ABSTRACT

THE EFFECT OF PSYCHOEDUCATION ON KNOWLEDGE, COPING, ADHERENCE AND BLOOD PRESSURE IN GERIATRIC WITH HYPERTENSION BASED ON ROY’S THEORY OF ADAPTION.

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Introduction: Control of behavioural risk factor can prevent complication of hypertension. Psychoeducation is one of intervention for hypertension management. The purpose of this study was to identify the effect of psychoeducation on the blood pressure in geriatric with hypertension base on Roy’s theory of adaptation. Methods: This study used quasi experiment pre and post test control group design by using convenience sampling technique that obtained 10 patient treatment group and 10 patient control group independent variable was psychoeducation and dependent variable were knowledge, coping, adherence and blood pressure. Result and Analysis: the result of this study showed that: 1) There was significant influence of psychoeducation on knowledge patient with hypertension. 2) There was significant influence of psychoeducation on coping of patient with hypertension. 3) There was significant influence of psychoeducation on adherence of patient with hypertension. 4) There was significant influence of psychoeducation on blood pressure of patient with hypertension. Discuss and conclusion: 1) psychoeducation change mindset of patient more rational based on knowledge. 2) psychoeducation make patient opened with other people. 3) Psychoeducation increased adherence patient for caring of nursing. 4) psychoeducation was not directly influence blood pressure, but it influence the lifestyle.

Key word: psychoeducation, coping, knowledge, adherence, hypertension, adaptation model.