

Universitas Ngudi Waluyo
Program Studi S1 Keperawatan
Fakultas Kesehatan
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Helda Winasetya
011201005

GAMBARAN KEJADIAN HIPERTENSI DIKELURAHAN CANDIREJO

ABSTRAK

Latar Belakang:

Hipertensi merupakan masalah kesehatan serius, terutama pada lansia, yang dapat menyebabkan komplikasi seperti penyakit jantung, stroke, dan gagal ginjal. Pencegahan dan deteksi dini hipertensi sangat penting, salah satunya melalui pemberdayaan kader kesehatan sebagai tenaga sukarela yang berperan dalam edukasi, pemantauan kesehatan, dan memfasilitasi akses layanan kesehatan. Namun, efektivitas peran kader dalam mendeteksi hipertensi masih perlu diteliti.

Tujuan:

Penelitian ini bertujuan untuk menganalisis hubungan antara peran kader kesehatan dengan deteksi kejadian hipertensi di Kelurahan Candirejo, serta untuk menggambarkan peran kader, kejadian hipertensi, dan hubungan keduanya.

Metode:

Pendekatan kuantitatif dengan desain penelitian cross-sectional digunakan dalam penelitian ini. Sampel terdiri dari 80 lansia yang dipilih dengan teknik convenience sampling. Data dikumpulkan melalui kuesioner tentang peran kader dalam edukasi, motivasi, pemantauan, serta penghubung dengan tenaga kesehatan. Data kejadian hipertensi diperoleh melalui pengukuran tekanan darah. Analisis data dilakukan menggunakan uji Chi-Square.

Hasil:

Sebagian besar kader di Kelurahan Candirejo memiliki peran yang baik dalam mendeteksi hipertensi (60%). Kejadian hipertensi pada lansia menunjukkan bahwa 27,5% responden mengalami hipertensi tingkat I, 21,3% tingkat II, dan 8,8% tingkat III. Uji Chi-Square menunjukkan hubungan signifikan antara peran kader dan deteksi hipertensi (p-value 0,000).

Saran:

Pelatihan lebih lanjut bagi kader diperlukan untuk meningkatkan keterampilan dalam pemeriksaan tekanan darah dan penyuluhan yang efektif. Dukungan alat kesehatan dan koordinasi dengan tenaga kesehatan di Puskesmas juga penting untuk meningkatkan deteksi dini hipertensi.

Kata Kunci: Peran Kader, Hipertensi, Deteksi Dini, Lansia, Posyandu.

Ngudi Waluyo University
Bachelor's Program in Nursing
Faculty of Health
Thesis, March 2025
Helda Winasetya
011201005

THE RELATIONSHIP HYPERTENSION DETECTION IN CANDIREJO VILLAGE

ABSTRACT

Background:

Hypertension is a serious health issue, especially among the elderly, which can lead to complications such as heart disease, stroke, and kidney failure. Prevention and early detection of hypertension are crucial, one of which is through the empowerment of health cadres as voluntary workers who play a role in education, health monitoring, and facilitating access to health services. However, the effectiveness of cadres' roles in detecting hypertension still needs further research.

Objective:

This study aims to analyze the relationship between the role of health cadres and the detection of hypertension cases in Candirejo Village, as well as to describe the role of cadres, the occurrence of hypertension, and the relationship between the two.

Method:

A quantitative approach with a cross-sectional design was used in this study. The sample consisted of 80 elderly individuals selected using convenience sampling. Data were collected through a questionnaire about the role of cadres in education, motivation, monitoring, and linking with healthcare providers. Hypertension occurrence data were obtained through blood pressure measurements. Data analysis was performed using Chi-Square statistical tests.

Results:

The majority of cadres in Candirejo Village had a good role in detecting hypertension (60%). The occurrence of hypertension among the elderly showed that 27.5% of respondents had stage I hypertension, 21.3% had stage II, and 8.8% had stage III. The Chi-Square test showed a significant relationship between the role of cadres and hypertension detection (p -value 0.000).

Recommendation:

Further training for cadres is needed to improve their skills in blood pressure measurement and effective counseling. Support for adequate health equipment and better coordination with healthcare providers at the community health center (Puskesmas) is also essential to enhance early detection of hypertension.

Keywords: *Cadre Role, Hypertension, Early Detection, Elderly, Posyandu.*