ABSTRAK

ISHAK M. SUPU, Hubungan pengetahuan dengan upaya pencegahan hipertensi pada lansia di Desa Boidu Kecamatan Bulango Utara. Skripsi. Program Studi Ilmu Keperawatan, Fakultas Kedokteran dan Ilmu Kesehatan,Universitas Muhammadiyah Gorontalo. Pembimbing I ROSMIN ILHAM, Pembimbing II FIRMAWATI

Lanjut usia (Lansia) merupakan seseorang yang telah mencapai usia > 60 tahun ke atas. Penyakit yang paling sering ditemukan pada lansia salah satunya hipertensi. Pengetahuan tentang pencegahan hipertensi juga sangat penting. Tujuan penelitian ini adalah untuk mengetahui hubungan pengetahuan dengan upaya pencegahan hipertensi pada lansia di Desa Boidu Kecamatan Bulango Utara. Desain penelitian menggunakan kuantitatif korelasional dengan *cross sectional.* Pengambilan sampel menggunakan teknik *probablity sampling* dengan teknik *proportional sampling* dimana sampel berjumlah 38 responden. Pengumpulan data menggunakan lembar kuesioner. Hasil penelitian ini didapatkan bahwa dari 28 responden yang memiliki pengetahuan baik dengan upaya pencegahan hipertensi berkategori baik sebanyak 27 responden (71,1%) dan responden memiliki pengetahuan baik berkategori cukup sebanyak 1 responden (2,6%). Pada 7 responden yang memiliki pengetahuan cukup dengan upaya pencegahan hipertensi kategori baik sebanyak 0 responden (0%), masyarakat yang memiliki perilaku cukup dengan upaya pencegahan hipertensi kategori cukup sebanyak 7 responden (18,5%), responden yang memilih kurang dengan upaya pencegahan hipertensi sebanyak 0 responden (0%). Hasil *Uji statistik* dengan menggunakan uji *rank-spearmen* diperolah nilai $p = 0{,}000$ > nilai $a = 0{,}05$ maka Ha diterima dan Ho ditolak artinya ada hubungan pengetahuan lansia dengan upaya pencegahan hipertensi di Desa Boidu Kecamatan Bulango Utara.

Kata Kunci : Hipertensi, Lansia, Pencegahan, Pengetahuan

ABSTRACT

ISHAK M. SUPU, association between older residents of Boidu Village, North Bulango District, and their awareness and actions to prevent hypertension. thesis. Muhammadiyah University of Gorontalo, Faculty of Medicine and Health Sciences, Nursing Science Study Program. The chairman FIRMAWATI Member Rosmin Ilham

A person who is 60 years of age or older is considered elderly. Hypertension is one of the conditions that affect the elderly the most frequently. It's also critical to understand how to prevent hypertension. The purpose of this study is to ascertain how older residents of Boidu Village, North Bulango District, relate to their knowledge and actions to prevent hypertension. Cross-sectional quantitative correlational analysis is used in the study design. 38 respondents made up the sample, which was selected using proportional sampling and probability sampling approaches. A questionnaire sheet is used for data collection. According to the study's findings, 1 respondent (2.6%) had good knowledge in the adequate category, and 27 respondents (71.1%) had good understanding of attempts to prevent hypertension. There were 0 respondents (0%), 7 respondents (18.5%) who had adequate knowledge about efforts to prevent hypertension in the sufficient category, and 0 respondents (0%), who chose less about efforts to prevent hypertension. Of the 7 respondents, 0 respondents had adequate knowledge about efforts to prevent hypertension in the good category. Findings There is a correlation between elderly knowledge and efforts to prevent hypertension in Boidu Village, North Bulango District, according to a statistical test using the test rank-spearmen. If the test yielded a value greater than the value, then Ha was approved and Ho was refused. It is believed that by taking part in health programs offered by nearby medical facilities, the senior residents of Boidu Village, North Bulango District, may learn how to prevent hypertension.

Keywords: Knowledge, Prevention, Elderly, Hypertension