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“GAMBARAN PERILAKU PENCEGAHAN PENYAKIT TIDAK MENULAR (PTM) PADA MASYARAKAT DI WILAYAH KERJA PUSKESMAS PRINGSURAT”

**ABSTRAK**

**Latar belakang :** Penyakit tidak menular merupakan salah satu masalah kesehatan yang menjadi perhatian nasional maupun global pada saat ini. Penyakit tidak menular merupakan penyebab utama kematian di dunia. Kabupaten Temanggung Provinsi tahun 2018, penyakit tidak menular (PTM) seperti hipertensi memiliki prevalensi sebesar 73% diikuti penyakit diabeter melitus sebesar 15%. Kasus penyakit tidak menular di wilayah kerja Puskesmas Pringsurat seperti hipertensi sebanyak 1.146 kasus, stroke sebanyak 42 kasus, diabetes mellitus sebanyak 302 kasus, kanker payudara 21 kasus, kanker serviks 4 kasus dan pernapasan akut sebanyak 41 kasus.

**Tujuan:** Tujuan dari penelitian ini adalah untuk mengetahui gambaran perilaku pencegahan penyakit tidak menular (PTM) pada masyarakat di wilayah kerja puskesmas pringsurat.

**Metode:** Metode yang digunakan dalam penelitian ini menggunakan penelitian deskriptif dengan pendekatan *cross sectional*. Dengan jumlah sampel sebanyak 100 orang. Teknik pengambilan sampel menggunakan *proposive sampling*. Analisis yang dilakukan menggunakan analisis univariat.

**Hasil:** Hasil penelitian menunjukkan bahwa gambaran perilaku pencegahan penyakit tidak menular pada masyarakat di wilayah kerja puskesmas pringsurat yang melakukan perilaku pencegahan penyakit tidak menular yaitu sebanyak 47 responden (47%). Masyarakat yang melakukan aktifitas fisik sebanyak 56 responden (56%), masyarakat yang tidak merokok sebanyak 54 responden (54%), masyarakat yang konsumsi gizi seimbang sebanyak 44 responden (44%), dan masyarakat yang tidak konsumsi alkohol sebanyak 86 responden (86%).

**Kesimpulan:** Kesimpulan dari penelitian ini bahwa gambaran perilaku pencegahan penyakit tidak menular pada masyarakat di wilayah kerja Puskesmas Pringsurat, dari hasil penelitian ditemukan sebanyak 47% masyarakat yang melakukan perilaku pencegahan PTM, masyarakat yang melakukan aktifitas fisik sebanyak 56%, masyarakat yang tidak merokok sebanyak 54%, masyarakat yang konsumsi gizi seimbang sebanyak 44%, dan masyarakat yang tidak konsumsi alkohol sebanyak 86%.

**Kata kunci :** Perilaku pencegahan, Penyakit tidak menular, Masyarakat

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“DESCRIPTION OF BEHAVIOR TO PREVENT NON-COMMUNICABLE DISEASES IN THE COMMUNITY IN THE WORKING AREA OF THE PUSKESMAS PRINGSURAT”

**ABSTRACT**

**Background:** Non-communicable diseases is one of the health problems which become concern for both national and global today. Non-communicable diseases are the main cause of death in the world. In Temanggung regency Province of 2018, non-communicable diseases (ncds) such as hypertension has a prevalence of 73%, followed by diseases of the diabeter mellitus by 15%. Non-communicable diseases in the health center Pringsurat still become one of the highest health problem. Residents in the working area of Puskesmas Pringsurat as much the case of non-communicable diseases such as hypertension as much as 1.146 cases, stroke by as much as 42 cases, diabetes mellitus total of 302 cases, breast cancer 21 cases, cervical cancer 4 cases and acute respiratory as much as 41 cases.

**Purpose:** The purpose of this research is to know the description of the behavior of the prevention of non-communicable diseases (NCDS) in the community in the work area of puskesmas Pringsurat.

**Method:** The method which used in this study deskription with cross sectional method. With a total sample of 100 people. The sampling technique is using propogive sampling. The analysis is performed by univariate analysis.

**Results:** The results showed that the description of non-communicable disease prevention behavior in the community in the working area of the Pringsurat Public Health Center who carried out non-communicable disease prevention behavior was as many as 47 respondents (47%). People who do physical activity are 56 respondents (56%), people who do not smoke are 54 respondents (54%), people who consume balanced nutrition are 44 respondents (44%), and people who do not consume alcohol are 86 respondents (86%) ).

**Conclusion:** The conclusion of this study is that the description of the behavior of preventing non-communicable diseases in the community in the working area of the Pringsurat Public Health Center, the results of the study found that 47% of the people who practice PTM prevention behavior, people who do physical activity are 56%, people who do not smoke are 54%, people who consume balanced nutrition as much as 44%, and people who do not consume alcohol as much as 86%.

**Keywords :** Behavior prevention, Non-communicable diseases, Community