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GAMBARAN PERILAKU UPAYA PENCEGAHAN HIPERTENSI PADA REMAJA DI SMP NEGERI 1 BANDUNGAN KABUPATEN SEMARANG

ABSTRAK

Latar Belakang : Prevalensi hipertensi di Jawa Tengah dengan hipertensi sebesar 37,57%. Jumlah estimasi penderita hipertensi berusia > 15 tahun 2019 sebanyak 8.070.378 orang atau sebesar 30,4% dari seluruh penduduk berusia > 15 tahun. Kabupaten Semarang menempati posisi ke 15 terbanyak yang menderita hipertensi dari 36 Kabupaten/kota di Jawa Tengah. Pada tahun 2019 didapatkan presentase pelayanan kesehatan hipertensi penduduk > 15 tahun di Kabupaten Semarang sebanyak 57,2%

Metode : Penelitian ini menggunakan jenis penelitian studi deskriptif kuantitatif, dengan pendekatan *cross-sectional*. Samprel yang diambil sebanyak 157 responden yang dipilih menggunakan metode *accidental sampling*. Instrumen penelitian ini adalah kuesioner, yang dianalisis menggunakan yaitu analisis univariat.

Hasil : Hasil dari penelitian menunjukkan siswa hipertensi 53 (33,8%), siswa tidak rutin melakukan cek kesehatan 59 (62,4%), siswa yang tidak memiliki perilaku menghindari asap rokok 43 (27,4%), siswa tidak melakukan aktifitas fisik 83 (52,9%), siswa pola konsumsi makanan bergizi tidak baik 44 (28%), siswa pola istirahat yang tidak cukup 69 (43,9) siswa pola istirahat yang tidak cukup, siswa memiliki perilaku kelola stress.
156 (99,4%)

Simpulan : Sebagian besar siswa memiliki tekanan darah dengan kategori hipertensi sebanyak 53 (33,8%), cek kesehatan sebanyak 98 (62,4%), menghindari asap rokok sebanyak 114 (72,6%), aktifitas fisik sebanyak 83 (52,9%), pola mengkonsumsi makanan bergizi sebanyak 113 (72%), pola istirahat 88 (56,1%), dan pengelolaan stress sebanyak 156 (99,4%).

Kata Kunci : Hipertensi, Remaja, Pencegahan

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**BEHAVIORAL DESCRIPTION OF HYPERTENSION PREVENTION
EFFORTS IN ADOLESCENTS AT SMP NEGERI 1 BANDUNGAN,
SEMARANG REGENCY**

ABSTRACT

Background: *The prevalence of hypertension in Central Java with hypertension is 37.57%. The estimated number of people suffering from hypertension > 15 in 2019 was 8,070,378 people or 30.4% of the entire population aged > 15 years. Semarang Regency maintains the 15th position of the most people suffering from hypertension from 36 regencies/cities in Central Java. In 2019, the percentage of hypertension health services for the population of > 15 years in Semarang Regency was 57.2%*

Methods: *This research uses a quantitative descriptive type of study research, with a cross-sectional approach. Samprel taken by 157 respondents was selected using motede accidental sampling. This research instrument is a questionnaire, which is analyzed using a univariate analysis.*

Results: *The results of the study showed hypertensive students 53 (33.8%), students did not routinely do health checks 59 (62.4%), students who did not have behaviors handling cigarette smoke 43 (27.4%), students did not do physical activity 83 (52.9%), students who consumed nutritious food patterns were not good 44 (28%), students had insufficient rest patterns 69 (43.9) students with insufficient rest patterns, students have stress management behaviors.*

Conclusion: *Most of the students had blood pressure with hypertension category of 53 (33.8%), health checks as many as 98 (62.4%), avoiding smoking smoke as much as 114 (72.6%), physical activity as much as 83 (52.9%), patterns of consuming nutritious foods as much as 113 (72%), rest patterns 88 (56.1%), and stress management as much as 156 (99.4%).*

Keywords: *Hypertension, Adolescence, Prevention*