

ABSTRAK

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GAMBARAN PERILAKU PENDERITA HIPERTENSI DALAM UPAYA MENGONTROL PENYAKIT HIPERTENSI DI WILAYAH BINAAN PUSKESMAS BINONG

(xv + 118 Halaman; 1 Bagan; 5 Tabel; 10 Lampiran)

Latar Belakang: Hipertensi merupakan penyakit sistem kardiovaskular yang dapat mengakibatkan komplikasi seperti penyakit stroke, gagal ginjal, kecacatan permanen dan kematian mendadak. Untuk mencegah komplikasi diperlukan perilaku mengontrol hipertensi dengan memodifikasi gaya hidup. **Tujuan Penelitian:** Mengetahui gambaran perilaku penderita hipertensi dalam upaya mengontrol penyakit hipertensi di wilayah binaan Puskesmas Binong. **Metode Penelitian:** Penelitian ini menggunakan metode deskriptif kuantitatif. Sampel pada penelitian ini berjumlah 30 orang dengan kriteria inklusi pasien dengan riwayat hipertensi, mengonsumsi obat hipertensi, dan rentang usia 30-45 tahun. Instrumen yang digunakan pada penelitian ini adalah kuesioner. Teknik analisa data yang digunakan adalah analisa univariat. **Hasil:** Penelitian menunjukkan bahwa dari 30 responden yang diteliti, diperoleh data bahwa responden yang memiliki perilaku kurang sebanyak 13 responden (43.3%), perilaku cukup sebanyak 12 responden (40%) dan perilaku baik 5 responden (16.7%). **Rekomendasi:** Peneliti selanjutnya dapat meneliti variabel yang berbeda seperti faktor resiko, pengetahuan, dan sikap penderita hipertensi. Puskesmas Binong dapat memperhatikan penderita hipertensi dalam mengontrol hipertensi dengan memberikan edukasi dan program mengontrol hipertensi seperti senam hipertensi.

Kata kunci: Perilaku, Binong, Hipertensi, Mengontrol.
Referensi: 73 (2010-2020)

ABSTRACT

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DESCRIPTION OF THE BEHAVIOR OF HYPERTENSIVE PATIENTS IN AN EFFORT TO CONTROL HYPERTENSION IN THE BINONG COMMUNITY HEALTH CENTER

(xv + 118 Page; 1 Charts; 5 Table; 10 Attachments)

Background: Hypertension is a deadly cardiovascular system disease such as stroke, kidney failure, permanent disability and sudden death. To prevent complications, hypertension is necessary by commodifying the lifestyle. ***Aim:*** Knowing the description of the behavior of hypertensive patients in an effort to control hypertension in the Binong Community Health Center target area. ***Research Methods:*** This study uses quantitative descriptive methods. The sample in this study amounted to 30 people with the inclusion criteria of patients with a history of hypertension, taking hypertension medication, and the age range of 30-45 years. The instrument used in this study was a questionnaire. The data analysis technique used is univariate analysis. ***Results:*** The study showed that from 30 respondents studied, data obtained that respondents who had less behavior were 13 respondents (43.3%), enough behavior were 12 respondents (40%) and good behavior 5 respondents (16.7%). ***Recommendation:*** Researchers can then examine different variables such as risk factors, knowledge, and attitudes of people with hypertension. Binong Puskesmas can pay attention to hypertension sufferers in controlling hypertension by providing education and education and programs to control hypertension such as exercise for hypertension.

Keywords: Behavioral, Binong, Hypertension, Controlled.

References: 73 (2010-2020)