

## Abstrak

# HUBUNGAN PENGETAHUAN, PERAN KELUARGA, DAN DUKUNGAN TEMAN TERHADAP PERILAKU PENCEGAHAN HIPERTENSI PADA MAHASISWA BERISIKO DI FIKES UNIVERSITAS JENDERAL SOEDIRMAN

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**Latar Belakang:** Tren penyakit tidak menular khususnya hipertensi mulai bergeser pada usia muda. Mengetahui faktor-faktor yang dapat memengaruhi perilaku pencegahan hipertensi penting dilakukan untuk menentukan tindakan preventif yang tepat. Pengetahuan, peran keluarga, dan dukungan teman diperkirakan menjadi faktor yang dapat memengaruhi perilaku pencegahan hipertensi. Penelitian bertujuan untuk mengetahui hubungan pengetahuan, peran keluarga, dan dukungan teman dengan perilaku pencegahan hipertensi pada mahasiswa berisiko di Fikes Unsoed.

**Metodologi:** Penelitian korelasi kuantitatif dengan desain *cross-sectional*. Pengambilan data menggunakan kuesioner *google form*. Responden penelitian ini yaitu mahasiswa berisiko hipertensi sebanyak 115 orang menggunakan teknik pengambilan sampel *total sampling*. Instrumen penelitian ini menggunakan lima komponen yaitu karakteristik responden, Hypertension knowledge-level scale (HKLS), kuesioner modifikasi peran keluarga, kuesioner modifikasi dukungan teman, dan kuesioner *High Blood Pressure Self-care Profile (HBP-SCP): Behavior Scale*. Analisis data menggunakan *Kolmogorov-Smirnov*, *Chi-Square*, *Fisher Exact Test*, *Pearson Product Moment*, *Rank Spearman* dan regresi linear berganda.

**Hasil:** Hasil penelitian menemukan adanya hubungan yang bermakna antara pengetahuan ( $p=0,022$ ,  $r=0,214$ ), peran keluarga ( $p=0,000$ ,  $r=0,524$ ), dan dukungan teman ( $p=0,000$ ,  $r=0,529$ ) dengan perilaku pencegahan hipertensi.

**Kesimpulan:** Peran keluarga merupakan faktor paling dominan ( $B=0,322$ ) dalam memengaruhi perilaku pencegahan hipertensi. Variabel bebas secara bersama-sama memengaruhi variabel terikat. Besarnya nilai pengaruh variabel bebas yang memiliki hubungan dengan variabel terikat sebesar 35,9%.

**Kata Kunci:** dukungan teman, hipertensi, pengetahuan, peran keluarga, perilaku pencegahan hipertensi

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## Abstract

### **THE RELATIONSHIP BETWEEN KNOWLEDGE, FAMILY ROLES, AND PEER SUPPORT ON HYPERTENSION PREVENTION BEHAVIOR AMONG AT-RISK STUDENTS AT FACULTY OF HEALTH SCIENCES, JENDERAL SOEDIRMAN UNIVERSITY**

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**Background:** The trend of non-communicable diseases, especially hypertension, began to shift at a young age. Knowing the factors that can influence hypertension prevention behavior is important to determine appropriate preventive measures. Knowledge, family role, and friend support are thought to be factors that can influence hypertension prevention behavior. The study aims to determine the relationship between knowledge, family roles, and friend support with hypertension prevention behavior among at-risk students at Fikes Unsoed.

**Methodology:** Quantitative correlation research with cross-sectional design. Data collection using a google form questionnaire. Respondents of this study were 115 students at risk of hypertension using the total sampling technique. This research instrument uses five components, namely respondent characteristics, Hypertension knowledge-level scale (HKLS), modified family role questionnaire, modified friend support questionnaire, and High Blood Pressure Self-care Profile (HBP-SCP) questionnaire: Behavior Scale. Data analysis used Kolmogorov-Smirnov, Chi-Square, Fisher Exact Test, Pearson Product Moment, Rank Spearman and multiple linear regression.

**Results:** The results found a significant relationship between knowledge ( $p=0.022$ ,  $r=0.214$ ), family role ( $p=0.000$ ,  $r=0.524$ ), and friend support ( $p=0.000$ ,  $r=0.529$ ) with hypertension prevention behavior.

**Conclusion:** Family role is the most dominant factor ( $B=0.322$ ) in influencing hypertension prevention behavior. The independent variables jointly influence the dependent variable. The magnitude of the influence of independent variables that have a relationship with the dependent variable is 35.9%.

**Keywords:** family role, friend support, hypertension, hypertension prevention behavior, knowledge

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