

ABSTRACT

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Study Program : Medicine
Title : *The Effectiveness of public health counseling and their knowlegde and attitude to hypertension in Pematang Siantar City and the Implementation on Islamic view*

Background: Hypertension is a persistent increase in blood pressure ≥ 140 mmHg and/or diastolic blood pressure (TDD) ≥ 90 mmHg at two measurements at different times. WHO says developing countries have hypertension sufferers by 40% and continue to increase every year. Public health counseling is one of the efforts to increase knowledge and attitudes as one of the preventions of hypertension. Al-Qur'an and Al-Sunnah invite Muslims to seek and obtain knowledge and wisdom and place knowledgeable people at a high level.

Methods: This type of research is a Quasi-Experimental Design with One Group Pre-test Post-test Design research design. The population in this study were residents of Pematang Siantar City. Samples were taken using the purposive sampling technique and obtained 134 respondents.

Results: The mean value of knowledge increased by 5% after counseling ($p = 0,000$). The mean value of attitudes increased by 2% after counseling ($p = 0.023$). There is a correlation between knowledge and attitude ($p = 0.001$).

Conclusion: Health education is effective in increasing knowledge and attitudes about hypertension at Pematang Siantar City. Good knowledge will have an impact on good attitudes too.

Keywords: Hypertension, Public Health Counseling, Knowledge, Attitude.