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Program Agustus 2022
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Gambaran Gaya Hidup Penderita Hipertensi Di Puskesmas Atabae

ABSTRAK

Latar belakang: Faktor risiko hipertensi terdiri dari faktor risiko yang tidak dapat diubah yaitu usia, jenis kelamin, dan riwayat penyakit hipertensi. Sedangkan faktor risiko yang tidak dapat diubah antara lain merokok, kurang makan buah dan sayur, konsumsi garam berlebih, berat badan berlebih, kurang aktivitas fisik, konsumsi alkohol berlebih. Tujuan penelitian ini untuk mendeskripsikan bagaimana gaya hidup penderita hipertensi di puskesmas Atabae.

Metode: penelitian kuantitatif dengan desain deskriptif. Penelitian ini dilakukan pada penderita hipertensi yang berada di data puskesmas pada bulan Januari-Mei tahun 2022 sejumlah 119 penderita hipertensi. Pengambilan data dilakukan dengan menggunakan kuesioner. Analisis data dilakukan dengan analisis univariat.

Hasil: Responden yang tidak merokok sejumlah 34,5%, dan responden yang memiliki kebiasaan perokok berat sejumlah 5%. Responden yang melaksanakan aktivitas berat didapatkan sejumlah 30,2%. Kebiasaan makan dan minum responden sebagian besar termasuk dalam kategori baik sejumlah 65,5%. Responden yang mengalami gejala stres sejumlah 46,2%.

Saran: petugas kesehatan meningkatkan kegiatan penyuluhan kepada masyarakat untuk mencegah hipertensi melalui perilaku hidup sehat.

Kata kunci: hipertensi, gaya hidup.

Daftar Pustaka: 18 (2017-2022)

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Final Assignment, August 2022
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Lifestyle of Hypertension Patients at Atabae Health Center

ABSTRACT

Background: Risk factors for hypertension consist of risk factors that cannot be changed, namely age, gender, and history of hypertension. While the risk factors that cannot be changed include smoking, eating less fruit and vegetables, excessive salt consumption, excess body weight, lack of physical activity, and excessive alcohol consumption. The purpose of this study was to describe how the lifestyle of hypertension sufferers at the Atabae Public Health Center.

Method: quantitative research with descriptive design. This study was conducted on patients with hypertension who were in the puskesmas data from January-May 2022, a total of 119 people with hypertension. Data collection was carried out using a questionnaire. Data analysis was performed by univariate analysis.

Results: 34.5% of respondents who do not smoke, and 5% of respondents who have heavy smoking habits. Respondents who carried out strenuous activities were found to be 30.2%. Most of the respondents' eating and drinking habits were included in the good category as many as 65.5%. Respondents who experience symptoms of stress are 46.2%.

Suggestion: health workers increase outreach activities to the community to prevent hypertension through healthy living behavior.

Keywords: hypertension, lifestyle.

Literature: 18 (2017-2022)

