

## ABSTRACT

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*The difference of knowledge about the utilization of papaya before and after given health education to hypertensive patients at Posyandu Binaan Puskesmas Sukajadi.*

### **SKRIPSI**

**PROGRAM STUDI S1 KEPERAWATAN DAN NERS**

**FAKULTAS ILMU KESEHATAN**

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**Background:** Hypertension is a condition where the systolic blood pressure is more than 140 mmHg and the diastolic blood pressure is more than 90 mmHg. Hypertension can be followed up by non pharmacological administration, one of which is the administration of papaya. Therefore, good knowledge is needed so that people with hypertension can use papaya by knowing the content and benefits found in papaya. One way to find out can be given health education about the use of papaya.

**Objective:** To determine differences of knowledge before and after given health education about the use of papaya in hypertensive patients at Posyandu Binaan Puskesmas Sukajadi

**Method:** This study used a quantitative method with a pre-experimental design with one group pre-post test plan. The populations in this study were all respondents who experienced hypertension at Posyandu Binaan Puskesmas Sukajadi. The study used total sampling technique with total sample of 60 respondents.

**Results:** The results of the univariate study found that the knowledge variable before given the majority of health education classifications of knowledge were enough as many as 31 respondents (51.7) while the knowledge after given health education, the majority of the classification of good knowledge was 45 respondents (75%). The results of the Wilcoxon bivariate statistics showed an increase of knowledge on 40 respondents, a decrease of knowledge on 1 respondent and a constant on 19 respondents, there was a significant difference in the level of knowledge before and after given health education about the use of papaya (p value 0,000).

**Suggestion:** Nurses at Posyandu Binaan Sukajadi can provide non-pharmacological health education other than papaya (e.g. cucumber) to people who have hypertension to reduce blood pressu

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