

ABSTRAK

Pengetahuan Tentang Penyakit Hipertensi Dan Stroke Pada Peserta Dan Bukan Peserta Posyandu Lansia Mboro Kabupaten Jepara

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Penyakit yang sering diderita oleh lansia adalah penyakit hipertensi dan stroke, yang dapat dicegah melalui pemahaman yang baik tentang gejala penyakit tersebut. Pengetahuan tentang gejala penyakit hipertensi dan stroke dapat diperoleh lansia melalui program Posyandu Lansia. Penelitian ini bertujuan untuk mengetahui pengetahuan lansia tentang hipertensi dan stroke, peserta dan bukan peserta Posyandu Lansia Mboro Desa Sowan Lor Kecamatan Kedung Jepara.

Penelitian deskriptif dilakukan terhadap 22 lansia peserta dan 42 lansia bukan peserta Posyandu Lansia. Sampel dipilih dengan metode proporsional random sampling dari populasi sebesar 137 lansia. Pengetahuan tentang hipertensi dan stroke diukur dengan metode observasi menggunakan kuesioner.

Hasil penelitian menunjukkan rata – rata pengetahuan lansia peserta Posyandu tentang hipertensi adalah $91,81 \pm 19,91$. Skor terendah 70% dan tertinggi 100%. Sebagian besar lansia (90,9%) memiliki pengetahuan yang baik tentang hipertensi. Rata – rata pengetahuan lansia bukan peserta Posyandu tentang hipertensi adalah $55,64 \pm 18,55$. Skor terendah 30% dan tertinggi 100%. Sebagian besar lansia (47,6%) memiliki pengetahuan yang cukup tentang hipertensi. Sebagian besar lansia bukan peserta posyandu (47,6%) memiliki pengetahuan yang cukup tentang hipertensi. Rata – rata pengetahuan lansia peserta Posyandu tentang stroke adalah $84,09 \pm 21,08$. Skor terendah 70% tertinggi 100%. Sebagian besar lansia (72,8%) memiliki pengetahuan yang baik tentang stroke. Rata – rata pengetahuan lansia bukan peserta Posyandu tentang stroke adalah $47,14 \pm 13,11$. Skor terendah 30% dan tertinggi 100%.

Kata kunci : Lansia, pengetahuan hipertensi dan stroke, Posyandu lansia.

ABSTRACT

Knowledge of Hypertension and Stroke For Participants and Non-Participants in the Elderly Mboro Posyandu in Jepara Regency

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The disease that is often suffered by the elderly is hypertension and stroke, which can be prevented through a good understanding of the symptoms of the disease. Knowledge about the symptoms of hypertension and stroke can be obtained by the elderly through the Posyandu Elderly program. Elderly knowledge about hypertension and stroke participants and non-participants of the Elderly Mboro Posyandu in Sowan Lor Village, Kedung Jepara District.

Descriptive research was conducted on 22 elderly participants and 42 elderly non-elderly Posyandu participants. Samples were selected by proportional random sampling method from a population of 137 elderly. Knowledge about hypertension and stroke is measured by observation methods and measuring tools for the knowledge of hypertension and stroke.

The results showed that the average knowledge of elderly Posyandu participants about hypertension was 91.81 ± 19.91 . The lowest score is 70% and the highest is 100%. Most of the elderly (90.9%) have good knowledge about hypertension. The average knowledge of the elderly who were not Posyandu participants about hypertension was 55.64 ± 18.55 . The lowest score is 30% and the highest is 100%. Most of the elderly (47.6%) have sufficient knowledge about hypertension. Most of the elderly who were not posyandu participants (47.6%) had sufficient knowledge about hypertension. The average knowledge of elderly Posyandu participants about stroke was 84.09 ± 21.08 . The lowest score is 70%, the highest is 100%. Most of the elderly (72.8%) have good knowledge about stroke. The average knowledge of the elderly who were not Posyandu participants about stroke was 47.14 ± 13.11 . The lowest score is 30% and the highest score is 100%.

Keywords : Elderly, knowledge of hipertension and stroke, Elderly Posyandu.