

## ABSTRAK

### DETERMINAN TERHADAP PERILAKU PENCEGAHAN HIPERTENSI PADA ANGGOTA PROLANIS DI PUSKESMAS PACITAN

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**Latar Belakang:** Pada tahun 2021 jumlah penderita hipertensi di puskesmas Pacitan yaitu sebanyak 1737 penderita dengan prevalensi sebesar 5,036%. Perilaku pencegahan dan pengendalian hipertensi adalah mengurangi konsumsi garam, melakukan aktivitas fisik teratur, tidak merokok dan menghindari asap rokok, diet dengan gizi seimbang, mempertahankan berat badan ideal, dan menghindari minum alkohol. Hipertensi yang tidak mendapat penanganan yang baik dapat menyebabkan komplikasi seperti stroke, penyakit jantung koroner, diabetes, gagal ginjal dan kebutaan. Tujuan penelitian ini untuk mengetahui determinan perilaku pencegahan komplikasi hipertensi pada anggota prolanis di Puskesmas Pacitan.

**Metode:** Penelitian ini menggunakan metode kuantitatif dengan desain *cross sectional* yang dilakukan dengan wawancara menggunakan kuesioner kepada 62 responden. Sampel dipilih menggunakan metode *simple random sampling* dengan populasi peserta prolanis Puskesmas Pacitan. Analisis data yang dilakukan adalah univariat, bivariat dengan uji *chi square*, dan multivariat dengan uji regresi logistik.

**Hasil:** Berdasarkan analisis univariat menunjukkan bahwa sebagian besar responden berada pada kategori usia 36-45 tahun sebanyak 25 orang atau 40,3%, tingkat pendidikan SMA/SMK atau perguruan tinggi sebanyak 41 orang atau 50%, jenis kelamin laki-laki dan perempuan sebanyak 31 orang atau 50%, tidak memiliki riwayat keluarga hipertensi sebanyak 40 orang atau 65,5%, memiliki pekerjaan sebanyak 52 orang atau 83,9%, lama menderita hipertensi selama 1-5 tahun sebanyak 59 orang atau 95,2% dan mengikuti kegiatan prolanis selama <2 tahun sebanyak 48 orang atau 77,4%. Berdasarkan analisis bivariat menunjukkan bahwa terdapat hubungan antara persepsi kerentanan ( $Pvalue = 0,001$ ), persepsi keparahan ( $Pvalue = 0,042$ ), persepsi manfaat ( $Pvalue = 0,002$ ), dan persepsi isyarat untuk bertindak ( $Pvalue = 0,000$ ) dengan perilaku pencegahan hipertensi. Tidak ada hubungan antara persepsi hambatan ( $Pvalue = 0,266$ ) dengan perilaku pencegahan hipertensi. Berdasarkan analisis multivariat menunjukkan bahwa terdapat pengaruh antara variabel persepsi isyarat untuk bertindak dengan nilai  $p$ -value 0,004 dengan nilai Exp (B) atau OR 0,029. Sedangkan variabel persepsi kerentanan, persepsi keparahan, persepsi manfaat, persepsi hambatan tidak berpengaruh terhadap perilaku pencegahan hipertensi di Puskesmas Pacitan.

**Kesimpulan:** Persepsi kerentanan merupakan variabel yang paling mempengaruhi perilaku pencegahan hipertensi di Puskesmas Pacitan dengan nilai  $p$ -value 0.012.

**Kata Kunci:** Hipertensi, Prolanis, Perilaku Kesehatan, *Health Beliefs Model*

## ABSTRACT

### **DETERMINANTS OF HYPERTENSION PREVENTION BEHAVIOR IN PROLANIS MEMBERS AT PACITAN COMMUNITY HEALTH CENTER**

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**Background:** In 2021, the number of hypertension sufferers at the Pacitan Health Center was 1737 sufferers with a prevalence of 5.036%. Hypertension prevention and control behaviors are reducing salt consumption, doing regular physical activity, not smoking and avoiding cigarette smoke, a balanced diet, maintaining ideal body weight, and avoiding drinking alcohol. Hypertension that is not treated properly can cause complications such as stroke, coronary heart disease, diabetes, kidney failure and blindness. The purpose of this study was to determine the determinants of hypertension complication prevention behavior among Prolanis members at the Pacitan Health Center.

**Method:** This study used a quantitative method with a cross-sectional design conducted by interviewing 62 respondents using a questionnaire. The sample was selected using the simple random sampling method with a population of Prolanis participants at the Pacitan Health Center. The data analysis used was univariate, bivariate with the chi square test, and multivariate with the logistic regression test.

**Results:** Based on univariate analysis, it shows that most respondents are in the age category of 36-45 years as many as 25 people or 40.3%, high school/vocational high school or college education level as many as 41 people or 50%, male and female gender as many as 31 people or 50%, do not have a family history of hypertension as many as 40 people or 65.5%, have a job as many as 52 people or 83.9%, have suffered from hypertension for 1-5 years as many as 59 people or 95.2% and have participated in prolanis activities for <2 years as many as 48 people or 77.4%. Based on bivariate analysis, it shows that there is a relationship between perceived vulnerability ( $P$ value = 0.001), perceived severity ( $P$ value = 0.042), perceived benefits ( $P$ value = 0.002), and perceived cues to act ( $P$ value = 0.000) with hypertension prevention behavior. There is no relationship between perceived barriers ( $P$ value = 0.266) and hypertension prevention behavior. Based on multivariate analysis, it shows that there is an influence between the perception variable of cues to act with a  $p$ -value of 0.004 with an Exp (B) or OR value of 0.029. While the variables of perception of vulnerability, perception of severity, perception of benefits, perception of barriers do not affect hypertension prevention behavior at the Pacitan Health Center.

**Conclusion:** Perception of vulnerability is the variable that most influences hypertension prevention behavior at the Pacitan Health Center with a  $p$ -value of 0.012.

**Keywords:** Hypertension, Prolanis, Health Behavior, Health Belief Model