

POLITEKNIK KESEHATAN TANJUNG KARANG
JURUSAN KEBIDANAN PRODI KEBIDANAN METRO
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Hubungan Tingkat Pengetahuan Dengan Perilaku Pencegahan Komplikasi Hipertensi Pada Wanita Menopause Penderita Hipertensi di Wilayah Kerja Puskesmas Yosomulyo Kota Metro

xvii + V bab + 69 halaman + 7 tabel + 2 gambar + 14 lampiran

ABSTRAK

Hipertensi merupakan penyakit pembunuh nomor satu di dunia yang mengakibatkan kematian 8 juta orang setiap tahunnya. Menurut *World Health Organizatio* (WHO) tahun 2023 kejadian hipertensi 1,28 miliar orang. Hipertensi di Indonesia tahun 2018 mencapai 34,1%. Angka hipertensi di Provinsi Lampung tahun 2018 mencapai 29,94%. Jumlah penderita hipertensi di Kota Metro sejak tahun 2021 tertinggi di Puskesmas Yosomulyo yaitu 6.513 orang. Hipertensi meningkat di usia 45-60 tahun saat wanita memasuki masa menopause, yang disebabkan karena adanya penurunan hormon *estrogen*. Kejadian hipertensi pada wanita menopause di Puskesmas Yosomulyo tahun 2018 yaitu 141 kasus, bulan Januari-Oktober tahun 2020 menjadi 264 kasus dan tahun 2023 menjadi 839 kasus. Tujuan peneliti untuk mengetahui hubungan tingkat pengetahuan dengan perilaku dalam mencegah komplikasi hipertensi pada wanita menopause penderita hipertensi di Wilayah Puskesmas Yosomulyo Kota Metro.

Metode penelitian ini adalah *observasional analitik* dengan rancangan penelitian *cross sectional*. Populasi sebanyak 839 wanita menopause yang menderita hipertensi di wilayah kerja Puskesmas Yosomulyo, jumlah sampel sebanyak 89 responden dan menggunakan analisis univariat dan bivariat.

Hasil penelitian diperoleh pengetahuan responden cukup sebanyak 58 orang (65,2%), baik 17 orang (19,1%) dan kurang 14 orang (15,7%). Dan perilaku responden cukup sebanyak 61 orang (68,5%), baik 16 orang (18,0%) dan kurang 12 orang (13,5%). Hasil analisis bivariate dengan uji *Rank Spearman* diperoleh ada hubungan yang signifikan antara variabel independen dan dependen dengan hasil sig. value $0,000 < 0,05$.

Saran bagi Puskesmas Yosomulyo dan masyarakat diharapkan dapat bekerja sama untuk meningkatkan upaya pencegahan hipertensi, penyuluhan tentang tatalaksana hipertensi dan menindak lanjuti kasus hipertensi pada wanita menopause untuk menekan tingginya angka hipertensi pada wanita menopause pada wilayah Puskesmas Yosomulyo Kota Metro.

Kata Kunci : Pengetahuan, Perilaku, Menopause, Hipertensi
Daftar Bacaan : 52 (2014-2023)

**TANJUNG KARANG HEALTH POLYTECHNIC
MIDWIFERY DEPARTMENT METRO MIDWIFERY PRODUCT**

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The Relationship between Knowledge Level and Behavior to Prevent Hypertension Complications in Menopausal Women with Hypertension in the Yosomulyo Health Center Work Area, Metro City

xvii+ v chapters + 69 pages + 7 tables + 2 pictures + 14 appendices

ABSTRACT

Hypertension is the number one killer disease in the world which causes the death of 8 million people every year. According to the World Health Organization (WHO), in 2023 the incidence of hypertension will be 1.28 billion people. Hypertension in Indonesia in 2018 reached 34.1%. The hypertension rate in Lampung Province in 2018 reached 29.94%. The highest number of hypertension sufferers in Metro City since 2021 is at the Yosomulyo Community Health Center, namely 6,513 people. Hypertension increases at the age of 45-60 years when women enter menopause, which is caused due to a decrease in the hormone estrogen. The incidence of hypertension in menopausal women at the Yosomulyo Community Health Center in 2018 was 141 cases, in January-October 2020 it was 264 cases and in 2023 it was 839 cases. The researcher's aim was to determine the relationship between the level of knowledge and behavior in preventing hypertension complications in menopausal women with hypertension in the Yosomulyo Community Health Center Area, Metro City.

This research method is observational analytic with a cross sectional research design. The population was 839 menopausal women who suffered from hypertension in the Yosomulyo Health Center working area, the sample size was 89 respondents and used univariate and bivariate analysis.

The research results obtained respondents' knowledge 58 people (65.2%), good 17 people (19.1%) and less than 14 people (15.7%). And behavior respondents enough as many as 61 people (68.5%), good 16 people (18.0%) and less than 12 people (13.5%). Analysis results bivariate using the Spearman Rank test, it was found that there was a relationship significant difference between the independent and dependent variables with sig result. value $0.000 < 0.05$.

Suggestions for the Yosomulyo Community Health Center and the community are that they hope to work together to increase efforts to prevent hypertension, provide education about hypertension management and follow up on cases of hypertension in menopausal women to reduce the high rate of hypertension in menopausal women in the Yosomulyo Metro City Health Center area.

Keywords : Knowledge, Behavior, Menopause, Hypertension

Reading list : 52 (2014-2023)