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The Relationship Between Perceptions of Benefits and Perceptions of Barriers with Health Behavior of Elderly Hypertension in Sumberejo Village, Demak Regency

xiii + 59 Page + 15 Tables + 8 Appendix + 2 Scheme

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Hypertension is a disease that is a health problem throughout the world. The increase in hypertension from 2013 to 2018 by 25.8% to 34.1% should be a special concern for the government in overcoming hypertension rates, a very risky factor that must be changed in hypertension is behavior or lifestyle, while changing someone's behavior that understands a person's perception, the perception that it is important to know that the perception of benefits and the perception of barriers. This study aims to see the relationship between perceived benefits and perceived barriers with health behavior in elderly hypertension in Sumberejo Regency, Demak Regency. This research is cross sectional (cross-sectional) using quantitative research methods in the form of descriptive. The number of samples is 96 people, and to analyze the research using the display. Based on the statistical test of perceived benefits using those derived from the rank Spearman, the information obtained was 0.625 with a value of 0.000 (p value <0.05), so it can be said that there is a relationship between perceived income and health behavior in elderly hypertension, while in statistical tests Perceptions of barriers using the Spearman rank display obtained an understanding of the value of 0.458 with a value of 0.000 (p value <0.05), so it can be said that there is a relationship between perceptions of health behavior in elderly hypertension. Researchers recommend that the elderly be able to carry out health behaviors that can reduce the risk impact of hypertension by changing their health behavior..

Keywords: health behavior, perceived benefits, perceived barriers

References: 25 (2014-2019)