

PROGRAM STUDI S1 KEPERAWATAN

FAKULTAS ILMU KEPERAWATAN DAN KESEHATAN

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Hubungan Persepsi Kerentanan, Keseriusan dengan Perilaku Pencegahan
Hipertensi Lansia di Posyandu Nurus Syifa RW 01 Kelurahan Tlogomulyo

Xv + 60 Halaman + 22 Tabel+ 2 Skema + 2 Gambar + Lampiran

Abstrak

Hipertensi merupakan *silent killer* dimana gejala dapat bervariasi. Berdasarkan usia, kasus penyakit tidak menular banyak terjadi pada usia lanjut. Lansia memiliki perilaku yang dipengaruhi salah satunya persepsi. Persepsi terhadap pencegahan penyakit berbeda-beda antara satu dengan yang lain. **Tujuan** penelitian ini untuk mengetahui hubungan antara persepsi kerentanan, persepsi keseriusan dengan perilaku pencegahan hipertensi lansia di Posyandu Nurus Syifa RW 01 Kelurahan Tlogomulyo Semarang. **Desain** penelitian kuantitatif dengan rancangan deskriptif korelasi, pendekatan yang digunakan *Cross Sectional*. Sampel penelitian adalah 30 lansia yang berusia ≥ 60 tahun yang terdaftar di Posyandu Nurus Syifa rw 01 Kelurahan Tlogomulyo. Pengambilan data dilakukan dengan kuesioner. Analisis data kuantitatif secara univariat dan bivariat. Uji statistik dengan korelasi *rank spearman*. **Hasil** penelitian menunjukkan ada hubungan Persepsi Kerentanan dengan Perilaku Pencegahan Hipertensi Lansia di Posyandu Nurus Syifa RW 01 Kelurahan Tlogomulyo (nilai $p=0,000$), dan ada hubungan Persepsi Keseriusan dengan Perilaku Pencegahan Hipertensi Lansia di Posyandu Nurus Syifa RW 01 Kelurahan Tlogomulyo (nilai $p=0,000$). Rekomendasi dari penelitian agar lansia diharapkan rajin olahraga (pencegahan primer), menurunkan berat badan (pencegahan sekunder), dan mengikuti fisioterapi bila terkena komplikasi stroke (pencegahan tersier).

Kata kunci : Persepsi Kerentanan, Persepsi Keseriusan, Perilaku Pencegahan

Pustaka : 46 (2002-2016)

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Relationship of Vulnerability Perception, Seriousness with Prevention Behavior of Elderly Hypertension at Posyandu Nurus Syifa RW 01 Tlogomulyo Urban Village

Xv + 60 Pages + 22 Table + 2 Schemes + 2 Images + Attachments

Abstract

Hypertension is a silent killer where symptoms can vary. Based on age, cases of non-communicable diseases occur in elderly people. The elderly have behaviors that are influenced by one perception. Perceptions of disease prevention vary from one to another. **The purpose** of this study to determine the relationship between perceptions of vulnerability, perceptions of seriousness with behavior prevention of elderly hypertension in Posyandu Nurus Syifa RW 01 Tlogomulyo Village Semarang. **Quantitative research design** with descriptive correlation design, approach used Cross Sectional. The sample of the study was 30 elderly people > 60 years old who enrolled in Posyandu Nurus Syifa rw 01 Tlogomulyo urban village. The data were collected by questionnaire. Univariate and bivariate quantitative data analysis. Statistical test with rank spearman correlation. **The results** showed that there was a correlation between Vulnerability Perception with Preventive Behavior of Elderly Hypertension in Posyandu Nurus Syifa RW 01 Tlogomulyo Village (p value = 0,000), and correlation between Perception of Seriousness with Prevention Behavior of Elderly Hypertension at Posyandu Nurus Syifa RW 01 Kelurahan Tlogomulyo). **Recommendations** from the study that the elderly are expected to be diligent exercise (primary prevention), lose weight (secondary prevention), and follow physiotherapy when exposed to stroke complications (tertiary prevention).

Keywords : Perception of Vulnerability, Perception of Seriousness,
Preventive Behavior

References : 46 (2002-2016)