

ABSTRAK

PENGETAHUAN TENTANG HIPERTENSI PADA ANGGOTA PROLANIS DI PUSKESMAS TUBAN

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Hipertensi memengaruhi 34,1% populasi di Indonesia, menurut Riskesdas 2018 (Badan Kebijakan Pembangunan Kesehatan, 2023). Sebanyak 268.107 orang di Kabupaten Tuban menderita hipertensi, seperti yang dilaporkan dalam Profil Kesehatan Kabupaten Tuban 2023. Menurut Profil Kesehatan Kabupaten Tuban (2023), 13.801 orang di kabupaten tersebut menderita hipertensi, menjadikan Puskesmas Tuban sebagai yang paling terdampak di antara 33 puskesmas di kabupaten tersebut. Salah satu penyebabnya adalah karena masyarakat tidak terlalu memahami tentang hipertensi. Tujuan penelitian ini adalah untuk menilai tingkat kesadaran hipertensi di kalangan anggota Prolanis Puskesmas Tuban.

Metodologi penelitian ini bersifat deskriptif cross-sectional. Di Puskesmas Tuban, 76 anggota Prolanis yang didiagnosis menderita hipertensi menjadi populasi penelitian. Sebanyak 64 individu termasuk dalam sampel. Pengambilan sampel dilakukan secara purposive sampling. Pengetahuan tentang hipertensi di kalangan lansia menjadi variabel penelitian. Penelitian ini menggunakan kuesioner untuk mengumpulkan data, kemudian menggunakan tabel, distribusi, frekuensi, dan persentase untuk menggambarkan hasil penelitian.

Dari seluruh anggota Prolanis di Puskesmas Tuban, 41 orang (64%) menunjukkan pengetahuan yang memadai tentang hipertensi, menurut hasil penelitian.

Kebiasaan hidup sehat anggota Prolanis dipengaruhi oleh kurangnya pemahaman tentang hipertensi, yang disebabkan oleh tenaga kesehatan yang tidak memberikan informasi dan pendidikan yang cukup.

Kata Kunci : Pengetahuan, Anggota Prolanis, Penyakit Hipertensi

ABSTRACT

KNOWLEDGE ABOUT HYPERTENSION IN PROLANIS MEMBER AT THE TUBAN COMMUNITY HEALTH CENTER

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Hypertension affects 34.1% of the population in Indonesia, according to the 2018 Basic Health Research (Riskesdas) (Health Development Policy Agency, 2023). A total of 268,107 people in the Tuban District are hypertensive, as reported in the District Health Profile for 2023. According to the Tuban District Health Profile (2023), 13,801 people in the district suffer from hypertension, making Tuban Community Health Center the most affected among the 33 community health centers in the district. One reason for this is because people do not know too much about hypertension. The goal of this research was to assess the level of hypertension awareness among Tuban Community Health Center's Prolanis members.

The research methodology for this study was a cross-sectional descriptive design. At the Tuban Community Health Center, 76 Prolanis members who were diagnosed with hypertension were part of the study population. A total of 64 individuals were included in the sample. It was purposive sampling that was used. Hypertension knowledge among the elderly served as the study variable. We used a questionnaire to gather data, and then we used tables, distributions, frequencies, and percentages to describe the findings.

Of the entire number of Prolanis members at the Tuban Community Health Center, 41 (64%), shown adequate knowledge of hypertension, according to the findings.

Prolanis members' healthy living habits were affected by a lack of understanding regarding hypertension, which was caused by health personnel not providing enough information and education.

Keywords: Knowledge, Prolanis Members, Hypertension disease