

ABSTRAK

TINGKAT PENGETAHUAN TENTANG PENCEGAHAN KOMPLIKASI PADA PENDERITA HIPERTENSI DI PUSKESMAS SEMANDING

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Hipertensi ialah satu diantara penyakit tak menular yang kerap dijuluki sebagai silent killer sebab tak memunculkan gejala, namun bisa mengakibatkan komplikasi serius semisla gagal ginjal, stroke, serta penyakit jantung. Di Puskesmas Semanding, jumlah komplikasi hipertensi tercatat sebesar 20%. Riset ini ditujukan guna mengetahui tingkat pengetahuan penderita hipertensi tentang pencegahan komplikasi di Puskesmas semanding.

Jenis penelitian ini ialah deskriptif dengan tujuan guna mendiskripsikan tingkat pengetahuan terkait pencegahan komplikasi pada penderita hipertensi. Populasi penelitian adalah seluruh pasien proanis aktif, dan sampelnya adalah seluruh pasien prolanis aktif. Teknik sampling yang diimplementasikan ialah total sampling dengan jumlah 44 orang. pengumpulan data dijalankan menggunakan kuesioner. Data di analisa melalui analisis deskriptif table, presentasi, distribusi frekuensi.

Hasil penelitian menunjukkan hampir setengah penderita hipertensi berusia lansia awal, sebagian besar berpendidikan SMA, dan sebagian besar tidak bekerja. Hampir setengah dari responden memiliki pengetahuan yang tergolong cukup tentang pencegahan komplikasi hipertensi. Berdasarkan karakteristik, sebagian besar penderita hipertensi dengan pengetahuan cukup berada pada rentang usia lansia akhir. Seluruh responden dengan pengetahuan baik berpendidikan perguruan tinggi, dan sebagian besar penderita hipertensi dengan pengetahuan cukup tidak bekerja.

Pada umumnya, penderita hipertensi di Puskesmas Semanding berpengetahuan yang cukup tentang pencegahan komplikasi. Meski telah memahami konsep dasar seperti mengikuti Prolanis, kurangnya minat membaca leaflet di pojok informasi membuat media edukasi yang tersedia kurang dimanfaatkan, sehingga pengetahuan tidak berkembang optimal.

Kata Kunci : Pengetahuah, Hipertensi, Komplikasi

ABSTRACT

LEVEL OF KNOWLEDGE ABOUT COMPLICATION PREVENTION AMONG HYPERTENSIVE PATIENTS AT SEMANDING PUBLIC HEALTH CENTER

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Hypertension is one of the non-communicable diseases that is often dubbed as a silent killer because it does not cause symptoms, but can lead to serious complications such as kidney failure, stroke, and heart disease. In Semanding Health Center, the number of complications of hypertension is recorded at 20%. This research aimed to determine the level of knowledge of hypertensive patients about preventing complications at the Semanding Health Center.

This type of research is descriptive with the aim of describing the level of knowledge related to the prevention of complications in patients with hypertension. The study population was all active proanis patients, and the sample was all active prolanis patients. The sampling technique implemented was total sampling with a total of 44 people. data collection was carried out using a questionnaire. Data were analyzed through descriptive table analysis, presentation, frequency distribution.

The results showed that nearly half of the respondents were in the early elderly age group, most had completed high school, and the majority were unemployed. Nearly half of the respondents had a moderate level of knowledge about preventing hypertension complications. Based on characteristics, most respondents with moderate knowledge were in the late elderly age group. All respondents with good knowledge had a university-level education, and most of those with moderate knowledge were unemployed.

In general, hypertensive patients at the Semanding Health Center have sufficient knowledge about complication prevention. Although they have understood basic concepts such as following Prolanis, the lack of interest in reading leaflets in the information corner makes the available educational media less utilized, so knowledge is not optimally developed.

Keywords: Knowledge, Hypertension, Complication