

**HUBUNGAN TINGKAT PENGETAHUAN TENTANG HIPERTENSI
DENGAN KEJADIAN HIPERTENSI PADA MASYARAKAT DI WILAYAH
KERJA PUSKESMAS BULELENG III**

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ABSTRAK

Hipertensi merupakan masalah kesehatan yang harus diwaspadai karena merupakan penyebab dominan terjadinya peningkatan angka mortalitas dan morbiditas dikalangan masyarakat. Penelitian ini bertujuan untuk mengetahui hubungan tingkat pengetahuan tentang hipertensi dengan kejadian hipertensi pada masyarakat di wilayah kerja Puskesmas Buleleng III. Penelitian ini merupakan jenis penelitian analitik observasional dengan pendekatan *cross-sectional* yang dilakukan di Puskesmas Buleleng III. Penelitian ini menggunakan teknik *purposive sampling* dan *incidental sampling* dengan jumlah 85 orang yaitu pasien yang berkunjung selama periode bulan agustus 2021. Metode pengumpulan data yakni menggunakan data primer dimana peneliti akan mengukur tingkat pengetahuan menggunakan kuisioner dan tekanan darah dari subjek yang diteliti dengan menggunakan sfigmomanometer. Hasil penelitian didapatkan data mengenai variabel independen (Tingkat Pengetahuan) dimana poin rata-rata yang diperoleh responden bernilai 11,7 dengan standar deviasi 2,16 serta poin maksimum yang dapat diraih responden sebesar 15 poin dan poin minimum yang diraih responden sebesar 6 poin. Data mengenai variabel dependen (Kejadian Hipertensi) diperoleh sebanyak 26 responden (31%) memiliki tekanan darah normal, 30 responden (35%) dengan tekanan darah mendekati hipertensi/pre-hipertensi, 25 responden (29%) dengan hipertensi derajat 1 dan 4 responden (5%) dengan hipertensi derajat 2. Dapat disimpulkan dari hasil analisis hubungan dengan menggunakan uji non parametrik dengan rumus korelasi *Rank Spearman* didapatkan adanya hubungan yang signifikan antara tingkat pengetahuan tentang hipertensi dengan kejadian hipertensi pada masyarakat di wilayah kerja Puskesmas Buleleng III ($p=0,032$; $r= -0,232$).

Kata kunci: Tingkat Pengetahuan, Hipertensi, Tekanan Darah

**RELATIONSHIP LEVEL OF KNOWLEDGE ABOUT HYPERTENSION WITH
HYPERTENSION INCIDENCE IN THE COMMUNITY IN THE WORK AREA
OF BULELENG III PUBLIC HEALTH CENTRE**

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ABSTRACT

Hypertension is a health problem that must be watched out for because it is the dominant cause of increased mortality and morbidity among the community. This study aims to determine the relationship between the level of knowledge about hypertension and the incidence of hypertension in the community in the working area of the Buleleng III Public Health Center. This research is an observational analytic study with a cross-sectional approach which was conducted at the Buleleng III Public Health Center. This study used purposive sampling and incidental sampling with a total of 85 people, namely patients who visited during the period August 2021. The data collection method used primary data where the researcher measured the level of knowledge using a questionnaire and the blood pressure of the subjects studied using a sphygmomanometer. The results of the study obtained data on the independent variable (Level of Knowledge) where the average points obtained by the respondents were 11.7 with a standard deviation of 2.16 and the maximum points that the respondents could achieve were 15 points and the minimum points achieved by the respondents were 6 points. Data regarding the dependent variable (occurrence of hypertension) was obtained as many as 26 respondents (31%) had normal blood pressure; 30 respondents (35%) with blood pressure close to hypertension/pre-hypertension; 25 respondents (29%) with grade 1 hypertension and 4 respondents (5%) with grade 2 hypertension. It can be concluded from the results of the relationship analysis using a non-parametric test with the Rank Spearman correlation formula, it was found that there was a significant relationship between the level of knowledge about hypertension and the incidence of hypertension in the community in the working area of the Buleleng III Public Health Center ($p = 0.032$; $r = - 0.232$).

Keywords: Knowledge Level, Hypertension, Blood Pressure.