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HUBUNGAN TINGKAT PENGETAHUAN HIPERTENSI DENGAN PERILAKU PENCEGAHAN STROKE PADA PASIEN HIPERTENSI DI DUSUN SIMBARINGIN WILAYAH PUSKESMAS HAJIMENA LAMPUNG SELATAN TAHUN 2025

xvi+ 57 halaman, 7 tabel, 2 gambar, 13 lampiran

ABSTRAK

Hipertensi dikenal sebagai *the silent killer* karena sering tidak menunjukkan gejala khas dan dapat menyebabkan komplikasi serius seperti stroke. Di Indonesia prevalensi hipertensi mencapai 34,11%, dan Provinsi Lampung menempati peringkat ke-16 (29,94%). Di Kabupaten Lampung Selatan pada tahun 2023 tercatat sebanyak 30.770 penderita hipertensi dan di Dusun Simbaringin sebanyak 65 pasien. Rendahnya pengetahuan hipertensi menjadi faktor utama kurangnya perilaku pencegahan stroke, dimana 15 (71,4%) responden memiliki tingkat pengetahuan dan perilaku pencegahan stroke yang kurang. Penelitian ini bertujuan mengetahui hubungan antara tingkat pengetahuan hipertensi dengan perilaku pencegahan stroke. Jenis penelitian kuantitatif dengan desain analitik korelasional dan pendekatan *cross-sectional*, menggunakan kuesioner tingkat pengetahuan hipertensi dan perilaku pencegahan stroke. Populasi penelitian 65 pasien hipertensi, dengan sampel sebanyak 56 responden yang diambil menggunakan teknik *purposive sampling*. Pengumpulan data dilakukan pada 02-10 Mei 2025. Hasil penelitian didapatkan tingkat pengetahuan kurang sebanyak 21 (37,5%) responden dan perilaku pencegahan stroke kurang sebanyak 22 (39,3%) responden. Hasil uji statistik *p-value* $0,004 < 0,05$ menunjukkan adanya hubungan tingkat pengetahuan hipertensi dengan perilaku pencegahan stroke. Diharapkan pasien hipertensi meningkatkan pengetahuan hipertensi dengan rutin mengikuti program puskesmas seperti Posbindu, pengelolaan penyakit kronis, Germas, dan Posyandu lansia, serta rutin mengontrol tekanan darah, patuh pada pengobatan, dan menerapkan pola hidup sehat.

Kata Kunci : Hipertensi, Pengetahuan, Perilaku Pencegahan Stroke

Referensi : 40 (2005-2025)

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***RELATIONSHIP BETWEEN HYPERTENSION KNOWLEDGE LEVEL AND
STROKE PREVENTION BEHAVIOR IN HYPERTENSION PATIENTS IN
DUSUN SIMBARINGIN, HAJIMENA COMMUNITY HEALTH CENTER WORK
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ABSTRAC

Hypertension is known as the silent killer because it often does not show typical symptoms and can cause serious complications such as stroke. In Indonesia, the prevalence of hypertension reaches 34.11%, and Lampung Province is ranked 16th (29.94%). In South Lampung Regency in 2023, there were 30,770 hypertension sufferers and in Simbaringin Hamlet there were 65 patients. Low knowledge of hypertension is the main factor in the lack of stroke prevention behavior, where 15 (71.4%) respondents had low levels of knowledge and stroke prevention behavior. This study aims to determine the relationship between the level of hypertension knowledge and stroke prevention behavior. The type of quantitative research with a correlational analytical design and a cross-sectional approach, using a questionnaire on the level of hypertension knowledge and stroke prevention behavior. The study population was 65 hypertensive patients, with a sample of 56 respondents taken using a purposive sampling technique. Data collection was carried out on May 2-10, 2025. The results of the study showed that the level of knowledge was lacking in 21 (37.5%) respondents and the stroke prevention behavior was lacking in 22 (39.3%) respondents. The statistical test result $p\text{-value } 0.004 < 0.05$ shows a relationship between the level of hypertension knowledge and stroke prevention behavior. It is expected that hypertensive patients will increase their knowledge of hypertension by routinely participating in health center programs such as Posbindu, Chronic Disease Management, Germas, and Elderly Posyandu, as well as routinely controlling blood pressure, complying with medication, and implementing a healthy lifestyle.

Keywords : Hypertension, Knowledge, Prevention Behavior Stroke

References : 40 (2005-2025)