

ABSTRAK

HUBUNGAN PENGETAHUAN DAN SIKAP DENGAN KEJADIAN HIPERTENSI DI PUSKESMAS CIPADUNG KOTA BANDUNG TAHUN 2023

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Prevalensi hipertensi di Indonesia pada usia lebih dari 18 tahun sebesar 25,8%. Di Wilayah kerja Puskesmas Cipadung, tercatat sebanyak 1052 kasus hipertensi. Tingginya kasus hipertensi di Puskesmas Cipadung disebabkan oleh beberapa faktor seperti, tingkat pengetahuan dan sikap yang kurang. Penelitian ini bertujuan untuk mengidentifikasi hubungan pengetahuan dan sikap dengan kejadian hipertensi di Puskesmas Cipadung Kota Bandung tahun 2023. Metode penelitian ini menggunakan penelitian observasional analitik kuantitatif dengan pendekatan *cross-sectional*. Penelitian ini menggunakan teknik *simple random sampling* dengan sampel sebanyak 98 orang. Hasil penelitian mengungkapkan bahwa sebagian besar masyarakat di wilayah kerja Puskesmas Cipadung memiliki pengetahuan yang terbatas tentang hipertensi (58,2%), sikap yang negatif terhadap hipertensi (57,1%), serta mengalami tekanan darah tinggi (51%). Hasil penelitian juga menunjukkan bahwa terdapat hubungan yang signifikan antara pengetahuan tentang hipertensi dengan kejadian hipertensi ($p = 0,000$) serta terdapat juga hubungan antara sikap terkait hipertensi dengan kejadian hipertensi ($p = 0,002$) di Wilayah Kerja Puskesmas Cipadung. Dengan demikian, dapat disimpulkan bahwa pengetahuan dan sikap memiliki hubungan yang signifikan dengan kejadian hipertensi di Puskesmas Cipadung Kota Bandung. Rekomendasi yang dapat disampaikan untuk masyarakat dapat mengikuti program edukasi kesehatan yang diselenggarakan oleh Puskesmas Cipadung untuk memperoleh pengetahuan yang lebih baik tentang hipertensi serta menjaga pola makan yang sehat dan rutin melakukan aktivitas fisik untuk menjaga kesehatan.

Kata Kunci: Pengetahuan, Sikap, Hipertensi

ABSTRACT

RELATIONSHIP BETWEEN KNOWLEDGE AND ATTITUDE WITH THE OCCURRENCE OF HYPERTENSION AT CIPADUNG PRIMARY HEALTH CARE CENTER, BANDUNG CITY, 2023

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The prevalence of hypertension in Indonesia among those aged over 18 years is 25.8%. In the working area of Cipadung Primary Health Care Center, there are a recorded 1052 cases of hypertension. The high incidence of hypertension cases in Cipadung Primary Health Care Center is attributed to several factors such as inadequate levels of knowledge and attitudes. This research aims to identify the relationship between knowledge and attitudes with the occurrence of hypertension at Cipadung Primary Health Care Center, Bandung City, in the year 2023. The research method employed is quantitative analytical observational research with a cross-sectional approach. This study utilizes a simple random sampling technique, with a sample size of 98 individuals. The research findings reveal that the majority of the community in the Cipadung Primary Health Care Center working area possess limited knowledge about hypertension (58,2%), exhibit negative attitudes towards hypertension (57,1%), and experience high blood pressure (51%). The results also indicate a significant relationship between knowledge about hypertension and the occurrence of hypertension ($p = 0,000$), as well as a relationship between attitudes related to hypertension and the occurrence of hypertension ($p = 0.002$) in the working area of Puskesmas Primary Health Care Center. Consequently, it can be concluded that knowledge and attitudes have a significant association with the occurrence of hypertension at Cipadung Primary Health Care Center, Bandung City. The recommendations that can be conveyed to the Cipadung peoples are to participate in the health education program organized by the Cipadung Community Health Center to gain a better understanding of hypertension, as well as to maintain a healthy diet and engage in regular physical activities to preserve their health.

Keywords: Knowledge, Attitude, Hypertension