

Abstrak

DETERMINAN PERILAKU PENCEGAHAN HIPERTENSI PADA REMAJA DI DESA KALIBENDA, KECAMATAN AJIBARANG, KABUPATEN BANYUMAS

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Latar Belakang : Jumlah penderita hipertensi diperkirakan akan meningkat pada tahun 2025 sebanyak 1,5 miliar dan meninggal setiap tahunnya sebanyak 10,44 juta orang. Namun, pada masa remaja seringkali tidak menyadari bahaya hipertensi yang tidak dikontrol, sehingga pencegahan dan pengobatannya masih banyak yang abai.

Tujuan : Mengetahui determinan perilaku pencegahan hipertensi pada remaja di Desa Kalibenda, Kecamatan Ajibarang, Kabupaten Banyumas.

Metode : Penelitian ini menggunakan desain penelitian kuantitatif (*cross sectional*). Total populasi 537 dan sebanyak 104 remaja dipilih menjadi sampel dengan teknik *Simple Random Sampling*. Instrumen penelitian menggunakan angket dan alat tulis. Analisis data berupa univariat, bivariat (uji *chi square*), dan multivariat (uji regresi logistik ganda).

Hasil : Hasil menunjukkan remaja memiliki perilaku pencegahan hipertensi baik (50%), pengetahuan baik (56,7%), sikap baik (56,7%), akses informasi kesehatan baik (50%), dukungan keluarga baik (51,9%), dan dukungan teman sebaya kurang baik (51%). Variabel yang berhubungan dan berpengaruh terhadap perilaku pencegahan hipertensi pada remaja adalah pengetahuan ($p\text{-value} = 0,003$), sikap ($p\text{-value} = 0,002$) dan akses informasi kesehatan ($p\text{-value} = 0,000$). Sedangkan variabel yang tidak berhubungan dan berpengaruh adalah dukungan keluarga ($p\text{-value} = 0,556$) dan dukungan teman sebaya ($p\text{-value} = 0,695$).

Kesimpulan : Determinan perilaku pencegahan hipertensi pada remaja di Desa Kalibenda, Kecamatan Ajibarang, Kabupaten Banyumas adalah pengetahuan, sikap, dan akses informasi kesehatan. Perlu dilakukan pendekatan edukasi pengetahuan tentang faktor risiko dan sikap tentang pentingnya membatasi konsumsi garam dan olahraga. Peningkatan akses informasi kesehatan hipertensi dengan menggunakan media sosial *TikTok* dan *Website* untuk remaja.

Kata Kunci : Hipertensi, Remaja, Perilaku Pencegahan, Pencegahan Hipertensi.

Abstract

DETERMINANTS OF HYPERTENSION PREVENTIVE BEHAVIORS IN ADOLESCENTS IN KALIBENDA VILLAGE, AJIBARANG DISTRICT, BANYUMAS REGENCY

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Background : *The number of hypertension sufferers is estimated to increase by 1.5 billion in 2025 and die each year by 10.44 million people. However, in adolescence, they are often unaware of the dangers of uncontrolled hypertension, so that prevention and treatment are still widely ignored.*

Objective : *To determine the determinants of hypertension prevention behavior in adolescents in Kalibenda Village, Ajibarang District, Banyumas Regency.*

Methods : *This study uses a quantitative (cross-sectional) approach. The total population is 537 and 104 adolescents were selected as respondent samples using the Simple Random Sampling technique. The research instrument used a questionnaire and stationery. The data analysis was in the form of univariate, bivariate (chi square test), and multivariate (multiple logistic regression test).*

Results : *The results showed that adolescents had good hypertension prevention behavior (50%), good knowledge (56.7%), good attitude (56.7%), good access to health information (50%), good family support (51.9%), and poor peer support (51%). Variables that are associated and influence with the hypertension prevention behavior in adolescents were knowledge (p -value = 0.003), attitude (p -value = 0.002) and access to health information (p -value = 0.000). While variables that were not associated and influence were family support (p -value = 0.556) and peer support (p -value = 0.695).*

Conclusion : *Determinants of hypertension prevention behavior in adolescents in Kalibenda Village, Ajibarang District, Banyumas Regency are knowledge, attitudes and access to health information. An educational approach needs to be taken to increase knowledge about risk factors and attitudes about the importance of limiting salt consumption and exercise. Increased access to health information regarding hypertension using social media TikTok and websites for adolescents.*

Keywords : *Hypertension, Adolescents, Preventive Behavior, Hypertension Prevention.*