

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA
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Hubungan Perilaku “CERDIK” Dengan Kejadian Hipertensi Pada Perawat di Rumah
Sakit Mitra Plumbon Cirebon

xv + 59 halaman + 6 tabel + 2 bagan + 9 lampiran

ABSTRAK

Hipertensi adalah suatu keadaan dimana tekanan darah sistolik ≥ 140 mmHg dan atau diastolik ≥ 90 mmHg. Petugas kesehatan yang bekerja dengan sistem *rotating shift* berisiko lebih tinggi untuk menderita hipertensi jika dibandingkan *non shift*. Salah satu upaya dalam meningkatkan pengetahuan, keterampilan, dan kompetensi individu dalam mempertahankan status kesehatan adalah Program “CERDIK”. Tujuan penelitian ini untuk mengetahui hubungan perilaku “CERDIK” dengan kejadian hipertensi pada perawat di Rumah Sakit Mitra Plumbon Cirebon.

Jenis penelitian menggunakan penelitian kuantitatif dengan desain deskriptif korelasional dengan pendekatan *cross sectional*. Populasi penelitian adalah perawat pelaksana di Rumah Sakit Mitra Plumbon Cirebon dan teknik sampling menggunakan metode *stratified sampling* sebanyak 85 orang. Pengambilan data menggunakan lembar kuesioner dan observasi. Analisa data dilakukan menggunakan analisa univariat dengan persentase dan analisa bivariat dengan uji *Chi Square* (χ^2).

Hasil penelitian menunjukkan bahwa sebagian besar responden (54,1%) memiliki perilaku “CERDIK” yang baik dan sebagian besar responden (37,6%) dalam kategori tekanan darah normal. Hasil uji statistik *Chi Square* (χ^2) diperoleh p value = $0,000 < \alpha$ (0,05) menunjukkan bahwa H_a diterima artinya terdapat hubungan perilaku “CERDIK” dengan kejadian hipertensi pada perawat di Rumah Sakit Mitra Plumbon Cirebon.

Diharapkan perawat dapat meningkatkan kemampuannya konsistensi penerapan perilaku “CERDIK” secara holistik untuk menurunkan risiko hipertensi.

Kata Kunci : Perilaku “CERDIK”, Hipertensi, Perawat

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**MAHARDIKA INSTITUTE OF TECHNOLOGY AND HEALTH
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The Correlation between "CERDIK" Behavior and the Incidence of Hypertension in Nurses at Mitra Plumbon Cirebon Hospital

xv + 59 pages + 6 tables + 2 schemes + 9 enclousures

ABSTRACT

Hypertension is a condition where systolic blood pressure is ≥ 140 mmHg and/or diastolic is ≥ 90 mmHg. Healthworkers who work with a rotating shift system are at higher risk of suffering from hypertension when compared to non-shift health workers. One effort to improve individual knowledge, skills, and competence in maintaining health status is the "CERDIK" Program. The purpose of this study was to determine the correlation between "CERDIK" behavior and the incidence of hypertension in nurses at Mitra Plumbon Cirebon Hospital.

This type of research uses quantitative research with a descriptive correlational research design with a cross-sectional approach. The population in this study was nurses at Mitra Plumbon Cirebon Hospital, and the sampling technique used the stratified sampling method of 85 people. Data collection used questionnaires and observation sheets. Data analysis was carried out using univariate analysis with percentages and bivariate analysis with The Chi-Square test (χ^2).

The results of the study showed that most respondents (54.1%) had good "CERDIK" behavior and most respondents (37.6%) were in the normal blood pressure category. The results of the Chi-Square statistical test (χ^2) obtained a p value = $0.000 < \alpha$ (0.05), indicating that H_a was accepted, meaning there was a correlation between "CERDIK" behavior and the incidence of hypertension in nurses at Mitra Plumbon Cirebon Hospital.

It is hoped that nurses can improve their ability to consistently apply "CERDIK" behavior holistically to reduce the risk of hypertension.

Keywords : "CERDIK" Behavior, Hypertension, Nurses

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