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**ANALISIS KINERJA PERAWAT DALAM PEMANTAUAN DAN  
PENGELOLAAN PASIEN HIPERTENSI DI WILAYAH KERJA  
PUSKESMAS TANAH KUNING**

**ABSTRAK**

**Latar belakang:** Hipertensi merupakan penyakit kronis yang memerlukan pengelolaan dan pemantauan jangka panjang secara berkelanjutan. Perawat memiliki peran penting dalam pelayanan keperawatan pasien hipertensi, mulai dari pemantauan tekanan darah, pengelolaan pengobatan, edukasi dan konseling, dukungan motivasi, koordinasi perawatan, hingga evaluasi tindak lanjut. Penilaian kinerja perawat dari perspektif pasien diperlukan untuk mengetahui kesesuaian pelayanan dengan harapan pasien.

**Metode:** Penelitian kuantitatif deskriptif ini dilakukan pada tahun 2025 dengan 87 responden pasien hipertensi di Puskesmas Tanah Kuning, menggunakan teknik total sampling. Instrumen berupa kuesioner penilaian kinerja perawat berdasarkan enam aspek, telah diuji validitas ( $r = 0,676-0,900$ ) dan reliabilitas ( $\alpha = 0,989$ ). Data dianalisis secara univariat dan disajikan dalam distribusi frekuensi serta persentase.

**Hasil:** inerja perawat secara umum dinilai tidak baik (4,6%), cukup (79,3%), dan baik (16,1%). Aspek yang paling banyak dinilai cukup adalah koordinasi perawatan (70,1%), diikuti pengelolaan pengobatan (63,2%), pemantauan tekanan darah (60,9%), edukasi dan konseling (58,6%), dukungan dan motivasi (58,6%), serta evaluasi dan tindak lanjut (58,6%).

**Saran:** Puskesmas disarankan menyelenggarakan pelatihan berkala bagi perawat terkait pengelolaan dan pemantauan pasien hipertensi, terutama dalam aspek komunikasi terapeutik, edukasi, dan evaluasi keperawatan. Perawat diharapkan meningkatkan kompetensi melalui pembelajaran mandiri dan penerapan prinsip asuhan keperawatan secara menyeluruh. Penelitian selanjutnya dianjurkan menggunakan metode triangulasi, memperluas lokasi, dan menambahkan analisis faktor lain yang memengaruhi kinerja perawat, seperti beban kerja, supervisi, atau kepuasan kerja.

**Kata kunci:** Kinerja perawat, hipertensi, pelayanan keperawatan

**Kepustakaan:** 53 ( 2017-2025 )

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**ABSTRACT**

**Background:** Hypertension is a chronic disease that requires long-term and continuous management and monitoring. Nurses play an essential role in providing nursing care for hypertensive patients, including blood pressure monitoring, medication management, patient education and counseling, motivational support, care coordination, and follow-up evaluation. Assessing nurses' performance from the patients' perspective is necessary to determine whether the services provided meet patient expectations.

**Methods:** This descriptive quantitative study was conducted in 2025 with 87 hypertensive patients at Tanah Kuning Public Health Center using a total sampling technique. The instrument was a nurse performance assessment questionnaire covering six aspects, which had been tested for validity ( $r = 0.676-0.900$ ) and reliability ( $\alpha = 0.989$ ). Data were analyzed using univariate methods and presented in frequency and percentage distributions.

**Results:** Overall, nurse performance was categorized as poor (4.6%), fair (79.3%), and good (16.1%). The aspect most frequently rated as fair was care coordination (70.1%), followed by medication management (63.2%), blood pressure monitoring (60.9%), patient education and counseling (58.6%), motivational support (58.6%), and follow-up evaluation (58.6%).

**Suggestion:** Regular training is recommended for nurses in hypertension management, particularly in therapeutic communication, patient education, and nursing evaluation. Nurses are encouraged to enhance their competence through self-directed learning and the application of comprehensive nursing care. Future studies should consider a triangulation approach, broader study settings, and the inclusion of additional factors such as workload, supervision, and job satisfaction.

**Keywords:** Nurse performance, hypertension, nursing care

**Bibliography:** 53 ( 2017-2025 )