

ABSTRAK

POLTEKKES TANJUNGPURBAN TANJUNGPURBAN

JURUSAN KEPERAWATAN

PROGRAM STUDI SARJANA TERAPAN KEPERAWATAN

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**GAMBARAN PENGETAHUAN PERAWATAN HIPERTENSI DAN
PERILAKU CERDIK PADA PASIEN HIPERTENSI DI DUSUN
SIMBARINGIN WILAYAH PUSKESMAS HAJIMENA
LAMPUNG SELATAN TAHUN 2025**

(xvi+59 halaman+2 gambar+ 6 tabel+7 lampiran)

ABSTRAK

Hipertensi merupakan suatu kondisi ketika tekanan darah sistolik melebihi 140 mmHg dan/atau tekanan diastolic melebihi 90 mmHg, atau apabila seseorang sedang menjalani pengobatan dengan obat antihipertensi untuk mengontrol tekanan darahnya. Pada tahun 2024 di Puskesmas Hajimena penyakit hipertensi menjadi penyakit nomor 2 setelah influenza dengan kasus hipertensi sebanyak 4.845 jiwa dengan usia produktif (15-59 tahun). Penelitian ini bertujuan untuk mengetahui gambaran pengetahuan perawatan hipertensi dan perilaku cerdik pada pasien hipertensi di Dusun Simbaringin, wilayah kerja Puskesmas Hajimena, Kabupaten Lampung Selatan. desain *deskriptif* menggunakan pendekatan *cross-sectional*. Populasi pada penelitian ini Penderita Hipertensi di Dusun simbaringin sebanyak 65, Sampel terdiri dari 56 responden yang dipilih secara *purposive sampling* Pengumpulan data dilakukan pada 26-29 Mei 2025. Instrumen penelitian berupa kuesioner Hypertension Knowledge Level Scale (HK-LS) dan kuesioner perilaku Cerdik. Hasil penelitian ini bahwa sebagian besar responden berjenis kelamin perempuan sebanyak 52 (92,2%). pengetahuan yang baik mengenai perawatan hipertensi sebanyak 27 (48,2%), memiliki perilaku CERDIK yang baik, sebanyak 29 responden (51,8%). Kesimpulannya, bahwa hampir setengahnya pengetahuan perawatan Hipertensi baik dan perilaku CERDIK responden hampir setengahnya . Saran dari penelitian ini perlunya penguatan edukasi kesehatan secara berkelanjutan dan pengembangan program intervensi keperawatan preventif guna meningkatkan pengetahuan dan perilaku sehat pada pasien hipertensi.

Kata kunci: hipertensi, pengetahuan, perilaku CERDIK

Pustaka : 37 (2012-2024)

ABSTRACT

**TANJUNGKARANG POLYTECHNIC HEALTH
DEPARTMENT OF NURSING
APPLIED NURSING STUDY PROGRAM**

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**OVERVIEW OF HYPERTENSION CARE KNOWLEDGE AND
CERDIK HEALTH BEHAVIOR IN HYPERTENSIVE PATIENTS IN
SIMBARINGIN HAMLET HAJIMENA PUBLIC HEALTH CENTER
AREA SOUTH LAMPUNG 2025**

(xvi + 59 pages + 2 pictures+ 6 tables + 7 attachment)

ABSTRACT

Hypertension is a condition in which systolic blood pressure exceeds 140 mmHg and/or diastolic pressure exceeds 90 mmHg, or when an individual is undergoing treatment with antihypertensive medication to control their blood pressure. In 2024, at Hajimena Public Health Center, hypertension was the second most common disease after influenza, with 4,845 cases recorded among individuals of productive age (15–59 years). This study aims to describe the knowledge of hypertension care and the implementation of CERDIK behavior among hypertensive patients in Simbaringin Hamlet, within the working area of Hajimena Public Health Center, South Lampung Regency. The research used a descriptive design with a cross-sectional approach. The population in this study consisted of 65 individuals with hypertension in Simbaringin Hamlet, and the sample included 56 respondents selected through purposive sampling. Data collection was conducted from May 26 to 29, 2025. The research instruments used were the Hypertension Knowledge Level Scale (HK-LS) questionnaire and the CERDIK behavior questionnaire. The results showed that the majority of respondents were female, totaling 52 (92.2%). A total of 27 respondents (48.2%) had good knowledge regarding hypertension care. Regarding CERDIK behavior, an equal number of respondents—29 people (51.8%)—demonstrated both good and poor behavior. In conclusion, nearly half of the respondents had good knowledge of hypertension care, and the distribution of good and poor CERDIK behavior was equal. The study suggests the need for continuous health education and the development of preventive nursing intervention programs to improve knowledge and promote healthy behavior among patients with hypertension.

Keywords: Hypertension, knowledge, CERDIK prevention behavior

References: 37 (2012–2024)