Universitas Ngudi Waluyo Ungaran
Program Studi S1 Keperawatan
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"Gambaran Upaya Pencegahan Risiko Stroke pada Penderita Hipertensi di Desa Lerep Kecamatan Ungaran Barat Kabupaten Semarang"

ABSTRAK

Latar Belakang : Stroke adalah penyakit komplikasi dari hipertensi yang disebabkan tekanan darah yang tidak terkendali. Peningkatan morbiditas dan mortalitas penyakit ini membutuhkan upaya pencegahan risiko yang serius. tetapi, penderita hipertensi masih banyak yang tidak teratur mengontrol tekanan darah, tetap merokok bahkan mengkonsumsi alkohol hingga tidak melakukan diet rendah garam tinggi serat.
Tujuan : Mengetahui upaya pencegahan risiko stroke pada penderita hipertensi di Desa Lerep Kecamatan Ungaran Barat Kabupaten Semarang.
Metode : Desain pada penelitian ini menggunakan deskriptif dengan pendekatan *survey*. Populasi yang diteliti penderita hipertensi di Desa Lerep Kecamatan Ungaran Barat Kabupaten Semarang dengan jumlah sampel 115 orang diambil dengan teknik *total sampling*. Analisis data yang digunakan *rumus distribusi frekuensi* yang diolah dengan program pengolahan data SPSS.
Hasil : Penderita hipertensi di Wilayah Kerja Puskesmas Lerep sebagian besar berusia kategori lansia muda (66,1%), berjenis kelamin perempuan (67,0%), berpendidikan atas (SMA) (62,6%), bekerja sebagai karyawan swasta (62,6%), berpendapatan UMK (49,6%) dan lama menderita hipertensi kurang dari 5 tahun (50,4%). Upaya pencegahan risiko stroke pada penderita hipertensi di Desa Lerep Kecamatan Ungaran Barat Kabupaten Semarang sebagian besar kategori kurang yaitu sebanyak 59 orang (51,3%).
Kesimpulan : Upaya pencegahan risiko stroke pada penderita hipertensi di Desa Lerep Kecamatan Ungaran Barat Kabupaten Semarang sebagian besar kategori kurang.
Saran : Penderita hipertensi sebaiknya mengurangi asupan garam (1sendok teh/hari), berolahraga rutin (30 menit/hari), berhenti merokok, menjaga berat badan ideal, dan rutin memeriksakan tekanan darah

Kata Kunci : Upaya Pencegahan Risiko Stroke, Penderita Hipertensi

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"Overview of Stroke Risk Prevention Efforts in Hypertension Patients in Lerep Village, West Ungaran District, Semarang Regency"

ABSTRACT

Background: Stroke is a complication of hypertension caused by uncontrolled blood pressure. The increasing morbidity and mortality of this disease requires serious risk prevention efforts. However, many people with hypertension still do not regularly control their blood pressure, continue to smoke, consume alcohol, and do not follow a low-salt, high-fiber diet.
Objective: To determine stroke risk prevention efforts in people with hypertension in Lerep Village, West Ungaran District, Semarang Regency.
Method: This study used a descriptive design with a survey approach. The population studied were 115 people with hypertension in Lerep Village, West Ungaran District, Semarang Regency, with a sample size of 115 people drawn using total sampling. Data analysis used a frequency distribution formula processed with the SPSS data processing program
Results: Hypertension sufferers in the Lerep Community Health Center work area were mostly young elderly (66,1%), female (67,0%), had a high school education (62,6%), worked as private employees (62,6%), earned the minimum wage (UMK) (49,6%), and had suffered from hypertension for less than 5 years (50,4%). Efforts to prevent stroke risk in hypertension sufferers in Lerep Village, West Ungaran District, Semarang Regency were mostly in the inadequate category, with 59 people (51,3%).
Conclusion: Efforts to prevent stroke risk in hypertension sufferers in Lerep Village, West Ungaran District, Semarang Regency were mostly in the inadequate category.
Recommendations: Hypertension sufferers should reduce salt intake (1 teaspoon/day), exercise regularly (30 minutes/day), stop smoking, maintain ideal body weight, and regularly check their blood pressure.

Keywords : Stroke Risk Prevention Efforts, Hypertension Patients