

## **Efektivitas Buku Panduan Edukasi Terhadap Skor *Tinnitus Handicap Inventory* pada Pasien Tinitus dengan Hipertensi**

### **ABSTRAK**

**Latar Belakang:** Hipertensi berperan sebagai faktor yang memperberat tinitus. Tinitus berdampak signifikan terhadap kualitas hidup. Edukasi kesehatan merupakan salah satu komponen penting dalam tata laksana tinitus, efektivitas buku panduan edukasi secara khusus pada pasien tinitus dengan hipertensi belum banyak diteliti. **Tujuan:** Menilai efektivitas buku panduan edukasi terhadap perubahan skor *Tinnitus Handicap Inventory (THI)* pada pasien tinitus dengan hipertensi. **Metode:** Penelitian ini merupakan penelitian eksperimental dengan desain *two-group pretest–posttest*. Subjek penelitian adalah pasien tinitus dengan hipertensi yang memenuhi kriteria inklusi dan eksklusi, sudah ditentukan kelompok perlakuan dan kelompok kontrol masing-masing sebanyak 22 subjek. Kelompok perlakuan diberikan buku panduan edukasi dan *Tinnitus Retraining Therapy (TRT)*, kelompok kontrol diberikan TRT saja. Perubahan skor dinilai dengan menggunakan kuesioner THI sebelum dan sesudah intervensi. Analisis data dengan uji beda. **Hasil:** Terdapat penurunan skor THI pada kelompok buku panduan edukasi ( $p=0,006$ ) dan kelompok tanpa buku panduan edukasi ( $p=0,004$ ). Penurunan skor THI pada kelompok buku panduan edukasi ( $36,09 \pm 28,36$  menjadi  $26,45 \pm 22,42$ ) lebih besar dibandingkan dengan kelompok tanpa buku panduan edukasi ( $39,82 \pm 30,12$  menjadi  $32,55 \pm 29,57$ ). Perbedaan perubahan skor THI kedua kelompok menunjukkan hasil yang tidak bermakna ( $p=0,621$ ). **Simpulan:** Pemberian buku panduan edukasi tidak efektif dalam menurunkan skor THI pada pasien tinitus dengan hipertensi.

**Kata kunci:** Tinitus, hipertensi, buku panduan edukasi, *Tinnitus Handicap Inventory*

**The Effectiveness of an Educational Guidebook on *Tinnitus Handicap Inventory* Scores in Patients with Tinnitus and Hypertension**

**ABSTRACT**

**Background:** Hypertension is considered a factor that complicates tinnitus. Tinnitus has a significant impact on quality of life. Health education is an important component of tinnitus management, but the effectiveness of educational guidebooks specifically for patients with tinnitus and hypertension has not been widely studied. **Objective:** To evaluate the effectiveness of educational guidebooks on changes in Tinnitus Handicap Inventory (THI) scores in patients with tinnitus and hypertension. **Methods:** This study was an experimental study with a two-group pretest–posttest design. The study subjects were patients with tinnitus and hypertension who met the inclusion and exclusion criteria, with 22 subjects assigned to the treatment group and 22 subjects assigned to the control group. The treatment group was given an educational guidebook and *Tinnitus Retraining Therapy* (TRT), while the control group was given TRT alone. Changes in scores were assessed using the THI questionnaire before and after the intervention. Data were analyzed using comparative statistical tests. **Results:** There was a decrease in both the educational guidebook group ( $p=0.006$ ) and the group without the educational guidebook ( $p=0.004$ ). The decrease in THI scores in the educational guidebook group ( $36.09 \pm 28.36$  to  $26.45 \pm 22.42$ ) was greater than the group without the guidebook ( $39.82 \pm 30.12$  to  $32.55 \pm 29.57$ ). The difference in THI score changes between the two groups was not significant ( $p=0.621$ ). **Conclusion:** Providing educational guidebooks was not effective in reducing THI scores in tinnitus patients with hypertension.

**Keywords:** Tinnitus, hypertension, educational guidebook, *Tinnitus Handicap Inventory*.