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HUBUNGAN KEAKTIFAN MENGIKUTI POSBINDU DENGAN KESTABILAN TEKANAN DARAH PENDERITA HIPERTENSI DI WILAYAH KERJA PUSKESMAS PETUNGKRIYONO

ABSTRAK

Latar Belakang : Hipertensi atau tekanan darah tinggi adalah suatu keadaan dimana tekanan darah sistolik ≥ 140 mmHg dan atau tekanan darah diastolik ≥ 90 mmHg. Upaya pencegahan dan pengendalian penyakit hipertensi salah satunya adalah melalui Posbindu yang merupakan peran serta masyarakat dalam melakukan kegiatan deteksi dini dan pemantauan faktor risiko penyakit tidak menular yang dilaksanakan secara terpadu, rutin, dan periodik. Penelitian ini untuk mengetahui adanya hubungan keaktifan mengikuti Posbindu terhadap tekanan darah penderita hipertensi di wilayah kerja Puskesmas Petungkriyono.

Metode : penelitian kuantitatif dengan menggunakan rancangan penelitian cross sectional dan pendekatan waktu dengan metode studi retrospektif, pengumpulan data berdasarkan data sekunder berupa data peserta program Posbindu. Sampel 81 responden dengan teknik purposive sampling. Hasil penelitian dianalisis menggunakan analisa univariat dan uji Chi Square

Hasil : Mayoritas tingkat keaktifan Posbindu adalah kategori sedang yaitu sebanyak 48,1%, rata-rata tekanan darah adalah 132,45/82,16 dengan tekanan darah sistolik minimal 90 dan maksimal $190 \pm 18,04$, sedangkan tekanan darah diastolik minimal 53,33 dan maksimal $100 \pm 7,33$, tekanan darah mayoritas adalah hipertensi yaitu sebanyak 35,8%.

Simpulan : Ada hubungan antara keaktifan mengikuti Posbindu dengan kestabilan tekanan darah penderita hipertensi di Kecamatan Petungkriyono Kabupaten Pekalongan, dari hasil nilai $p=0,000 < 0,05$. Hasil penelitian diharapkan dapat menambah informasi bagi masyarakat tentang hubungan kehadiran mengikuti kegiatan posbindu terhadap tekanan darah penderita penyakit hipertensi

Kata Kunci :Posbindu, Tekanan darah, Hipertensi

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THE RELATIONSHIP OF ACTIVITIES IN POSBINDU WITH THE STABILITY OF BLOOD PRESSURE IN HYPERTENSION PATIENTS IN THE WORKING AREA OF THE PETUNGKRIYONO PUSKESMAS

ABSTRACT

Background: Hypertension or high blood pressure is a condition where the systolic blood pressure is ≥ 140 mmHg and/or diastolic blood pressure ≥ 90 mmHg. One of the efforts to prevent and control hypertension is through Posbindu, which is the community's role in carrying out early detection and monitoring of risk factors for non-communicable diseases which are carried out in an integrated, routine and periodic manner. This research aims to determine the relationship between attendance at Posbindu and the blood pressure of hypertension sufferers in the Petungkriyono Community Health Center working area.

Method: quantitative research using a cross sectional research design and a time approach with a retrospective study method, data collection based on secondary data in the form of data on Posbindu program participants. Sample of 81 respondents using purposive sampling technique. The research results were analyzed using univariate analysis and the Chi Square test

Results: The majority of Posbindu attendance rates were in the medium category, namely 48.1%, the average blood pressure was 132.45/82.16 with a minimum systolic blood pressure of 90 and a maximum of 190 ± 18.04 , while the minimum diastolic blood pressure was 53.33 and a maximum of 100 ± 7.33 , the majority of blood pressure is hypertension, namely 35.8%.

Conclusion: There is a relationship between attendance at Posbindu and the blood pressure of hypertension sufferers in Petungkriyono District, Pekalongan Regency, from the results of the value $\rho = 0.000 < 0.05$. It is hoped that the results of the research will provide additional information for the public regarding the relationship between attendance at posbindu activities and the blood pressure of people with hypertension

Keywords: Posbindu, Blood pressure, Hypertension