

ABSTRAK

PENGARUH EDUKASI *TELENURSING* TERHADAP PENGETAHUAN KADER POSYANDU TENTANG KEPATUHAN TERAPI PASIEN DIABETES MELITUS DAN HIPERTENSI DI DESA WISATA PANJI

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Latar Belakang: Perkembangan teknologi digital telah membawa perubahan dalam pelayanan kesehatan, khususnya pada penatalaksanaan penyakit kronis seperti diabetes melitus dan hipertensi. Prevalensi kedua penyakit tersebut di Indonesia masih tergolong tinggi, sementara tingkat kepatuhan pasien dalam menjalani terapi jangka panjang masih rendah sehingga berisiko menimbulkan komplikasi. Kader posyandu memiliki peran strategis sebagai ujung tombak pelayanan kesehatan di tingkat komunitas, namun keterbatasan pengetahuan dan pemanfaatan teknologi digital menyebabkan peran tersebut belum optimal. Edukasi telenursing menjadi salah satu pendekatan inovatif yang berpotensi meningkatkan pengetahuan kader posyandu dalam mendukung kepatuhan terapi pasien. **Tujuan:** Penelitian bertujuan untuk menganalisis pengaruh edukasi telenursing terhadap pengetahuan kader posyandu tentang kepatuhan terapi pasien diabetes melitus dan hipertensi di Desa Wisata Panji. **Metode:** Penelitian ini menggunakan pendekatan kuantitatif dengan desain *pre-eksperimental one-group pretest-posttest*. Sampel penelitian ini berjumlah 68 kader posyandu yang ditentukan melalui *teknik simple random sampling*. Pengumpulan data dilakukan menggunakan kuesioner pengetahuan dan dianalisis menggunakan uji *Wilcoxon*. **Hasil:** Hasil penelitian menunjukkan adanya peningkatan tingkat pengetahuan kader posyandu setelah diberikan edukasi telenursing. Analisis statistik menunjukkan perbedaan yang bermakna antara skor pretest dan posttest, yang menandakan bahwa edukasi telenursing berpengaruh terhadap peningkatan pengetahuan kader posyandu mengenai kepatuhan terapi pasien diabetes melitus dan hipertensi dengan hasil nilai $p < 0,001$. **Kesimpulan:** Edukasi telenursing berpengaruh signifikan terhadap peningkatan pengetahuan kader posyandu dalam mendukung kepatuhan terapi pasien diabetes melitus dan hipertensi. Intervensi ini dapat digunakan sebagai strategi efektif untuk memperkuat peran kader dalam pengelolaan penyakit kronis di tingkat komunitas.

Kata Kunci: telenursing, kader, kepatuhan, diabetes melitus, hipertensi

ABSTRACT

THE EFFECT OF TELENURSING EDUCATION ON THE KNOWLEDGE OF POSYANDU CADRES REGARDING THERAPY COMPLIANCE IN PATIENTS WITH DIABETES MELLITUS AND HYPERTENSION IN THE TOURIST VILLAGE OF PANJI

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Background: The rapid development of digital technology has transformed health services, particularly in the management of chronic diseases such as diabetes mellitus and hypertension. In Indonesia, the prevalence of both conditions remains high, while patient adherence to long-term therapy is still suboptimal, increasing the risk of complications. Posyandu cadres play a strategic role as community health facilitators; however, limited knowledge and skills in utilizing digital-based health education hinder their optimal contribution. Telenursing education is considered a potential approach to strengthen cadre knowledge and support therapy compliance among patients. **Objective:** This study aimed to analyze the effect of telenursing education on the knowledge of posyandu cadres regarding therapy compliance among patients with diabetes mellitus and hypertension in the Tourist Village of Panji. **Method:** This study employed a quantitative approach with a pre-experimental one-group pretest–posttest design. The sample consisted of 68 posyandu cadres selected using simple random sampling. Data were collected using a structured knowledge questionnaire based on cognitive domain indicators and analyzed using univariate and bivariate statistical tests. **Results:** The results showed an increase in the knowledge level of posyandu cadres after receiving telenursing education. Statistical analysis indicated a significant difference between pretest and posttest scores, demonstrating that telenursing education had a positive effect on cadre knowledge regarding therapy compliance for diabetes mellitus and hypertension patients. **Conclusion:** Telenursing education significantly improves the knowledge of posyandu cadres related to therapy compliance in patients with diabetes mellitus and hypertension. This intervention can be utilized as an effective strategy to strengthen the role of cadres in supporting chronic disease management at the community level.

Keywords: telenursing, cadres, compliance, diabetes mellitus, hypertension