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GAMBARAN TEKANAN DARAH DAN PERILAKU PENCEGAHAN HIPERTENSI PADA REMAJA BERISIKO DI DESA NGAJARAN

ABSTRAK

Latar Belakang: Hipertensi mengalami pergeseran paradigma, bertransformasi dari penyakit degeneratif lansia menjadi ancaman laten bagi remaja dengan faktor risiko sistemik. Ketiadaan deteksi dini menjadi beban kesehatan kronis yang memicu eskalasi komplikasi kardiovaskular pada usia produktif. Penelitian ini bertujuan untuk mendeskripsikan gambaran tekanan darah dan perilaku pencegahan hipertensi pada remaja berisiko di Desa Ngajaran.

Metode: Studi deskriptif kuantitatif ini melibatkan 238 remaja berisiko yang dipilih melalui teknik *purposive sampling* dari total populasi sebanyak 589 remaja. Tekanan darah diukur menggunakan *sphygmomanometer* digital otomatis terstandarisasi dan perilaku pencegahan hipertensi dinilai melalui instrumen adaptasi *Health Belief Model* (HBM) yang telah teruji validitas dan reliabilitasnya. Analisis dilakukan secara deskriptif menggunakan distribusi frekuensi dan presentase.

Hasil: Penelitian mengungkap fenomena klinis yang cukup signifikan dengan identifikasi prevalensi hipertensi sebesar 40,8%. Munculnya angka tersebut di tengah tingginya profil perilaku pencegahan 49,6% menciptakan sebuah alarm kesehatan publik, sekaligus merefleksikan adanya kesenjangan antara kesadaran perilaku dengan status klinis aktual pada populasi remaja berisiko.

Simpulan dan Saran: Meskipun perilaku pencegahan responden tergolong baik, tingginya prevalensi hipertensi mengonfirmasi ancaman klinis nyata pada remaja. Diperlukan penguatan pemantauan tekanan darah secara periodik dan edukasi kesehatan yang lebih masif guna memitigasi risiko progresivitas penyakit di masa depan.

Kata Kunci: Tekanan Darah, Hipertensi, Perilaku Pencegahan, Remaja Berisiko, *Health Belief Model* (HBM).

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**BLOOD PRESSURE PROFILE AND HYPERTENSION PREVENTION
BEHAVIOR AMONG AT-RISK ADOLESCENTS IN NGAJARAN
VILLAGE**

ABSTRACT

Background: Hypertension has undergone a paradigm shift, transforming from a degenerative disease of the elderly to a latent threat to adolescents with systemic risk factors. The lack of early detection has become a chronic health burden that triggers an escalation of cardiovascular complications in productive age groups. This study aims to describe the profile of blood pressure and hypertension prevention behaviors among at-risk adolescents in Ngajaran Village.

Methods: This quantitative descriptive study involved 238 at-risk adolescents selected through purposive sampling from a total population of 589 adolescents. Blood pressure was measured using a standardized automatic digital sphygmomanometer, and hypertension prevention behavior was assessed using an adapted *Health Belief Model* (HBM) instrument that had been tested for validity and reliability. The analysis was performed descriptively using frequency distribution and percentages.

Results: The study revealed a significant clinical phenomenon with a prevalence of hypertension of 40.8%. The emergence of this figure amid a high preventive behavior profile of 49.6% created a public health alarm, while also reflecting a gap between behavioral awareness and actual clinical status in the at-risk adolescent population.

Conclusion and Recommendations: Although respondents' preventive behaviors were relatively good, the high prevalence of hypertension confirms a real clinical threat to adolescents. Periodic blood pressure monitoring and more extensive health education are needed to mitigate the risk of disease progression in the future.

Keywords: Blood Pressure, Hypertension, Preventive Behavior, At-risk Adolescents, *Health Belief Model* (HBM).