

**POLITEKNIK KESEHATAN TANJUNG KARANG JURUSAN
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**FAKTOR YANG BERHUBUNGAN DENGAN PENGENDALIAN TEKANAN
DARAH PADA WUS YANG MENGALAMI HIPERTENSI DI PUSKESMAS
MARGOREJO**

xviii + 66 halaman, 10 tabel, 3 gambar, 11 lampiran

RINGKASAN

Hipertensi merupakan peningkatan tekanan darah sistolik lebih dari sama dengan ($\geq$)140 mmHg dan/atau diastolik lebih dari sama dengan ($\geq$)90 mmHg. Hipertensi merupakan penyebab utama kematian dini di seluruh dunia, apabila tidak dikendalikan, hipertensi dapat menyebabkan berbagai komplikasi serius seperti stroke, gagal ginjal, dan penyakit jantung koroner. Berbagai faktor risiko yang dapat memengaruhi pengendalian tekanan darah pada penderita hipertensi. Di antaranya adalah kepatuhan minum obat, durasi atau lama menderita hipertensi, dan tingkat aktivitas fisik. Prevalensi penderita hipertensi di Kota Metro usia ≥ 15 tahun sebanyak 10,4%, pada tahun 2022 sebanyak 9,6% dan pada tahun 2023 sebanyak 10,4%. Dari 11 Puskesmas yang berada di Kota Metro, Puskesmas Margorejo termasuk kedalam 3 besar tertinggi dengan penyakit hipertensi. Penelitian ini bertujuan untuk mengetahui hubungan antara kepatuhan minum obat, lama menderita hipertensi dan aktivitas fisik dengan pengendalian tekanan darah.

Jenis penelitian ini kuantitatif dengan pendekatan *case control*. Populasi dalam penelitian ini adalah seluruh wanita usia subur yang menderita hipertensi di Puskesmas Margorejo. Sampel berjumlah 80 responden dengan 40 kelompok kasus : 40 kelompok kontrol dengan teknik pengambilan sampel *consecutive*. Pengambilan data menggunakan kuisioner dan wawancara. Analisis data univariat dan bivariat menggunakan uji *Chi Square*.

Hasil penelitian dari 80 wanita usia subur yang menderita hipertensi yang tidak patuh minum obat (67,5%), lama menderita ≥ 5 tahun (72,5%), dan aktivitas fisik kurang (75,0%). Hasil uji statistik diperoleh hasil adanya hubungan antara kepatuhan minum obat $p\text{-value} = 0,028$; OR = 3,857, lama menderita hipertensi $p\text{-value} = 0,022$; OR = 3,222 dan aktivitas fisik $p\text{-value} = 0,003$; OR = 4,500 dengan pengendalian tekanan darah. WUS yang patuh minum obat, lama menderita < 5 tahun dan aktivitas cukup cenderung memiliki tekanan darah yang lebih terkontrol.

Kesimpulan dari penelitian ini bahwa kepatuhan minum obat, lama menderita hipertensi dan aktivitas fisik berpengaruh terhadap pengendalian tekanan darah. Intervensi promotif dan preventif perlu difokuskan pada peningkatan kepatuhan minum obat, pemantauan rutin bagi penderita hipertensi jangka panjang, dan peningkatan aktivitas fisik pada wanita usia subur.

Kata kunci : Pengendalian tekanan darah, kepatuhan minum obat, lama menderita hipertensi, aktivitas fisik, wanita usia subur.

**TANJUNGKARANG HEALTH POLYTECHNIC DEPARTMENT OF
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**DETERMINANTS OF BLOOD PRESSURE CONTROL AMONG
HYPERTENSIVE WOMEN OF REPRODUCTIVE AGE AT MARGOREJO
PRIMARY HEALTH CARE CENTER**

xviii + 66 pages, 10 tables, 3 figures, 11 appendices

SUMMARY

Hypertension is an increase in systolic blood pressure of more than or equal to ($\geq$) 140 mmHg and/or diastolic of more than or equal to ($\geq$) 90 mmHg. Hypertension is a leading cause of premature death worldwide, if not controlled, hypertension can cause various serious complications such as stroke, kidney failure, and coronary heart disease. Various risk factors can affect blood pressure control in people with hypertension. Among them are medication compliance, duration or length of suffering from hypertension, and level of physical activity. The prevalence of hypertension sufferers in Metro City aged ≥ 15 years is 10.4%, in 2022 it is 9.6% and in 2023 it is 10.4%. Of the 11 Health Centers in Metro City, Margorejo Health Center is included in the top 3 highest with hypertension. This study aims to determine the relationship between medication compliance, length of hypertension and physical activity with blood pressure control.

This type of research is quantitative with a case control approach. The population in this study were all women of childbearing age who suffered from hypertension at the Margorejo Health Center. The sample in this study amounted to 80 respondents with 40 case groups: 40 control groups with consecutive sampling techniques. Data collection used questionnaires and interviews. Univariate and bivariate data analysis used the Chi Square test.

The results of the study of 80 women of childbearing age suffering from hypertension who were not compliant in taking medication (67.5%), had a duration of ≥ 5 years (72.5%), and had less physical activity (75.0%). The results of the statistical test showed a relationship between medication compliance $p\text{-value} = 0,028$; OR = 3,857, duration of hypertension $p\text{-value} = 0,022$; OR = 3,222 and physical activity $p\text{-value} = 0,003$; OR = 4,500 with blood pressure control. WUS who were compliant in taking medication, had a duration of < 5 years and were quite active tended to have more controlled blood pressure.

The conclusion of this study is that compliance with taking medication, length of time suffering from hypertension and physical activity have an effect on controlling blood pressure. Promotive and preventive interventions should focus on improving medication adherence, regular monitoring of long-term hypertension patients, and increasing physical activity among women of childbearing age.

Keywords : Blood pressure control, medication adherence, duration of hypertension, physical activity, women of childbearing age.