

## HUBUNGAN PENGETAHUAN DENGAN PENGENDALIAN TEKANAN DARAH PADA PASIEN HIPERTENSI DI WILAYAH KERJA PUSKESMAS KALUMATA

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### ABSTRAK

**Latar belakang:** Hipertensi merupakan penyakit tidak menular yang menjadi salah satu sumber utama kematian tak terduga di seluruh dunia. Pengetahuan dan kesadaran pasien tentang hipertensi menjadi komponen penting dalam upaya pengendalian hipertensi. Indonesia merupakan salah satu negara dengan perkiraan jumlah kasus hipertensi sebesar 63,3 juta penderita pada tahun 2018. Di tahun yang sama, prevalensi hipertensi di Maluku Utara didapati sebesar 10,2% dari seluruh penduduk.

**Tujuan:** Mengetahui hubungan pengetahuan dengan pengendalian tekanan darah pada pasien hipertensi di wilayah Ternate, Maluku Utara.

**Metode:** Penelitian observasional menggunakan teknik *purposive sampling* ini dilaksanakan di wilayah kerja Puskesmas Kalumata, Ternate, Maluku Utara pada tahun 2021. Analisis bivariat dikerjakan menggunakan uji *chi-square*.

**Hasil:** Dari 88 penderita hipertensi, 75,0% berjenis kelamin perempuan, 86,4% berusia  $\geq 45$  tahun, 39,8% memiliki tingkat pendidikan akhir SMA/ sederajat, 45,5% pengangguran, 63,5% menderita hipertensi tidak terkontrol, dan 58% bertingkat pengetahuan kurang. Terdapat hubungan yang bermakna secara statistis antara tingkat pengetahuan dan pengendalian tekanan darah ( $p=0,001$ ).

**Simpulan:** Terdapat hubungan bermakna antara pengetahuan dengan pengendalian tekanan darah pada pasien hipertensi di wilayah kerja Puskesmas Kalumata.

**Kata kunci:** hipertensi, pengetahuan, pengendalian tekanan darah

**THE ASSOCIATION BETWEEN THE LEVEL OF KNOWLEDGE  
REGARDING HYPERTENSION AND BLOOD PRESSURE CONTROL  
AMONG PATIENTS IN KALUMATA PRIMARY HEALTH CENTER**

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**ABSTRACT**

**Background:** Hypertension is a non-communicable disease that causes major unexpected deaths globally. Patient's knowledge and awareness about hypertension is crucial in hypertension control. In Indonesia, it was estimated that there are 63.3 million hypertensive patients in 2018. Within the same year, its prevalence in North Maluku was known to be 10,2% of all population. There has been no research on the association between the level of knowledge regarding hypertension and blood pressure control in this province.

**Purpose:** To identify the association between the level of knowledge regarding hypertension and blood pressure control in Ternate, North Maluku.

**Method:** This observational research using purposive sampling technique was conducted in Kalumata primary health center, Ternate, in 2021. Bivariate analysis was performed using the Chi-square test.

**Results:** Of the 88 hypertensive patients, 75.0% were female, 86.4% were  $\geq 45$  years of age, 39.8% had a high school/equivalent end-of-school education level, 45.5% were unemployed, 63.5% had uncontrolled hypertension, and 58% had less knowledge. There was a statistically significant association between knowledge level and blood pressure control ( $p=0.001$ ).

**Conclusion:** A statistically significant associations was identified between the level of knowledge regarding hypertension and blood pressure control among hypertensive patients under the care of Kalumata primary health center.

**Keywords:** hypertension, knowledge, blood pressure control