

**FAKULTAS KEDOKTERAN DAN ILMU KESEHATAN
UNIVERSITAS MUHAMMADIYAH MAKASSAR
Skripsi, Februari 2026**

Irmalia Kurnia Zahwa Zubair¹, Ami Febriza Achmad².

¹Mahasiswa Fakultas Kedokteran dan Ilmu Kesehatan Universitas

Muhammadiyah Makassar Angkatan 2022/ email irmliazbr9@med.unismuh.ac.id

²Dosen Pembimbing

**“PENGARUH INTERVENSI EDUKASI *LEAFLET* DAN *REMINDER WHATSAPP*
TERHADAP KEPATUHAN MINUM OBAT, KONTROL TEKANAN DARAH
DAN PENINGKATAN KUALITAS HIDUP MELALUI INSTRUMEN
WHOQOL-BREF PADA PASIEN HIPERTENSI DI PUSKESMAS
PATTALASSANG”**

ABSTRAK

Latar Belakang: Hipertensi atau tekanan darah tinggi merupakan kondisi kronis yang menjadi masalah kesehatan global dengan prevalensi yang terus meningkat. Pada tahun 2024 Diperkirakan 1,4 miliar orang dewasa berusia 30–79 tahun di seluruh dunia menderita hipertensi. Hipertensi terjadi pada kelompok umur 31-44 tahun (31,6%), umur 45-54 tahun (45,3%), umur 55-64 tahun (55,2%). Dari prevalensi hipertensi sebesar 34,1% diketahui bahwa sebesar 8,8% terdiagnosis hipertensi dan 13,3% orang yang terdiagnosis hipertensi tidak minum obat serta 32,3% tidak rutin minum obat. **Tujuan :** Untuk mengetahui pengaruh intervensi edukasi leaflet dan reminder WhatsApp terhadap kepatuhan minum obat, kontrol tekanan darah, dan kualitas hidup pasien hipertensi di Puskesmas Pattalassang yang diukur menggunakan instrumen *World Health Organization Quality of Life - BREF* (WHOQOL-BREF). **Metode :** metode yang digunakan adalah eksperimental, dengan menggunakan rancangan *pre-* dan *post-test*. Analisis data dilakukan secara univariat dan bivariat, dengan menggunakan uji *Paired T-Test*. **Hasil :** Yang didapatkan dari uji bivariat adalah ada pengaruh intervensi edukasi leaflet dan reminder whatsapp terhadap kontrol tekanan darah sistolik ($p\text{-value}=0.000$) dan diastolic ($p\text{-value}=0.000$); Kepatuhan minum obat ($p\text{-value}=0.000$); kualitas hidup ($p\text{-value}=0.000$). **Kesimpulan :** Dari hasil penelitian ini terdapat pengaruh intervensi edukasi leaflet dan reminder whatsapp terhadap kontrol tekanan darah, kepatuhan minum obat dan kualitas hidup pada pasien hipertensi di Puskesmas Pattalassang. Diharapkan pihak kesehatan selalu memberikan edukasi leaflet dan reminder WhatsApp terhadap pasien Hipertensi. **Kata Kunci :** Hipertensi, Edukasi Leaflet, Kepatuhan Minum Obat dan Kualitas Hidup.

**FACULTY OF MEDICINE AND HEALTH SCIENCES
MUHAMMADIYAH UNIVERSITY OF MAKASSAR**

Thesis, February 2026

Irmalia Kurnia Zahwa Zubair¹, Ami Febriza Achmad²

¹ Student of the Faculty of Medicine and Health Sciences, Muhammadiyah University of Makassar, Class of 2022 / email: irmaliazbr9@med.unismuh.ac.id

² Research Supervisor

“THE EFFECT OF LEAFLET EDUCATIONAL INTERVENTION AND WHATSAPP REMINDERS ON MEDICATION ADHERENCE, BLOOD PRESSURE CONTROL AND IMPROVEMENT OF QUALITY OF LIFE USING THE WHOQOL-BREF INSTRUMENT AMONG HYPERTENSIVE PATIENTS AT PATTALASSANG COMMUNITY HEALTH CENTER”

ABSTRACT

Background: Hypertension or high blood pressure is a chronic condition that has become a global health problem with a continuously increasing prevalence. In 2024, it was estimated that 1.4 billion adults aged 30–79 years worldwide suffered from hypertension. Hypertension occurs in the age groups of 31–44 years (31.6%), 45–54 years (45.3%), and 55–64 years (55.2%). Of the total hypertension prevalence of 34.1%, it is known that 8.8% were diagnosed with hypertension, 13.3% of those diagnosed did not take antihypertensive medication, and 32.3% did not take medication regularly.

Objective: To determine the effect of leaflet educational interventions and WhatsApp reminders on medication adherence, blood pressure control, and quality of life of hypertensive patients at the Pattalassang Community Health Center, measured using the World Health Organization Quality of Life–BREF (WHOQOL-BREF) instrument.

Methods: This study employed an experimental method using a pre-test and post-test design. Data analysis was conducted using univariate and bivariate analyses, with the Paired T-Test applied for statistical testing.

Results: The bivariate analysis showed that leaflet educational interventions and WhatsApp reminders had a significant effect on systolic blood pressure control (p -value = 0.000), diastolic blood pressure control (p -value = 0.000), medication adherence (p -value = 0.000), and quality of life (p -value = 0.000).

Conclusion: The results of this study indicate that leaflet educational interventions and WhatsApp reminders significantly influence blood pressure control, medication adherence, and quality of life among hypertensive patients at the Pattalassang Community Health Center. It is expected that healthcare providers consistently deliver educational leaflets and WhatsApp reminders to hypertensive patients.

Keywords: Hypertension, Education, Leaflet, Medication Adherence, Quality of Life.