ABSTRAK

Devia Fatimatus Azaro
GAMBARAN UPAYA PENCEGAHAN KOMPLIKASI PADA PASIEN HIPERTENSI DI PROLANIS PUSKESMAS SEMANDING
xii + 81 Halaman + 9 Tabel + 9 Lampiran

Hipertensi adalah penyakit tidak menular yang dapat menyebabkan berbagai masalah, termasuk stroke, penyakit arteri koroner, gagal jantung, dan gagal ginjal. Pencegahan masalah terkait hipertensi memerlukan pengendalian tekanan darah, penerapan gaya hidup sehat, dan kepatuhan terhadap pengobatan yang diresepkan. Program Manajemen Penyakit Kronis (Prolanis) berkontribusi dalam meningkatkan kualitas hidup pasien hipertensi melalui edukasi, pemantauan kesehatan, dan manajemen faktor risiko. Penelitian ini bertujuan untuk mengetahui gambaran upaya pencegahan komplikasi pada pasien hipertensi di Prolanis Puskesmas Semanding.

Penelitian ini menggunakan desain deskriptif kuantitatif. Populasi penelitian adalah seluruh peserta Prolanis dengan hipertensi di Puskesmas Semanding sebanyak 40 responden. Teknik sampling yang digunakan adalah total sampling. Data dikumpulkan menggunakan kuesioner yang meliputi aspek pengendalian tekanan darah, perilaku hidup sehat, dan kepatuhan pengobatan. Analisis data dilakukan secara deskriptif menggunakan distribusi frekuensi dan persentase.

Hasil penelitian menunjukkan sebagian besar responden berjenis kelamin perempuan, berada pada kelompok usia dewasa, memiliki pekerjaan, dan menderita hipertensi kurang dari lima tahun. Upaya pencegahan komplikasi hipertensi sebagian besar berada pada kategori baik sebanyak 28 responden (70%), kategori cukup sebanyak 4 responden (10%), dan kategori kurang sebanyak 8 responden (20%). Berdasarkan karakteristik responden, mayoritas juga melaporkan langkah-langkah pencegahan komplikasi yang termasuk dalam kategori "baik".

Hasil penelitian ini menunjukkan bahwa sebagian besar peserta Prolanis di Puskesmas Semanding sudah mengambil langkah-langkah yang baik untuk mencegah komplikasi akibat hipertensi. Para profesional kesehatan perlu terus meningkatkan edukasi, pemantauan, dan dukungan untuk mempertahankan dan lebih meningkatkan perilaku pencegahan ini.

Kata kunci : Hipertensi, Upaya Pencegahan, Prolanis.
Daftar Bacaan : 3 buku, 23 jurnal/hasil penelitian (2021-2025)

ABSTRACT

Devia Fatimatus Azaro
DESCRIPTION OF EFFORTS TO PREVENT COMPLICATIONS IN HYPERTENSION PATIENTS AT THE PROLANIS SEMANDING COMMUNITY HEALTH CENTER
xii + 81 Pages + 9 Tables + 9 Apendices

Hypertension is a non-communicable disease can cause a number of serious problems, such as stroke, coronary heart disease, heart failure, and kidney failure. Prevention of problems associated with hypertension related complications requires effective blood pressure control, the adoption of healthy lifestyle behaviors, and adherence to medication. The Chronic Disease Management Program (Prolanis) plays an important role in improving the quality of life of hypertensive patients through health education, health monitoring, and risk factor control. This study aimed to describe the efforts to prevent complications among hypertensive patients participating in the Prolanis program at Semanding Community Health Center.

This study employed a quantitative descriptive research design. The study population consisted of all hypertensive patients enrolled in the Prolanis program at Semanding Community Health Center, totaling 40 respondents. The sampling technique used was total sampling. Data were collected using a questionnaire covering aspects of blood pressure control, healthy lifestyle behaviors, and medication adherence. Data were analyzed descriptively using frequency distribution and percentage analysis.

The results showed that most respondents were female, belonged to the adult age group, were employed, and had suffered from hypertension for less than five years. Most respondents demonstrated good hypertension complication prevention efforts, with 28 respondents (70%) categorized as good, 4 respondents (10%) as fair, and 8 respondents (20%) as poor. Based on respondent characteristics, the majority also demonstrated good complication prevention efforts.

The study concludes that most Prolanis participants at Semanding Community Health Center have implemented good hypertension complication prevention efforts. Healthcare professionals need to continuously improve education, monitoring, and assistance programs to maintain and enhance hypertension complication prevention behaviors.

Keywords: hypertension, complication prevention, Prolanis.
References : 3 books, 23 journals/research findings (2021-2025)