

Politeknik Kesehatan Kemenkes Bandung

Program Studi D-IV Promosi Kesehatan

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**EDUKASI KESEHATAN MELALUI BUKU SAKU TERHADAP  
PENGETAHUAN DAN SIKAP MASYARAKAT USIA PRODUKTIF  
MENGENAI CEK KESEHATAN RUTIN**

**ABSTRAK**

96 halaman, 5 bab, 11 tabel, 11 lampiran

**Latar Belakang:** Berdasarkan data WHO, penyakit tidak menular (PTM) merupakan penyebab dari 71% kematian di dunia pada tahun 2016. Hasil Riskesdas Indonesia menunjukkan bahwa angka kejadian PTM meningkat dari 16.98% di tahun 2013 menjadi 21.28% di tahun 2018. PTM dapat dicegah dengan melakukan cek kesehatan secara rutin. Namun, kesadaran masyarakat untuk melakukan cek kesehatan rutin masih rendah. Hal tersebut dibuktikan dengan Riskesdas 2018 untuk Jawa Barat, hanya sebesar 7.98% masyarakat usia produktif (15-59 tahun) yang melakukan cek kesehatan secara rutin. Profil PTM Bandung 2019 juga menyatakan bahwa hanya sebesar 13.29% masyarakat usia produktif yang melakukan cek kesehatan secara rutin.

**Tujuan Penelitian:** Mengetahui efektivitas edukasi kesehatan melalui buku saku terhadap pengetahuan dan sikap masyarakat usia produktif mengenai cek kesehatan rutin.

**Metode Penelitian:** Jenis penelitian ini adalah Pra-Eksperimental dengan pendekatan kuantitatif, menggunakan desain penelitian *One Group Pretest-Posttest Design without Control Group*, serta metode Studi Literatur.

**Hasil Penelitian:** Berdasarkan studi literatur terhadap beberapa jurnal terkait, didapatkan hasil *PreTest* bahwa pengetahuan dan sikap masyarakat usia produktif berada dalam kategori Kurang/Negatif ( $\leq 55\%$ ). Setelah diberi intervensi edukasi kesehatan melalui buku saku, pengetahuan dan sikap masyarakat meningkat dengan hasil *PostTest* berada dalam kategori Baik/Positif (76-100%). Hasil analisis  $p$  value ( $0.000 < \alpha (0.05)$ ), bermakna pemberian edukasi kesehatan melalui buku saku menunjukkan perubahan signifikan terhadap peningkatan pengetahuan dan sikap masyarakat usia produktif.

**Kesimpulan:** Edukasi kesehatan melalui buku saku efektif terhadap upaya meningkatkan pengetahuan dan sikap masyarakat usia produktif mengenai cek kesehatan rutin.

**Kata Kunci:** Buku saku, cek kesehatan rutin, masyarakat usia produktif.

**Daftar Pustaka:** 55 (2007-2020)

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## **HEALTH EDUCATION THROUGH POCKET BOOK TO THE KNOWLEDGE AND ATTITUDE OF PRODUCTIVE AGE COMMUNITIES ABOUT ROUTINE HEALTH CHECK**

### **ABSTRACT**

96 pages, 5 chapters, 11 tables, 11 attachments

**Background:** Based on WHO data, non-communicable diseases (PTM) are the cause of 71% of deaths in the world in 2016. The results of Riskesdas Indonesia show that the incidence of PTM increased from 16.98% in 2013 to 21.28% in 2018. PTM can be prevented by doing routine health checks. However, public awareness to carry out routine health checks is still low. This is evidenced by the 2018 Riskesdas for West Java, only 7.98% of the productive age community (15-59 years) who do regular health checks. Profile of PTM Bandung 2019 also states that only 13.29% of the productive age community routinely conduct health checks.

**Research Objectives:** Knowing the effectiveness of health education through a pocket book on the knowledge and attitudes of the productive age community regarding routine health checks.

**Research Methods:** This type of research is a Pre-Experimental with a quantitative approach, using research design One Group Pretest-Posttest Design without Control Group, as well as the Literature Study method.

**Research Results:** Based on the literature study of several related journals, the PreTest results are obtained that the knowledge and attitudes of the productive age community are in the category of Less/Negative ( $\leq 55\%$ ). After being given a health education intervention through a pocket book, community knowledge and attitudes improved with the results of the PostTest being in the Good / Positive category (76-100%). The results of the analysis of p value ( $0,000 < \alpha (0,05)$ ), means that the provision of health education through a pocket book shows significant changes to the increase in knowledge and attitudes of the productive age community.

**Conclusion:** Health education through a pocket book is effective against efforts to increase the knowledge and attitudes of the productive age community regarding routine health checks.

**Keywords:** Pocket book, routine health check, productive age communities.

**Bibliography:** 55 (2007-2020)