ABSTRAK

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PENGETAHUAN PASIEN HIPERTENSI TENTANG KOMPLIKASI HIPERTENSI PADA PESERTA AKTIF PROLANIS DI PUSKESMAS SEMANDING
xv + 63 Halaman + 11 Tabel + 30 Lampiran

Hipertensi dikenal sebagai "*silent disease"* mengingat gejalanya umumnya tidak tampak, penderita akan mengetahui kondisinya setelah melaksanakan pemeriksaan tekanan darah secara teratur. Pengetahuan yang mendalam terkait hipertensi dan risiko komplikasinya dapat memotivasi pasien dalam menerapkan langkah pencegahan sehingga komplikasi dapat dihindari. Penelitian ini dilakukan untuk menggambarkan tingkat pengetahuan pasien hipertensi tentang komplikasi hipertensi pada peserta aktif PROLANIS di Puskesmas Semanding.

Desain yang diterapkan penelitian ini adalah deskriptif *cross-sectional*. Populasi beserta sampel pada penelitian ini adalah seluruh peserta aktif PROLANIS yang terdiagnosis hipertensi sebanyak 40 orang. Teknik sampling yang digunakan adalah *total sampling*. Pengumpulan data dilakukan melalui kuesioner, kemudian data dianalisis secara deskriptif memanfaatkan distribusi frekuensi dan persentase.

Berdasarkan hasil analisis, diketahui bahwa pasien hipertensi yang menjadi peserta aktif PROLANIS sebagian besar berusia antara 60–90 tahun, berjenis kelamin perempuan, tidak bekerja dan terdiagnosa hipertensi >5 tahun, setengahnya telah menerima informasi dan hampir setengahnya berpendidikan dasar. Tingkat pengetahuan tentang komplikasi hipertensi sebagian besar pada kategori cukup. Hasil tabulasi silang menunjukkan bawa sebagian besar berpengetahuan cukup berusia antara 36-45 tahun, setengahnya berjenis kelamin laki-laki dan terdiagnosa hipertensi <5 tahun, hampir setengahnya tidak pernah mendapatkan informasi mengenai hipertensi dan tidak bekerja.

Temuan ini menunjukkan bahwa usia, jenis kelamin, pendidikan, pekerjaan, sumber informasi dan pengalaman tidak selalu menjadi faktor penentu tingkat pengetahuan seseorang. Hal ini menandakan edukasi di Puskesmas Semanding sudah membantu, tetapi masih perlu ditingkatkan. Oleh karena itu, keikutsertaan pasien dalam kegiatan PROLANIS sangat penting sebagai upaya untuk meningkatkan pengetahuan, pencegahan komplikasi dan pengendalian tekanan darah secara optimal.

Kata kunci : Pengetahuan, Komplikasi Hipertensi, PROLANIS

ABSTRACT

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PATIENTS WITH HYPERTENSION'S KNOWLEDGE OF HYPERTENSION COMPLICATIONS AMONG ACTIVE PROLANIS PARTICIPANTS AT THE SEMANDING COMMUNITY HEALTH CENTER

xv + 63 Pages + 11 Tables + 30 Appendices

Hypertension is commonly known as the "silent disease" since it often develops without noticeable symptoms, so patients only become aware of their condition after undergoing regular blood pressure checks. A proper understanding of hypertension and the risks of its complications can encourage patients to take preventive measures to avoid these complications. This research is conducted to evaluate the level of understanding of hypertension complications among patients with hypertension who are actively participating in the PROLANIS program at Semanding Community Health Center. This research used a descriptive study design with a cross-sectional approach. The population and sample included all 40 active PROLANIS participants diagnosed with hypertension. Total sampling was used. A questionnaire was employed to gather the required research data and subsequently escriptive statistics were employed to analyze the data based on frequency distributions and percentages.

The study results show that hypertensive patients who are active participants in PROLANIS are mostly between the ages of 60 and 90, female, were not currently working and had a history of hypertension lasting more than five years, half have received information about hypertension, and nearly half have a primary school education. Their level of knowledge about the complications of hypertension is mostly in the "adequate" category. Cross-tabulation results show that the majority of those with adequate knowledge are aged 36–45 years, half are male, and had been living with hypertension for under than five years, nearly half have never received information about the complications of hypertension and are not employed.

These findings indicate that age, gender, education, employment status, information sources, and experience are not always determining factors in the extent of a person's knowledge. This suggests that the educational programs at the Semanding Community Health Center have been helpful but still need improvement. Therefore, patient participation in PROLANIS activities is crucial as an effort to enhance knowledge, prevent complications, and achieve optimal blood pressure control.

Keywords: *Knowledge, Hypertension Complications, PROLANIS*