ABSRAK

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HUBUNGAN TINGKAT PENGETAHUAN DAN PERILAKU PENCEGAHAN HIPERTENSI PADA KELUARGA DENGAN LANSIA DI CIJENGIR, BINONG

(Xiii + 56 Halaman; 1 Bagan; 7 Tabel; 8 lampiran)

Latar Belakang: Penelitian dilakukan untuk mengetahui tingkat pengetahuan dan perilaku keluarga dalam mencegah hipertensi pada lansia, data yang didapatkan sebanyak 168 keluarga yang memiliki lansia, dimana ada 44 lansia menderita hipertensi. **Tujuan Penelitian:** Untuk mengetahui hubungan tingkat pengetahuan dan perilaku pencegahan hipertensi pada keluarga dengan lansia di Cijengir, Binong. **Metode Penelitian:** Penelitian ini menggunakan metode penelitian korelasional kuantitatif. Teknik pengambilan sampel yang digunakan adalah purposive sampling. Sampel yang didapatkan sebanyak 32 (27,118%) kepala keluarga dari total 168 kepala keluarga dengan lansia di Cijengir, Binong, dikarenakan adanya *pandemic Covid-19* sehingga pengumpulan data dilakukan secara online. Instrumen penelitian menggunakan kuesioner yang dimodifikasi dari beberapa peneliti. Hasil uji validitas 11 pertanyaan pengetahuan dan 13 pertanyaan perilaku yang valid dan hasil reliabilitas pada variabel pengetahuan *cronbach alpha* 0,803 dan variabel perilaku *cronbach alpha* 0,878. Teknik analisa data yang digunakan adalah analisa univariat dan bivariat menggunakan uji *chi square*. **Hasil:** Tingkat pengetahuan keluarga dengan lansia dalam pencegahan hipertensi sebanyak 22 responden (68,75%) memiliki pengetahuan baik, perilaku keluarga dengan lansia dalam pencegahan hipertensi menggunakan mean 40,25 nilai perilaku positif maupun negatif sama sebanyak 16 responden (50%) dan tidak ada hubungan antara tingkat pengetahuan dengan perilaku keluarga dalam pencegahan hipertensi (p *value* 1,00). **Saran**: Bagi keluarga dengan lansia, untuk dapat meningkatkan perilaku dan menguragi kebiasaan buruk bagi lansia. Bagi puskesmas dan posbindu diharapkan untuk aktif dalam melakukan pendekatan pada masyarakat agar melakukan kunjungan ke posbindu bagi peneliti selanjutnya diharapkan dapat melakukan penelitian mengenai faktor penyebab yang mempengaruhi perilaku keluarga dalam pencegahan hipertensi seperti membatasi penggunaan garam.

Kata kunci: Hipertensi, tingkat pengetahuan, perilaku, pencegahan
Referensi: 55 (2010 – 2019).

ABSTRACT

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RELATIONSHIP BETWEEN KNOWLEDGE AND PREVENTION BEHAVIOR FOR HYPERTENSION IN FAMILIES WITH ELDERLY IN CIJENGIR, BINONG

(xiii + 56 Page; 1 Charts; 7 Table; 8 Attachments)

Background: *The study was conducted to determine the level of knowledge and behavior of families in preventing hypertension in the elderly, data obtained as many as 168 families who have elderly, where there are 44 elderly suffering from hypertension.* **Research Objectives**: *To determine the relationship between the level of knowledge and behavioral prevention of hypertension in families with the elderly in Cijengir, Binong.* **Research Methods**: *This study uses quantitative correlational research methods. The sampling technique used was purposive sampling. Samples obtained as many as 32 (27.118%) of family heads from a total of 168 families with elderly in Cijengir, Binong due to the Covid-19 pandemic so that data collection was done online. The research instrument used a questionnaire that was modified from several researchers. The results of the validity test of 11 knowledge questions and 13 valid behavior questions and the reliability results on the Cronbach alpha knowledge variable 0.803 and the Cronbach alpha behavioral variable 0.878. Data analysis technique used is univariate and bivariate analysis using the chi square test.* **Results**: *The level of knowledge of families with the elderly in the prevention of hypertension were 22 respondents (68.75%) had good knowledge, the behavior of families with the elderly in the prevention of hypertension using a mean 40.25 values of positive and negative behavior were the same as 16 respondents (50%) and not there is a relationship between the level of knowledge with family behavior in the prevention of hypertension (p value 1.00).* **Suggestion**: *For families with the elderly, to be able to improve their behavior and reduce bad habits for the elderly. For Puskesmas and Posbindu it is hoped to be active in approaching the community so that a visit to Posbindu for researchers will hopefully be able to conduct research on the causal factors that influence family behavior in preventing hypertension such as limiting the use of salt.*

Keywords: Hypertension, level of knowledge, behavior,prevention
Reference: 55 (2010-2019).