

ABSTRAK

GAYA HIDUP SEHAT PENDERITA HIPERTENSI DI PUSKESMAS SEMANDING KABUPATEN TUBAN

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Sebagai penyakit yang dijuluki *silent killer*, hipertensi tetap menjadi permasalahan kesehatan dengan prevalensi tinggi, khususnya di Kabupaten Tuban. Studi ini bertujuan untuk mendeskripsikan gaya hidup sehat penderita hipertensi di Puskesmas Semanding.

Penelitian menggunakan desain deskriptif dengan pendekatan total sampling terhadap 44 responden yang merupakan peserta Prolanis. Data dikumpulkan melalui kuesioner dan dianalisis secara deskriptif.

Hasil penelitian menunjukkan bahwa sebagian besar penderita hipertensi adalah perempuan dengan rentang usia 51–60 tahun dan berpendidikan terakhir SMA. Sebagian besar responden menjalani gaya hidup sehat dalam kategori cukup, meskipun masih terdapat kebiasaan yang berisiko memperburuk kondisi hipertensi. Faktor demografis seperti usia, jenis kelamin, dan pendidikan terbukti memengaruhi pola gaya hidup responden. Oleh karena itu, edukasi tentang diet hipertensi, peningkatan aktivitas fisik, serta pemeriksaan tekanan darah rutin sangat diperlukan agar pasien mampu mengendalikan penyakitnya dan terhindar dari komplikasi serius.

Kata kunci : Gaya Hidup Sehat, Penderita, Hipertensi

ABSTRACT

THE HEALTHY LIFESTYLE OF HYPERTENSION PATIENTS AT THE SEMANDING HEALTH CENTER, TUBAN REGENCY

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. As a disease often referred to as the “silent killer,” hypertension remains a major health problem with a high prevalence, particularly in Tuban Regency. This study aims to describe the healthy lifestyle of hypertensive patients at Semanding Community Health Center.

A descriptive design was applied using a total sampling approach involving 44 respondents who were participants of the Prolanis program. Data were collected through questionnaires and analyzed descriptively.

The results showed that most hypertensive patients were female, aged 51–60 years, and had a senior high school education. The majority practiced a moderately healthy lifestyle, although some risk behaviors that could worsen hypertension were still present. Demographic factors such as age, gender, and education were found to influence lifestyle patterns. Therefore, education on hypertension diet management, increased physical activity, and routine blood pressure monitoring are essential to enable patients to control their condition and prevent serious complications.

Keywords: healthy lifestyle, sufferers, hypertension