

INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA

FAKULTAS KESEHATAN

PROGRAM STUDI ILMU KEPERAWATAN

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**HUBUNGAN PENGETAHUAN TENTANG HIPERTENSI DENGAN SIKAP
PENCEGAHAN KAMBUIHAN HIPERTENSI PADA LANSIA DI WILAYAH
POSBINDU RW 07 PESISIR**

Xv+ 73 halaman + 4 tabel + 2 bagan + 14 lampiran

ABSTRAK

Hipertensi merupakan salah satu masalah kesehatan yang signifikan di dunia, terutama pada kelompok lanjut usia (lansia) yang rentan mengalami komplikasi serius akibat tekanan darah tinggi. Prevalensi hipertensi di Indonesia masih tinggi, termasuk di wilayah Posbindu RW 07 Pesisir Kota Cirebon, yang menjadi lokasi penelitian ini.

Tujuan penelitian ini adalah untuk mengetahui hubungan antara pengetahuan lansia tentang hipertensi dengan sikap pencegahan kekambuhan hipertensi.

Penelitian ini menggunakan desain deskriptif korelasional dengan pendekatan *cross-sectional*. Sampel berjumlah 54 lansia penderita hipertensi yang dipilih menggunakan teknik stratified random sampling. Instrumen penelitian berupa kuesioner *Hypertension Knowledge Level Scale* (HK-LS) untuk mengukur pengetahuan dan kuesioner perilaku pencegahan kekambuhan hipertensi.

Hasil penelitian menunjukkan bahwa sebagian besar lansia memiliki tingkat pengetahuan cukup tentang hipertensi, namun penerapan sikap pencegahan kekambuhan masih perlu ditingkatkan. Analisis bivariat menggunakan *uji Chi-square* menunjukkan adanya hubungan signifikan antara pengetahuan lansia tentang hipertensi dengan sikap pencegahan kekambuhan hipertensi (p -value $< 0,05$). Temuan ini menunjukkan bahwa pengetahuan yang baik berperan penting dalam mendorong lansia untuk menerapkan perilaku sehat, seperti pola makan rendah garam, aktivitas fisik teratur, dan kepatuhan pada pengobatan. Oleh karena itu, intervensi edukatif yang menasar peningkatan pengetahuan lansia perlu diperkuat guna mencegah kekambuhan hipertensi dan meningkatkan kualitas hidup.

Penelitian ini diharapkan dapat menjadi dasar pengembangan program edukasi kesehatan yang lebih efektif di Posbindu serta rujukan bagi penelitian sejenis di masa mendatang.

Kata Kunci: Hipertensi, Pengetahuan, Sikap Pencegahan, Lansia, Posbindu

Daftar Pustaka: 18 (2002 - 2024)

MAHARDIKA INSTITUTE OF TECHNOLOGY AND HEALTH
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**THE RELATIONSHIP BETWEEN KNOWLEDGE ABOUT HYPERTENSION
AND ATTITUDES TO PREVENT RECURRENCE OF HYPERTENSION IN
THE ELDERLY IN THE POSBINDU RW 07 COASTAL AREA**

Xv+ 73 pages + 4 tables + 2 charts + 14 attachments

ABSTRACT

Hypertension is one of the significant health problems in the world, especially in the elderly who are vulnerable to serious complications due to high blood pressure. The prevalence of hypertension in Indonesia is still high, including in the Posbindu RW 07 Pesisir area of Cirebon City, which is the location of this study.

The purpose of this study was to determine the relationship between elderly knowledge about hypertension and attitudes towards preventing hypertension recurrence.

This study used a descriptive correlational design with a cross-sectional approach. The sample amounted to 54 elderly people with hypertension who were selected using stratified random sampling technique. The research instrument was a Hypertension Knowledge Level Scale (HK-LS) questionnaire to measure knowledge and a hypertension recurrence prevention behavior questionnaire.

The results showed that most of the elderly had a sufficient level of knowledge about hypertension, but the application of recurrence prevention attitudes still needed to be improved. Bivariate analysis using the Chi-square test showed a significant relationship between elderly knowledge about hypertension and attitudes towards preventing hypertension recurrence (p -value <0.05). This finding suggests that good knowledge plays an important role in encouraging the elderly to implement healthy behaviors, such as a low-salt diet, regular physical activity, and adherence to medication. Therefore, educational interventions targeting the improvement of elderly knowledge need to be strengthened to prevent hypertension recurrence and improve quality of life.

This study is expected to be the basis for the development of a more effective health education program in Posbindu as well as a reference for similar studies in the future.

Keywords: Hypertension, Knowledge, Prevention Attitude, Elderly, Posbindu

Bibliography: 18 (2002 - 2024)