

**THE EFFECTIVENESS OF EDUCATIONAL MODULE
ON KNOWLEDGE, ATTITUDE, AND BEHAVIOR OF HEART
DISEASE PREVENTION AMONG STUDENTS
AT PEMBANGUNAN ERA HIGH SCHOOL, WEST JAKARTA**

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ABSTRACT

Background: Heart disease affects not only the elderly but also young people. An educational module has been developed for health promotion. This study aimed to determine the effectiveness of educational module on the knowledge, attitude, and behavior of heart disease prevention among high school students in West Jakarta.

Subjects and Method: This was a quasi-experiment conducted at Pembangunan Era high school, West Jakarta from August to October 2021. A total of 68 students were assigned into the experimental group and control group. The dependent variables were knowledge, attitude, and behavior of heart disease prevention, including smoking cessation, exercise, and healthy diet. The independent variable was educational module. The data were collected by questionnaire and analyzed by logistic regression.

Results: The education module increased knowledge (OR= 51.83; 95% CI= 9.84 to 273.05; $p < 0.001$), attitude (OR= 2.42; 95% CI= 0.89 to 6.57; $p = 0.080$), and healthy behavior (OR= 7.80; 95% CI= 2.64 to 23.03; $p < 0.001$).

Conclusion: The educational module is effective in improving knowledge, attitude, and behavior of heart disease prevention among students.

Keywords: education module, prevention, heart disease, students.

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