

## ABSTRAK

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PERILAKU PASIEN HIPERTENSI TERHADAP PENCEGAHAN STROKE DI  
PUSKESMAS WONOAYU

xv + 73 Halaman + 8 Tabel + 12 Lampiran

Hipertensi dapat berakibat fatal atau komplikasi akibat kecacatan organ karena peningkatan tekanan darah diatas normal dengan durasi waktu lama dan organ yang mendapati kecacatan antara lain sistem saraf pusat, penglihatan, sistem peredaran darah dan ginjal. Pasien hipertensi perlu memiliki pengetahuan tentang penyakit serta pencegahan terhadap dampak lanjutan, misalnya stroke. Pengetahuan sebagai domain membentuk tindakan seseorang sehingga memicu modifikasi bentuk kepercayaan serta sikap terhadap sesuatu.

Penelitian ini memiliki tujuan untuk mengidentifikasi perilaku pasien hipertensi terhadap pencegahan stroke di Puskesmas Wonoayu. Penelitian ini menggunakan desain deskriptif dengan metode *cross sectional* dan melibatkan 44 orang dengan hipertensi sebagai responden. Data dianalisis secara deskriptif untuk menggambarkan distribusi kategori perilaku pasien. Hasil penelitian menunjukkan perilaku pasien dengan hipertensi terhadap pencegahan stroke berada pada kategori kurang (50,0%). Perilaku kurang cenderung pada perempuan (51,8%), usia 20–45 tahun (71,5%), responden yang bekerja (56,25%), hipertensi tingkat 1 (58%), lama sakit 1–5 tahun (54%), serta responden tanpa riwayat keluarga hipertensi (68%). Sebaliknya, perilaku baik cenderung pada laki-laki (20,6%), usia >65 tahun (36,4%), responden tidak bekerja (25%), hipertensi tingkat 3 (25%), lama sakit >5 tahun (20%), serta responden dengan riwayat keluarga (21,1%).

Temuan ini dipengaruhi oleh tingkat pengetahuan dan sikap yang dimiliki. Edukasi kesehatan secara berkelanjutan sangat diperlukan untuk meningkatkan tindakan preventif terhadap komplikasi hipertensi seperti stroke.

Kata kunci: hipertensi, pencegahan

Daftar bacaan: 19 buku (2017-2024)

## ABSTRACT

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*BEHAVIOR OF HYPERTENSION PATIENTS TOWARDS STROKE PREVENTION  
AT THE WONOAYU HEALTH CENTER*

xv + 73 Pages + 8 Tables + 12 Appendices

*Hypertension can be fatal or cause complications due to organ damage caused by prolonged high blood pressure. Organs that can be damaged include the central nervous system, eyesight, circulatory system, and kidneys. Hypertension patients need to have knowledge about the disease and how to prevent further complications, such as stroke. Knowledge as a domain shapes a person's actions, triggering modifications in beliefs and attitudes towards something.*

*This study aims to identify the behavior of hypertensive patients towards stroke prevention at the Wonoayu Community Health Center. This study uses a descriptive design with a cross-sectional method and involves 44 people with hypertension as respondents. The data were analyzed descriptively to describe the distribution of patient behavior categories. The results showed that the behavior of patients with hypertension towards stroke prevention was in the poor category (50.0%). Poor behavior tended to be found in women (51.8%), those aged 20–45 years (71.5%), respondents who worked (56.25%), those with stage 1 hypertension (58%), those who had been ill for 1–5 years (54%), and respondents with no family history of hypertension (68%). Conversely, good behavior tended to be found in men (20.6%), those aged >65 years (36.4%), unemployed respondents (25%), those with stage 3 hypertension (25%), those who had been ill for >5 years (20%), and respondents with a family history (21.1%).*

*These findings were influenced by the level of knowledge and attitudes possessed. Continuous health education is essential to improve preventive measures against complications of hypertension such as stroke.*

*Keywords: hypertension, stroke prevention*

*References: 19 books (2017-2024)*