

**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN DAN KESEHATAN
UNIVERSITAS MUHAMMADIYAH SEMARANG**

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Abstrak

Gambaran gaya hidup penderita hipertensi di puskesmas Bonang 1 Demak

vi +76 halaman + 22 tabel +1 skema + 12 lampiran

Gaya hidup yang tidak sehat seperti konsumsi garam, lemak, aktivitas fisik, konsumsi kopi, alkohol, istirahat dan tidur dan tingkat stress dapat menyebabkan terjadinya hipertensi. Hipertensi adalah tekanan darah menetap dimana tekanan sistolik di atas 140 mmHg dan tekanan diastolik lebih dari 90 mmHg. Tujuan penelitian ini untuk mengetahui gambaran gaya hidup penderita hipertensi di puskesmas Bonang 1 Demak. Jenis penelitian ini adalah penelitian deskriptif dengan pendekatan kuantitatif. Jumlah sampel dalam penelitian ini adalah 86 responden yang diambil dengan teknik *non probability sampling*. Analisis data yang digunakan univariat. Hasil penelitian menunjukkan bahwa umur terbanyak penderita hipertensi 55 – 65 tahun sebesar (36 %), jenis kelamin perempuan (58,1%), tingkat pendidikan tamat SD/ sederajat (34,9%), pekerjaan petani (33,7%), menderita hipertensi stadium 1 (66,3%), lama menderita hipertensi 1-5 tahun (46,5%), menderita kegemukan 50%. Responden memiliki gaya hidup buruk (52,3%), kebiasaan konsumsi garam (79,1%), kebiasaan konsumsi lemak (50%), aktivitas fisik buruk (61,6%), kebiasaan merokok (58,1%), kebiasaan konsumsi kopi (57%), kebiasaan konsumsi alkohol (84,9%), istirahat dan tidur yang buruk sebesar (55,8%), tingkat stress (50%). Saran bagi pelayanan kesehatan untuk menyusun program promosi atau pelayanan kesehatan yang lebih sesuai dan tepat untuk mengatasi kejadian hipertensi.

Kata kunci : gaya hidup, penderita hipertensi, masyarakat dewasa

Referensi : 42 (2002-2016)

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vi+ 76 pages +22 tables +1 schemes +12 attachments

lifestyle of people with hypertension in Bonang district Demak city

ABSTRACT

Unhealthy lifestyle such a bad dietary, physical activity, rest and sleep, smoking, stress that can be causing of hypertension. Hypertension is a rise blood pressure systolic that exceeded the number 140 mmHg and increase in blood pressure diastolic more than 90 mmHg. this study aims to describe the lifestyle of people with hypertension. this type of study is quantitative descriptive research design. Sample were 86 adults in Bonang district with non probability sampling. Analysis of data used are univariate. The result showed 55-65 age was 36%, women dominant 58,1%, level of education elementary school was 34,9 %, level of work are farmers 33,7%, had hypertension 1-5 years 46,5%, hypertension on level one was 66,3%, and had obesity was 50 %. The result showed 52,3% have unhealthy lifestyle, frequency of food consumption sodium 79,1 %, frequency of consumption of fatty foods 50%, bad daily activity was 61,6%, behavior of smoking 58,1%, consumption of coffee was 57%, consumption of alcohol was 84,9%, rest and sleep was 55,8%, level of stress was 50 %. Suggested to the health center to increase health promotion related to the prevention and treatment of hypertension.

Keyword : lifestyle, people with hypertension, adult society

Reference : 42 (years 2002-2016)