

**Universitas Ngudi Waluyo
Program Studi S1 Keperawatan
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“Gambaran Perilaku Cerdik Penderita Hipertensi Dimasa Pandemi Covid-19 Dalam Upaya Mengendalikan Tekanan Darah di Desa Lerep Kecamatan Ungaran Barat Kabupaten Semarang”

xv + 97 halaman + 6 tabel + 2 gambar + 15 lampiran

ABSTRAK

Latar Belakang : Penyakit Tidak Menular (PTM) seringkali bersifat kronis, menyebabkan sistem kekebalan tubuh secara bertahap menurun, membuat penderitanya rentan terhadap infeksi, termasuk yang disebabkan oleh infeksi virus COVID-19. Pasien PTM sangat rentan, dan COVID 19 adalah penyakit penyerta yang umum. Karena hipertensi merupakan suatu kondisi yang berhubungan langsung dengan perilaku dan gaya hidup/pola hidup, maka sebaiknya dikelola dengan menerapkan kebiasaan yang lebih sehat yaitu perilaku CERDIK. Tujuan penelitian ini adalah mengetahui perilaku cerdik penderita hipertensi dimasa pandemi covid-19 dalam upaya mengendalikan tekanan darah di Desa Lerep Kecamatan Ungaran Barat Kabupaten Semarang.

Metode : Desain penelitian ini deskriptif dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah penderita hipertensi di Desa Lerep Kecamatan Ungaran Barat Kabupaten Semarang sebanyak 115 orang dengan sampel sebanyak 115 orang yang diambil dengan teknik *total sampling*. Alat ukur yang digunakan dalam pengambilan data adalah kuesioner perilaku CERDIK dari Kementerian Kesehatan RI, 2019. Data di analisis menggunakan rumus distribusi frekuensi dengan menggunakan soft ware program pengolahan data SPSS.

Hasil : Penderita hipertensi di Desa Lerep Kecamatan Ungaran Barat Kabupaten Semarang pada masa pandemi COVID-19 mempunyai perilaku CERDIK dalam upaya mengendalikan tekanan darah sebagian besar kategori baik yaitu sebanyak 66 orang (57,4%) yaitu perilaku cek kesehatan secara rutin (53,0%), sebagian besar merokok (68,7%), sebagian besar melakukan aktivitas fisik (68,7%), tidak melakukan diet (82,6%), melakukan istirahat (50,4%) mengelola stres (92,2%).

Saran : Sebaiknya penderita hipertensi meningkatkan kepatuhan terhadap diet dengan mengendalikan konsumsi garam serta menghindari makan makanan di luar yang tidak terkendali penggunaan garamnya.

Kata Kunci : Perilaku Cerdik, Hipertensi,Pandemi Covid-19, Pengendalian Tekanan Darah

Kepustakaan : 59 (2016-2020)

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S1 Nursing Study Program

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"Depiction of Intelligent Behavior of Hypertension Patients During the Covid-19 Pandemic In Efforts to Control Blood Pressure in Lerep Village, Ungaran Barat District, Semarang Regency".

xv + 97 pages + 6 tables + 2 images + 15 attachments

ABSTRACT

Background : Non-Communicable Diseases (NCDs) are often chronic, causing the immune system to gradually decline, making the sufferer susceptible to infections, including those caused by the COVID-19 virus infection. NCD patients are particularly vulnerable, and COVID 19 is a common co-morbidity. Because hypertension is a condition that is directly related to behavior and lifestyle, it should be managed by implementing healthier habits, namely SMART behavior. The purpose of this study was to find out the smart behavior of hypertension sufferers during the covid-19 pandemic in an effort to control blood pressure in Lerep Village, Ungaran Barat District, Semarang Regency.

Methods: The design of this research is descriptive with a cross sectional approach. The population in this study were hypertension sufferers in Lerep Village, West Ungaran District, Semarang Regency as many as 115 people with a sample of 115 people taken by total sampling technique. The measuring instrument used in data collection is the CERDIK behavioral questionnaire from the Indonesian Ministry of Health, 2019. The data is analyzed using a frequency distribution formula using the SPSS data processing program software.

Results: Hypertension sufferers in Lerep Village, Ungaran Barat District, Semarang Regency during the COVID-19 pandemic had CERDIK behavior in an effort to control blood pressure, mostly in good categories, namely 66 people (57.4%) namely routine health check behaviors (53.0 %), most smoked (68.7%), most did physical activity (68.7%), did not diet (82.6%), took rest (50.4%) managed stress (92.2%).

Suggestion: It is recommended that people with hypertension improve adherence to diet by controlling salt consumption and avoiding eating outside foods that are not controlled by the use of salt.

Keywords: Smart Behavior, Hypertension, Covid-19 Pandemic, Blood Pressure Control

Literature : 59 (2016-2020)