 95% Confidence Interval for Mean | Lower Bound | 1.42 | |
| | | | Upper Bound | 1.87 | |
| | | 5% Trimmed Mean | | 1.60 | |
| | | Median | | 1.50 | |
| | | Variance | | .528 | |
| | | Std. Deviation | | .727 | |
| | | Minimum | | 1 | |
| | | Maximum | | 3 | |
| | | Range | | 2 | |
| | | Interquartile Range | | 1 | |
| | | Skewness | | .675 | .365 |
| | | Kurtosis | | -.782 | .717 |
| | kontrol | Mean | | 1.69 | .116 |
| | | 95% Confidence Interval for Mean | Lower Bound | 1.46 | |
| | | | Upper Bound | 1.92 | |
| | | 5% Trimmed Mean | | 1.66 | |
| | | Median | | 2.00 | |
| | | Variance | | .560 | |
| | | Std. Deviation | | .749 | |
| | | Minimum | | 1 | |
| | | Maximum | | 3 | |
| | | Range | | 2 | |
| | | Interquartile Range | | 1 | |
| | | Skewness | | .585 | .365 |
| | | Kurtosis | | -.961 | .717 |

| | | | | | |
|---|---|---|---|---|---|
| pretes pengetahuan | perlakuan | Mean | | 4.45 | .211 |
| | | 95% Confidence Interval for Mean | Lower Bound | 4.03 | |
| | | | Upper Bound | 4.88 | |
| | | 5% Trimmed Mean | | 4.45 | |
| | | Median | | 4.00 | |
| | | Variance | | 1.864 | |
| | | Std. Deviation | | 1.365 | |
| | | Minimum | | 2 | |
| | | Maximum | | 7 | |
| | | Range | | 5 | |
| | | Interquartile Range | | 1 | |
| | | Skewness | | .195 | .365 |
| | | Kurtosis | | -.482 | .717 |
| | kontrol | Mean | | 4.21 | .197 |
| | | 95% Confidence Interval for Mean | Lower Bound | 3.82 | |
| | | | Upper Bound | 4.61 | |
| | | 5% Trimmed Mean | | 4.29 | |
| | | Median | | 4.00 | |
| | | Variance | | 1.636 | |
| | | Std. Deviation | | 1.279 | |
| | | Minimum | | 0 | |
| | | Maximum | | 6 | |
| | | Range | | 6 | |
| | | Interquartile Range | | 2 | |
| | | Skewness | | -.643 | .365 |
| | | Kurtosis | | 1.446 | .717 |
| pretes sikap | perlakuan | Mean | | 23.74 | .349 |

| | | | | | |
|---|---|---|---|---|---|
| | | 95% Confidence Interval for Mean | Lower Bound | 23.03 | |
| | | | Upper Bound | 24.44 | |
| | | 5% Trimmed Mean | | 23.66 | |
| | | Median | | 24.00 | |
| | | Variance | | 5.125 | |
| | | Std. Deviation | | 2.264 | |
| | | Minimum | | 20 | |
| | | Maximum | | 29 | |
| | | Range | | 9 | |
| | | Interquartile Range | | 3 | |
| | | Skewness | | .382 | .365 |
| | | Kurtosis | | -.025 | .717 |
| | kontrol | Mean | | 25.29 | .723 |
| | | 95% Confidence Interval for Mean | Lower Bound | 23.83 | |
| | | | Upper Bound | 26.75 | |
| | | 5% Trimmed Mean | | 25.15 | |
| | | Median | | 24.00 | |
| | | Variance | | 21.965 | |
| | | Std. Deviation | | 4.687 | |
| | | Minimum | | 19 | |
| | | Maximum | | 34 | |
| | | Range | | 15 | |
| | | Interquartile Range | | 8 | |
| | | Skewness | | .472 | .365 |
| | | Kurtosis | | -1.089 | .717 |
| pretes perilaku | perlakuan | Mean | | 29.07 | .552 |
| | | | Lower Bound | 27.96 | |

| | | | | | |
|---|---|---|---|---|---|
| | | 95% Confidence Interval for Mean | Upper Bound | 30.19 | |
| | | 5% Trimmed Mean | | 29.13 | |
| | | Median | | 29.00 | |
| | | Variance | | 12.800 | |
| | | Std. Deviation | | 3.578 | |
| | | Minimum | | 22 | |
| | | Maximum | | 35 | |
| | | Range | | 13 | |
| | | Interquartile Range | | 7 | |
| | | Skewness | | -.132 | .365 |
| | | Kurtosis | | -.997 | .717 |
| | kontrol | Mean | | 28.00 | .384 |
| | | 95% Confidence Interval for Mean | Lower Bound | 27.22 | |
| | | | Upper Bound | 28.78 | |
| | | 5% Trimmed Mean | | 28.00 | |
| | | Median | | 28.00 | |
| | | Variance | | 6.195 | |
| | | Std. Deviation | | 2.489 | |
| | | Minimum | | 23 | |
| | | Maximum | | 33 | |
| | | Range | | 10 | |
| | | Interquartile Range | | 4 | |
| | | Skewness | | -.140 | .365 |
| | | Kurtosis | | -.733 | .717 |

**Tests of Normality**

| | | Kolmogorov-Smirnov[a] | | | Shapiro-Wilk | | |
|---|---|---|---|---|---|---|---|
| | kelompok | Statistic | df | Sig. | Statistic | df | Sig. |
| umur | perlakuan | .141 | 42 | .034 | .937 | 42 | .022 |
| | kontrol | .185 | 42 | .001 | .931 | 42 | .014 |
| tekanan darah diatas | perlakuan | .168 | 42 | .004 | .892 | 42 | .001 |
| | kontrol | .284 | 42 | .000 | .851 | 42 | .000 |
| tekanan darah dibawah | perlakuan | .255 | 42 | .000 | .844 | 42 | .000 |
| | kontrol | .254 | 42 | .000 | .789 | 42 | .000 |
| tingkat pendidikan | perlakuan | .312 | 42 | .000 | .758 | 42 | .000 |
| | kontrol | .298 | 42 | .000 | .769 | 42 | .000 |
| pretes pengetahuan | perlakuan | .177 | 42 | .002 | .936 | 42 | .021 |
| | kontrol | .186 | 42 | .001 | .893 | 42 | .001 |
| pretes sikap | perlakuan | .122 | 42 | .121 | .956 | 42 | .105 |
| | kontrol | .203 | 42 | .000 | .913 | 42 | .004 |
| pretes perilaku | perlakuan | .127 | 42 | .087 | .951 | 42 | .070 |
| | kontrol | .143 | 42 | .031 | .964 | 42 | .202 |

a. Lilliefors Significance Correction

**Ranks**

| | kelompok | N | Mean Rank | Sum of Ranks |
|---|---|---|---|---|
| umur | perlakuan | 42 | 41.90 | 1760.00 |
| | kontrol | 42 | 43.10 | 1810.00 |
| | Total | 84 | | |

**Test Statistics[a]**

| | umur |
|---|---|
| Mann-Whitney U | 857.000 |
| Wilcoxon W | 1760.000 |
| Z | -.225 |
| Asymp. Sig. (2-tailed) | .822 |

a. Grouping Variable: kelompok

**Ranks**

| | kelompok | N | Mean Rank | Sum of Ranks |
|---|---|---|---|---|
| tekanan darah diatas | perlakuan | 42 | 52.83 | 2219.00 |
| | kontrol | 42 | 32.17 | 1351.00 |
| | Total | 84 | | |
| tekanan darah dibawah | perlakuan | 42 | 49.21 | 2067.00 |
| | kontrol | 42 | 35.79 | 1503.00 |
| | Total | 84 | | |

**Test Statistics[a]**

| | tekanan darah diatas | tekanan darah dibawah |
|---|---|---|
| Mann-Whitney U | 448.000 | 600.000 |
| Wilcoxon W | 1351.000 | 1503.000 |
| Z | -4.004 | -2.723 |
| Asymp. Sig. (2-tailed) | .000 | .006 |

a. Grouping Variable: kelompok

**Ranks**

| | kelompok | N | Mean Rank | Sum of Ranks |
|---|---|---|---|---|
| tingkat pendidikan | perlakuan | 42 | 41.82 | 1756.50 |
| | kontrol | 42 | 43.18 | 1813.50 |
| | Total | 84 | | |

**Test Statistics[a]**

| | tingkat pendidikan |
|---|---|
| Mann-Whitney U | 853.500 |
| Wilcoxon W | 1756.500 |
| Z | -.279 |
| Asymp. Sig. (2-tailed) | .780 |

a. Grouping Variable: kelompok

**Ranks**

| | kelompok | N | Mean Rank | Sum of Ranks |
|---|---|---|---|---|
| pretes pengetahuan | perlakuan | 42 | 44.08 | 1851.50 |
| | kontrol | 42 | 40.92 | 1718.50 |
| | Total | 84 | | |

**Test Statistics[a]**

| | pretes pengetahuan |
|---|---|
| Mann-Whitney U | 815.500 |
| Wilcoxon W | 1718.500 |
| Z | -.613 |
| Asymp. Sig. (2-tailed) | .540 |

a. Grouping Variable: kelompok

**Ranks**

| | kelompok | N | Mean Rank | Sum of Ranks |
|---|---|---|---|---|
| pretes sikap | perlakuan | 42 | 40.25 | 1690.50 |
| | kontrol | 42 | 44.75 | 1879.50 |
| | Total | 84 | | |

**Test Statistics[a]**

| | pretes sikap |
|---|---|
| Mann-Whitney U | 787.500 |
| Wilcoxon W | 1690.500 |
| Z | -.850 |
| Asymp. Sig. (2-tailed) | .395 |

a. Grouping Variable: kelompok

**Ranks**

| | kelompok | N | Mean Rank | Sum of Ranks |
|---|---|---|---|---|
| pretes perilaku | perlakuan | 42 | 46.20 | 1940.50 |

| | | | | |
|---|---|---|---|---|
| | kontrol | 42 | 38.80 | 1629.50 |
| | Total | 84 | | |

**Test Statistics[a]**

| | pretes perilaku |
|---|---|
| Mann-Whitney U | 726.500 |
| Wilcoxon W | 1629.500 |
| Z | -1.399 |
| Asymp. Sig. (2-tailed) | .162 |

a. Grouping Variable: kelompok

**Ranks**

| | kelompok | N | Mean Rank | Sum of Ranks |
|---|---|---|---|---|
| umur | perlakuan | 42 | 41.90 | 1760.00 |
| | kontrol | 42 | 43.10 | 1810.00 |
| | Total | 84 | | |

**Test Statistics[a]**

| | umur |
|---|---|
| Mann-Whitney U | 857.000 |
| Wilcoxon W | 1760.000 |
| Z | -.225 |
| Asymp. Sig. (2-tailed) | .822 |

a. Grouping Variable: kelompok

**Descriptives**

| | kelompok | | | Statistic | Std. Error |
|---|---|---|---|---|---|
| data JK mentah | perlakuan | Mean | | 1.64 | .075 |
| | | 95% Confidence Interval for Mean | Lower Bound | 1.49 | |
| | | | Upper Bound | 1.79 | |
| | | 5% Trimmed Mean | | 1.66 | |
| | | Median | | 2.00 | |
| | | Variance | | .235 | |
| | | Std. Deviation | | .485 | |
| | | Minimum | | 1 | |
| | | Maximum | | 2 | |
| | | Range | | 1 | |
| | | Interquartile Range | | 1 | |
| | | Skewness | | -.619 | .365 |
| | | Kurtosis | | -1.701 | .717 |
| | kontrol | Mean | | 1.81 | .061 |
| | | 95% Confidence Interval for Mean | Lower Bound | 1.69 | |
| | | | Upper Bound | 1.93 | |
| | | 5% Trimmed Mean | | 1.84 | |
| | | Median | | 2.00 | |
| | | Variance | | .158 | |
| | | Std. Deviation | | .397 | |
| | | Minimum | | 1 | |
| | | Maximum | | 2 | |
| | | Range | | 1 | |
| | | Interquartile Range | | 0 | |

| | | | | |
|---|---|---|---|---|
| | | Skewness | -1.635 | .365 |
| | | Kurtosis | .706 | .717 |

**Tests of Normality**

| | | Kolmogorov-Smirnov[a] | | | |
|---|---|---|---|---|---|
| | kelompok | Statistic | Statistic | df | Sig. |
| data JK mentah | perlakuan | .412 | .607 | 42 | .000 |
| | kontrol | .494s | .480 | 42 | .000 |

a. Lilliefors Significance Correction

**Group Statistics**

| | kelompok | N | Mean | Std. Deviation | Std. Error Mean |
|---|---|---|---|---|---|
| data JK mentah | perlakuan | 42 | 1.64 | .485 | .075 |
| | kontrol | 42 | 1.81 | .397 | .061 |

**Independent Samples Test**

| | | Levene's Test for Equality of Variances | | t-test for Equality of Means | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | 95% Confidence Interval of the Difference | |
| | | F | Sig. | t | df | Sig. (2-tailed) | Std. Error Difference | Lower | Upper |
| data JK mentah | Equal variances assumed | 11.978 | .001 | -1.723 | 82 | .089 | .097 | -.359 | .026 |
| | Equal variances not assumed | | | -1.723 | 78.953 | .089 | .097 | -.359 | .026 |

**Descriptives**

| | | | Statistic | Std. Error |
|---|---|---|---|---|
| pretes pengetahuan perlakuan | Mean | | 4.45 | .211 |
| | 95% Confidence Interval for Mean | Lower Bound | 4.03 | |
| | | Upper Bound | 4.88 | |
| | 5% Trimmed Mean | | 4.45 | |
| | Median | | 4.00 | |
| | Variance | | 1.864 | |
| | Std. Deviation | | 1.365 | |
| | Minimum | | 2 | |
| | Maximum | | 7 | |
| | Range | | 5 | |
| | Interquartile Range | | 1 | |
| | Skewness | | .195 | .365 |
| | Kurtosis | | -.482 | .717 |
| postes pengetahuan | Mean | | 9.60 | .123 |
| | 95% Confidence Interval for Mean | Lower Bound | 9.35 | |
| | | Upper Bound | 9.84 | |
| | 5% Trimmed Mean | | 9.71 | |
| | Median | | 10.00 | |
| | Variance | | .637 | |
| | Std. Deviation | | .798 | |
| | Minimum | | 7 | |
| | Maximum | | 10 | |
| | Range | | 3 | |

| | | | | |
|---|---|---|---|---|
| | Interquartile Range | | 1 | |
| | Skewness | | -2.141 | .365 |
| | Kurtosis | | 4.100 | .717 |
| pretes pengetahauan kontrol | Mean | | 4.21 | .197 |
| | 95% Confidence Interval for Mean | Lower Bound | 3.82 | |
| | | Upper Bound | 4.61 | |
| | 5% Trimmed Mean | | 4.29 | |
| | Median | | 4.00 | |
| | Variance | | 1.636 | |
| | Std. Deviation | | 1.279 | |
| | Minimum | | 0 | |
| | Maximum | | 6 | |
| | Range | | 6 | |
| | Interquartile Range | | 2 | |
| | Skewness | | -.643 | .365 |
| | Kurtosis | | 1.446 | .717 |
| postes pengetahuan kontrol | Mean | | 4.62 | .223 |
| | 95% Confidence Interval for Mean | Lower Bound | 4.17 | |
| | | Upper Bound | 5.07 | |
| | 5% Trimmed Mean | | 4.52 | |
| | Median | | 4.50 | |
| | Variance | | 2.095 | |
| | Std. Deviation | | 1.447 | |
| | Minimum | | 2 | |
| | Maximum | | 10 | |
| | Range | | 8 | |
| | Interquartile Range | | 1 | |

| | | | | |
|---|---|---|---|---|
| | Skewness | | 1.220 | .365 |
| | Kurtosis | | 3.383 | .717 |
| pretes sikap perlakuan | Mean | | 23.74 | .349 |
| | 95% Confidence Interval for Mean | Lower Bound | 23.03 | |
| | | Upper Bound | 24.44 | |
| | 5% Trimmed Mean | | 23.66 | |
| | Median | | 24.00 | |
| | Variance | | 5.125 | |
| | Std. Deviation | | 2.264 | |
| | Minimum | | 20 | |
| | Maximum | | 29 | |
| | Range | | 9 | |
| | Interquartile Range | | 3 | |
| | Skewness | | .382 | .365 |
| | Kurtosis | | -.025 | .717 |
| postes sikap perlakuan | Mean | | 34.29 | .153 |
| | 95% Confidence Interval for Mean | Lower Bound | 33.98 | |
| | | Upper Bound | 34.60 | |
| | 5% Trimmed Mean | | 34.31 | |
| | Median | | 34.00 | |
| | Variance | | .990 | |
| | Std. Deviation | | .995 | |
| | Minimum | | 32 | |
| | Maximum | | 36 | |
| | Range | | 4 | |
| | Interquartile Range | | 1 | |
| | Skewness | | -.150 | .365 |

| | | | | |
|---|---|---|---|---|
| | Kurtosis | | .067 | .717 |
| pretes sikap kontrol | Mean | | 25.29 | .723 |
| | 95% Confidence Interval for Mean | Lower Bound | 23.83 | |
| | | Upper Bound | 26.75 | |
| | 5% Trimmed Mean | | 25.15 | |
| | Median | | 24.00 | |
| | Variance | | 21.965 | |
| | Std. Deviation | | 4.687 | |
| | Minimum | | 19 | |
| | Maximum | | 34 | |
| | Range | | 15 | |
| | Interquartile Range | | 8 | |
| | Skewness | | .472 | .365 |
| | Kurtosis | | -1.089 | .717 |
| postes sikap kontrol | Mean | | 25.43 | .743 |
| | 95% Confidence Interval for Mean | Lower Bound | 23.93 | |
| | | Upper Bound | 26.93 | |
| | 5% Trimmed Mean | | 25.31 | |
| | Median | | 24.00 | |
| | Variance | | 23.178 | |
| | Std. Deviation | | 4.814 | |
| | Minimum | | 19 | |
| | Maximum | | 34 | |
| | Range | | 15 | |
| | Interquartile Range | | 8 | |
| | Skewness | | .435 | .365 |
| | Kurtosis | | -1.200 | .717 |

| | | | | |
|---|---|---|---|---|
| pretes perilaku perlakuan | Mean | | 29.07 | .552 |
| | 95% Confidence Interval for Mean | Lower Bound | 27.96 | |
| | | Upper Bound | 30.19 | |
| | 5% Trimmed Mean | | 29.13 | |
| | Median | | 29.00 | |
| | Variance | | 12.800 | |
| | Std. Deviation | | 3.578 | |
| | Minimum | | 22 | |
| | Maximum | | 35 | |
| | Range | | 13 | |
| | Interquartile Range | | 7 | |
| | Skewness | | -.132 | .365 |
| | Kurtosis | | -.997 | .717 |
| postes perilaku perlakuan | Mean | | 39.48 | .078 |
| | 95% Confidence Interval for Mean | Lower Bound | 39.32 | |
| | | Upper Bound | 39.63 | |
| | 5% Trimmed Mean | | 39.47 | |
| | Median | | 39.00 | |
| | Variance | | .256 | |
| | Std. Deviation | | .505 | |
| | Minimum | | 39 | |
| | Maximum | | 40 | |
| | Range | | 1 | |
| | Interquartile Range | | 1 | |
| | Skewness | | .099 | .365 |
| | Kurtosis | | -2.092 | .717 |
| pretes perilaku kontrol | Mean | | 28.00 | .384 |

| | | | | |
|---|---|---|---|---|
| | 95% Confidence Interval for Mean | Lower Bound | 27.22 | |
| | | Upper Bound | 28.78 | |
| | 5% Trimmed Mean | | 28.00 | |
| | Median | | 28.00 | |
| | Variance | | 6.195 | |
| | Std. Deviation | | 2.489 | |
| | Minimum | | 23 | |
| | Maximum | | 33 | |
| | Range | | 10 | |
| | Interquartile Range | | 4 | |
| | Skewness | | -.140 | .365 |
| | Kurtosis | | -.733 | .717 |
| postes perilaku kontrol | Mean | | 27.79 | .472 |
| | 95% Confidence Interval for Mean | Lower Bound | 26.83 | |
| | | Upper Bound | 28.74 | |
| | 5% Trimmed Mean | | 27.57 | |
| | Median | | 28.00 | |
| | Variance | | 9.343 | |
| | Std. Deviation | | 3.057 | |
| | Minimum | | 23 | |
| | Maximum | | 38 | |
| | Range | | 15 | |
| | Interquartile Range | | 4 | |
| | Skewness | | 1.004 | .365 |
| | Kurtosis | | 1.822 | .717 |

**Tests of Normality**

| | Kolmogorov-Smirnov[a] | | | Shapiro-Wilk | | |
|---|---|---|---|---|---|---|
| | Statistic | df | Sig. | Statistic | df | Sig. |
| pretes pengetahuan perlakuan | .177 | 42 | .002 | .936 | 42 | .021 |
| postes pengetahuan | .432 | 42 | .000 | .571 | 42 | .000 |
| pretes pengetahauan kontrol | .186 | 42 | .001 | .893 | 42 | .001 |
| postes pengetahuan kontrol | .182 | 42 | .001 | .891 | 42 | .001 |
| pretes sikap perlakuan | .122 | 42 | .121 | .956 | 42 | .105 |
| postes sikap perlakuan | .232 | 42 | .000 | .898 | 42 | .001 |
| pretes sikap kontrol | .203 | 42 | .000 | .913 | 42 | .004 |
| postes sikap kontrol | .212 | 42 | .000 | .906 | 42 | .002 |
| pretes perilaku perlakuan | .127 | 42 | .087 | .951 | 42 | .070 |
| postes perilaku perlakuan | .351 | 42 | .000 | .636 | 42 | .000 |
| pretes perilaku kontrol | .143 | 42 | .031 | .964 | 42 | .202 |
| postes perilaku kontrol | .131 | 42 | .066 | .933 | 42 | .017 |

a. Lilliefors Significance Correction

**Test Statistics[a]**

| | posttes pengetahuan - pretes pengetahuan | posttes sikap - pretes sikap | posttes perilaku - pretes perilaku |
|---|---|---|---|
| Z | -6.307[b] | -5.777[b] | -5.842[b] |
| Asymp. Sig. (2-tailed) | .000 | .000 | .000 |

a. Wilcoxon Signed Ranks Test

**kelompok umur**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | 40-44 | 12 | 14.3 | 14.3 | 14.3 |
| | 45-49 | 27 | 32.1 | 32.1 | 46.4 |
| | 50-54 | 29 | 34.5 | 34.5 | 81.0 |
| | >55 | 13 | 15.5 | 15.5 | 96.4 |
| | 5 | 3 | 3.6 | 3.6 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**Tests of Normality**

| | | Kolmogorov-Smirnov[a] | | | Sha |
|---|---|---|---|---|---|
| | kelompok | Statistic | df | Sig. | Stat |
| tekanan darah post | perlakuan | .305 | 42 | .000 | .82( |
| | kontrol | .178 | 42 | .002 | .905 |
| tekanan darah post | perlakuan | .340 | 42 | .000 | .755 |
| | kontrol | .300 | 42 | .000 | .787 |

a. Lilliefors Significance Correction

**Test Statistics[a]**

| | sistolik perlakuan - diastolik perlakuan | sistolik kontrol - diastolik kontrol |
|---|---|---|
| Z | -5.706[b] | -5.670[b] |
| Asymp. Sig. (2-tailed) | .000 | .000 |

a. Wilcoxon Signed Ranks Test

b. Based on positive ranks.

**Descriptives**

| | kelompok | | | Statistic | Std. Error |
|---|---|---|---|---|---|
| tekanan darah post | perlakuan | Mean | | 155.48 | 1.532 |
| | | 95% Confidence Interval for Mean | Lower Bound | 152.38 | |
| | | | Upper Bound | 158.57 | |
| | | 5% Trimmed Mean | | 154.97 | |
| | | Median | | 150.00 | |
| | | Variance | | 98.548 | |
| | | Std. Deviation | | 9.927 | |
| | | Minimum | | 140 | |
| | | Maximum | | 180 | |
| | | Range | | 40 | |
| | | Interquartile Range | | 10 | |
| | | Skewness | | 1.040 | .365 |
| | | Kurtosis | | .882 | .717 |
| | kontrol | Mean | | 154.52 | 2.214 |
| | | 95% Confidence Interval for Mean | Lower Bound | 150.05 | |
| | | | Upper Bound | 158.99 | |
| | | 5% Trimmed Mean | | 153.92 | |
| | | Median | | 150.00 | |
| | | Variance | | 205.865 | |
| | | Std. Deviation | | 14.348 | |
| | | Minimum | | 130 | |

| | | | | | |
|---|---|---|---|---|---|
| | | Maximum | | 190 | |
| | | Range | | 60 | |
| | | Interquartile Range | | 20 | |
| | | Skewness | | .594 | .365 |
| | | Kurtosis | | -.304 | .717 |
| tekanan darah post | perlakuan | Mean | | 88.10 | .917 |
| | | 95% Confidence Interval for Mean | Lower Bound | 86.24 | |
| | | | Upper Bound | 89.95 | |
| | | 5% Trimmed Mean | | 87.88 | |
| | | Median | | 90.00 | |
| | | Variance | | 35.308 | |
| | | Std. Deviation | | 5.942 | |
| | | Minimum | | 80 | |
| | | Maximum | | 100 | |
| | | Range | | 20 | |
| | | Interquartile Range | | 10 | |
| | | Skewness | | .069 | .365 |
| | | Kurtosis | | -.238 | .717 |
| | kontrol | Mean | | 89.76 | .993 |
| | | 95% Confidence Interval for Mean | Lower Bound | 87.76 | |
| | | | Upper Bound | 91.77 | |
| | | 5% Trimmed Mean | | 89.74 | |
| | | Median | | 90.00 | |

| | | | |
|---|---|---|---|
| | Variance | 41.405 | |
| | Std. Deviation | 6.435 | |
| | Minimum | 80 | |
| | Maximum | 100 | |
| | Range | 20 | |
| | Interquartile Range | 0 | |
| | Skewness | .020 | .365 |
| | Kurtosis | -.439 | .717 |

**Pre test pengetahuan**

**apa yang dimaksud hipertensi**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | salah | 50 | 59.5 | 59.5 | 59.5 |
| | benar | 34 | 40.5 | 40.5 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**apa penyebab utama hipertensi**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | salah | 57 | 67.9 | 67.9 | 67.9 |
| | benar | 27 | 32.1 | 32.1 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**gejala apa yang biasanya muncul pada penderita hipertensi**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | salah | 64 | 76.2 | 76.2 | 76.2 |
| | benar | 20 | 23.8 | 23.8 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**berapa nilai tekanan darah sistolik dan diastolik yang dianggap normal**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | salah | 52 | 61.9 | 61.9 | 61.9 |
| | benar | 32 | 38.1 | 38.1 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**bagimana cara terbaik mencegah hipertensi**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | salah | 71 | 84.5 | 84.5 | 84.5 |
| | benar | 13 | 15.5 | 15.5 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**siapa saja yang berisiko tinggi terkena hipertensi**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | salah | 67 | 79.8 | 79.8 | 79.8 |
| | benar | 17 | 20.2 | 20.2 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**apakah hipertensi dapat diobati**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | salah | 11 | 13.1 | 13.1 | 13.1 |
| | benar | 73 | 86.9 | 86.9 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**apa dampak buruk dari hipertensi yang tidak diobati**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | salah | 79 | 94.0 | 94.0 | 94.0 |
| | benar | 5 | 6.0 | 6.0 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**apakah konsumsi garam berlebihan berhubungan dengan hipertensi**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | salah | 10 | 11.9 | 11.9 | 11.9 |
| | benar | 74 | 88.1 | 88.1 | 100.0 |

| | | | | | |
|---|---|---|---|---|---|
| | Total | 84 | 100.0 | 100.0 | |

**bagaimana cara mengetahui apakah seseorang menderita hipertensi**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | salah | 15 | 17.9 | 17.9 | 17.9 |
| | benar | 69 | 82.1 | 82.1 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

## Pre test sikap

**saya percaya bahwa hipertensi adalah masalah kesehatan yang serius**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | tidak setuju | 61 | 72.6 | 72.6 | 72.6 |
| | setuju | 19 | 22.6 | 22.6 | 95.2 |
| | sangat setuju | 4 | 4.8 | 4.8 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya merasa penting untuk memeriksakan tekanan darah secara rutin**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | tidak setuju | 47 | 56.0 | 56.0 | 56.0 |
| | setuju | 27 | 32.1 | 32.1 | 88.1 |
| | sangat setuju | 10 | 11.9 | 11.9 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya sering merasa bahwa hipertensi hanya masalah orang tua**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | sangat tidak setuju | 7 | 8.3 | 8.3 | 8.3 |
| | tidak setuju | 46 | 54.8 | 54.8 | 63.1 |
| | setuju | 24 | 28.6 | 28.6 | 91.7 |
| | sangat setuju | 7 | 8.3 | 8.3 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya percaya bahwa gaya hidup sehat dapat membantu mencegah hipertensi**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | tidak setuju | 64 | 76.2 | 76.2 | 76.2 |
| | setuju | 10 | 11.9 | 11.9 | 88.1 |
| | sangat setuju | 10 | 11.9 | 11.9 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya merasa cemas jika tekanan darah saya tinggi dan saya akan segerah mencari pengobatan**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | sangat tidak setuju | 2 | 2.4 | 2.4 | 2.4 |
| | tidak setuju | 37 | 44.0 | 44.0 | 46.4 |
| | setuju | 29 | 34.5 | 34.5 | 81.0 |
| | sangat setuju | 16 | 19.0 | 19.0 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya merasa bahwa obat hipertensi adalah solusi terbaik untuk mengobati hipertensi**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | tidak setuju | 51 | 60.7 | 60.7 | 60.7 |
| | setuju | 23 | 27.4 | 27.4 | 88.1 |
| | sangat setuju | 10 | 11.9 | 11.9 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya mersa mengurangi konsumsi garam dalam makanan saya untuk mencegah hipertensi**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | tidak setuju | 52 | 61.9 | 61.9 | 61.9 |
| | setuju | 23 | 27.4 | 27.4 | 89.3 |
| | sangat setuju | 9 | 10.7 | 10.7 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya percaya bahwa hipertensi dapat dikendalikan dengan perubahan pola makan dan olahraga teratur**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | tidak setuju | 59 | 70.2 | 70.2 | 70.2 |
| | setuju | 9 | 10.7 | 10.7 | 81.0 |
| | sangat setuju | 16 | 19.0 | 19.0 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya merasa bahwa stres tidak berpengaruh besar terhadap tekanan darah saya**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | sangat tidak setuju | 7 | 8.3 | 8.3 | 8.3 |
| | tidak setuju | 56 | 66.7 | 66.7 | 75.0 |
| | setuju | 15 | 17.9 | 17.9 | 92.9 |
| | sangat setuju | 6 | 7.1 | 7.1 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya cenderung mengabaikan masalah tekanan darah tinggi jika tidak ada gejala yang saya rasakan**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | sangat tidak setuju | 10 | 11.9 | 11.9 | 11.9 |
| | tidak setuju | 42 | 50.0 | 50.0 | 61.9 |
| | setuju | 14 | 16.7 | 16.7 | 78.6 |
| | sangat setuju | 18 | 21.4 | 21.4 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

## Pre Test Perlakuan

**saya memeriksakan tekanan darah saya secara rutin**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | janrang | 15 | 17.9 | 17.9 | 17.9 |
| | kadang-kadang | 53 | 63.1 | 63.1 | 81.0 |
| | sering | 16 | 19.0 | 19.0 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya mengonsumsi makanan yang rendah lemak dan kaya akan buah dan sayuran**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | tidak pernah | 1 | 1.2 | 1.2 | 1.2 |
| | jarang | 16 | 19.0 | 19.0 | 20.2 |
| | kadang-kadang | 58 | 69.0 | 69.0 | 89.3 |
| | sering | 9 | 10.7 | 10.7 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya rutin memeriksakan berat badan untuk memastikan tetap dalam kisaran sehat**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | tidak pernah | 2 | 2.4 | 2.4 | 2.4 |
| | jarang | 20 | 23.8 | 23.8 | 26.2 |
| | kadang-kadang | 54 | 64.3 | 64.3 | 90.5 |
| | sering | 8 | 9.5 | 9.5 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya mengelolah stres dengan cara yang sehat seperti meditasi atau relaksasi**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | tidak pernah | 5 | 6.0 | 6.0 | 6.0 |
| | jarang | 20 | 23.8 | 23.8 | 29.8 |
| | kadang-kadang | 51 | 60.7 | 60.7 | 90.5 |
| | sering | 8 | 9.5 | 9.5 | 100.0 |

| | | | | | |
|---|---|---|---|---|---|
| | Total | 84 | 100.0 | 100.0 | |

**saya memeriksakan diri pada saat saya merasa tekanan darah saya tinggi**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | jarang | 16 | 19.0 | 19.0 | 19.0 |
| | kadang-kadang | 44 | 52.4 | 52.4 | 71.4 |
| | sering | 24 | 28.6 | 28.6 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya menghindari kebiasan merokok atau sudah berhenti merokok**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | tidak pernah | 31 | 36.9 | 36.9 | 36.9 |
| | jarang | 5 | 6.0 | 6.0 | 42.9 |
| | kadang-kadang | 29 | 34.5 | 34.5 | 77.4 |
| | sering | 19 | 22.6 | 22.6 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya selalu mengikuti anjuran dokter terkait pengobatan dan gaya hidup sehat untuk mengontrol tekanan darah**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | jarang | 11 | 13.1 | 13.1 | 13.1 |
| | kadang-kadang | 65 | 77.4 | 77.4 | 90.5 |
| | sering | 8 | 9.5 | 9.5 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

## Post test pengetahuan

**apa yang dimaksud hipertensi**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | salah | 19 | 22.6 | 22.6 | 22.6 |
| | benar | 65 | 77.4 | 77.4 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**apa penyebab utama hipertensi**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | salah | 38 | 45.2 | 45.2 | 45.2 |
| | benar | 46 | 54.8 | 54.8 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**gejala apa yang biasanya muncul pada penderita hipertensi**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | salah | 32 | 38.1 | 38.1 | 38.1 |
| | benar | 52 | 61.9 | 61.9 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**berapa nilai tekanan darah sistolik dan diastolik yang dianggap normal**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | salah | 25 | 29.8 | 29.8 | 29.8 |
| | benar | 59 | 70.2 | 70.2 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**bagimana cara terbaik mencegah hipertensi**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | salah | 35 | 41.7 | 41.7 | 41.7 |
| | benar | 49 | 58.3 | 58.3 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**siapa saja yang berisiko tinggi terkena hipertensi**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | salah | 32 | 38.1 | 38.1 | 38.1 |
| | benar | 52 | 61.9 | 61.9 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**apakah hipertensi dapat diobati**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | salah | 12 | 14.3 | 14.3 | 14.3 |
| | benar | 72 | 85.7 | 85.7 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**apa dampak buruk dari hipertensi yang tidak diobati**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | salah | 40 | 47.6 | 47.6 | 47.6 |
| | benar | 44 | 52.4 | 52.4 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**apakah konsumsi garam berlebihan berhubungan dengan hipertensi**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | salah | 6 | 7.1 | 7.1 | 7.1 |
| | benar | 78 | 92.9 | 92.9 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**bagaimana cara mengetahui apakah seseorang menderita hipertensi**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | salah | 4 | 4.8 | 4.8 | 4.8 |
| | benar | 80 | 95.2 | 95.2 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**Post test Sikap**

**saya percaya bahwa hipertensi adalah masalah kesehatan yang serius**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | tidak setuju | 33 | 39.3 | 39.3 | 39.3 |
| | setuju | 16 | 19.0 | 19.0 | 58.3 |
| | sangat setuju | 35 | 41.7 | 41.7 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya merasa penting untuk memeriksakan tekanan darah secara rutin**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | tidak setuju | 22 | 26.2 | 26.2 | 26.2 |
| | setuju | 13 | 15.5 | 15.5 | 41.7 |
| | sangat setuju | 49 | 58.3 | 58.3 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya sering merasa bahwa hipertensi hanya masalah orang tua**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | sangat tidak setuju | 6 | 7.1 | 7.1 | 7.1 |
| | tidak setuju | 25 | 29.8 | 29.8 | 36.9 |
| | setuju | 12 | 14.3 | 14.3 | 51.2 |
| | sangat setuju | 41 | 48.8 | 48.8 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya percaya bahwa gaya hidup sehat dapat membantu mencegah hipertensi**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | tidak setuju | 31 | 36.9 | 36.9 | 36.9 |
| | setuju | 8 | 9.5 | 9.5 | 46.4 |
| | sangat setuju | 45 | 53.6 | 53.6 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya merasa cemas jika tekanan darah saya tinggi dan saya akan segerah mencari pengobatan**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | sangat tidak setuju | 1 | 1.2 | 1.2 | 1.2 |
| | tidak setuju | 18 | 21.4 | 21.4 | 22.6 |
| | setuju | 14 | 16.7 | 16.7 | 39.3 |
| | sangat setuju | 51 | 60.7 | 60.7 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya merasa bahwa obat hipertensi adalah solusi terbaik untuk mengobati hipertensi**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | tidak setuju | 32 | 38.1 | 38.1 | 38.1 |
| | setuju | 8 | 9.5 | 9.5 | 47.6 |
| | sangat setuju | 44 | 52.4 | 52.4 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya mersa mengurangi konsumsi garam dalam makanan saya untuk mencegah hipertensi**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | tidak setuju | 28 | 33.3 | 33.3 | 33.3 |
| | setuju | 12 | 14.3 | 14.3 | 47.6 |
| | sangat setuju | 44 | 52.4 | 52.4 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya percaya bahwa hipertensi dapat dikendalikan dengan perubahan pola makan dan olahraga teratur**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | sangat tidak setuju | 1 | 1.2 | 1.2 | 1.2 |
| | tidak setuju | 24 | 28.6 | 28.6 | 29.8 |
| | setuju | 6 | 7.1 | 7.1 | 36.9 |
| | sangat setuju | 53 | 63.1 | 63.1 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya merasa bahwa stres tidak berpengaruh besar terhadap tekanan darah saya**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | sangat tidak setuju | 10 | 11.9 | 11.9 | 11.9 |
| | tidak setuju | 65 | 77.4 | 77.4 | 89.3 |
| | setuju | 5 | 6.0 | 6.0 | 95.2 |
| | sangat setuju | 4 | 4.8 | 4.8 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya cenderung mengabaikan masalah tekanan darah tinggi jika tidak ada gejala yang saya rasakan**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | sangat tidak setuju | 7 | 8.3 | 8.3 | 8.3 |
| | tidak setuju | 62 | 73.8 | 73.8 | 82.1 |
| | setuju | 3 | 3.6 | 3.6 | 85.7 |
| | sangat setuju | 12 | 14.3 | 14.3 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**Post test perilaku**

**saya memeriksakan tekanan darah saya secara rutin**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | janrang | 3 | 3.6 | 3.6 | 3.6 |
| | kadang-kadang | 35 | 41.7 | 41.7 | 45.2 |
| | sering | 46 | 54.8 | 54.8 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya mengurangi konsumsi garam dalam makanan sehari-hari**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | tidak pernah | 1 | 1.2 | 1.2 | 1.2 |
| | jarang | 19 | 22.6 | 22.6 | 23.8 |
| | kadang-kadang | 18 | 21.4 | 21.4 | 45.2 |
| | sering | 46 | 54.8 | 54.8 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya berolahraga minimal 3x seminggu**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | jarang | 11 | 13.1 | 13.1 | 13.1 |
| | kadang-kadang | 24 | 28.6 | 28.6 | 41.7 |
| | sering | 49 | 58.3 | 58.3 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya menghindari konsumsi alkohol**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | tidak pernah | 9 | 10.7 | 10.7 | 10.7 |
| | jarang | 3 | 3.6 | 3.6 | 14.3 |
| | kadang-kadang | 27 | 32.1 | 32.1 | 46.4 |
| | sering | 45 | 53.6 | 53.6 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya mengonsumsi makanan yang rendah lemak dan kaya akan buah dan sayuran**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | tidak pernah | 1 | 1.2 | 1.2 | 1.2 |
| | jarang | 9 | 10.7 | 10.7 | 11.9 |
| | kadang-kadang | 34 | 40.5 | 40.5 | 52.4 |
| | sering | 40 | 47.6 | 47.6 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya rutin memeriksakan berat badan untuk memastikan tetap dalam kisaran sehat**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | tidak pernah | 1 | 1.2 | 1.2 | 1.2 |
| | jarang | 10 | 11.9 | 11.9 | 13.1 |
| | kadang-kadang | 29 | 34.5 | 34.5 | 47.6 |
| | sering | 44 | 52.4 | 52.4 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya mengelolah stres dengan cara yang sehat seperti meditasi atau relaksasi**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | tidak pernah | 2 | 2.4 | 2.4 | 2.4 |
| | jarang | 5 | 6.0 | 6.0 | 8.3 |
| | kadang-kadang | 29 | 34.5 | 34.5 | 42.9 |
| | sering | 48 | 57.1 | 57.1 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya memeriksakan diri pada saat saya merasa tekanan darah saya tinggi**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | jarang | 9 | 10.7 | 10.7 | 10.7 |
| | kadang-kadang | 28 | 33.3 | 33.3 | 44.0 |
| | sering | 47 | 56.0 | 56.0 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya menghindari kebiasan merokok atau sudah berhenti merokok**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | tidak pernah | 17 | 20.2 | 20.2 | 20.2 |
| | jarang | 4 | 4.8 | 4.8 | 25.0 |
| | kadang-kadang | 15 | 17.9 | 17.9 | 42.9 |
| | sering | 48 | 57.1 | 57.1 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

**saya selalu mengikuti anjuran dokter terkait pengobatan dan gaya hidup sehat untuk mengontrol tekanan darah**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|---|---|---|---|---|---|
| Valid | tidak pernah | 2 | 2.4 | 2.4 | 2.4 |
| | jarang | 12 | 14.3 | 14.3 | 16.7 |
| | kadang-kadang | 27 | 32.1 | 32.1 | 48.8 |
| | sering | 43 | 51.2 | 51.2 | 100.0 |
| | Total | 84 | 100.0 | 100.0 | |

## Lampiran 7 Media Aplikasi Dhe Silent Killer




**Gambar 5** Tampilan awal aplikasi




**Gambar 6** Tampilan fitur aplikasi



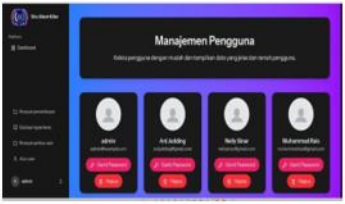

**Gambar 7** Fitur riwayat pemeriksaan dan pengaturan notifikasi




**Gambar 8** Fitur Pemeriksaan User oleh Admin




**Gambar 9** Fitur Video Edukasi




**Gambar 10** Fitur pengguna aktif aplikasi oleh Admin

**Lampiran 8 Penelitian**



**Gambar 13** kegiatan senam rutin sekaligus pemeriksaan tekanan darah dan melakukan *post-test* 1





**Gambar 14** Kunjungan ke rumah responden kelompok kontrol melakukan pemeriksaan dan *post-test* 2



**Gambar 11** Kegiatan senam rutin sekaligus pemerikssan tekanan darah dan melakukan *pre-test*



**Gambar 12** Pemberian media edukasi *Dhe Silent killer* kepada kelompok perlakuan di dampingi oleh kepala Puskesmas Pangkajene