

**PESETUJUAN PEMBIMBING**

**SKRIPSI**

**HUBUNGAN PENGETAHUAN LANSIA DENGAN PENCEGAHAN  
HIPERTENSI DI PUSKESMAS GLOBAL LIMBOTO  
KABUPATEN GORONTALO**

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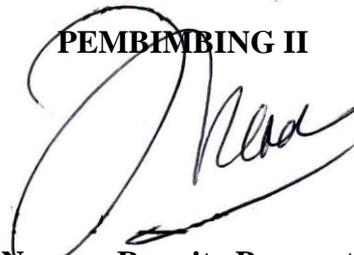
**Telah diperiksa dan disetujui**

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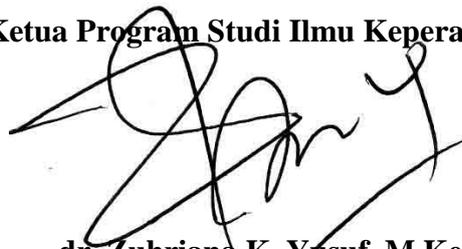
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SKRIPSI

HUBUNGAN PENGETAHUAN LANSIA DENGAN PENCEGAHAN  
HIPERTENSI DI PUSKESMAS GLOBAL LIMBOTO  
KABUPATEN ORONTALO

Oleh :

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Telah dipertahankan di depan Dewan Penguji

Hari/Tanggal : Rabu, 23 Juli 2014

Waktu : 12.00 – 13.00 WITA

Tim Penguji :

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1.....  
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Gorontalo, Juli 2014

Dekan Fakultas Ilmu-Ilmu Kesehatan dan Keolahragaan  
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## ABSTRAK

**Ilyas Saleh.** 2014. *Hubungan Pengetahuan Lansia dengan Pencegahan Hipertensi di Puskesmas Global Limboto Kabupaten Gorontalo*. Skripsi, Program Studi Ilmu Keperawatan, Fakultas Ilmu-ilmu Kesehatan dan Keolahragaan, Universitas Negeri Gorontalo. Pembimbing I, Suwarly Mobiliu, S.Kp, M.Kep dan Pembimbing II, dr. Nanang Roswita Paramata, M.Kes.

Peningkatan jumlah lansia di Negara berkembang jauh lebih banyak setiap tahun jumlah lansia bertambah rata-rata 450.000 orang dan *World Health Organization* (WHO) terdapat 600 juta penderita hipertensi diseluruh dunia. Di Puskesmas Global Limboto Kabupaten Gorontalo tahun 2013 jumlah lansia meningkat 3500 orang dan lansia yang mengalami hipertensi 357 orang.

Penelitian ini bertujuan untuk mengetahui hubungan pengetahuan lansia dengan pencegahan hipertensi di Puskesmas Global Limboto Kabupaten Gorontalo. Desain Penelitian menggunakan analitik deskriptif dengan pendekatan *cross sectional*. Populasi seluruh lansia yang datang berobat di Puskesmas Global Limboto Kabupaten Gorontalo, sampel seluruh lansia yang berumur 55-65 tahun dengan teknik *accidental sampling* sebanyak 51 responden. Analisa data dilakukan dengan SPSS.

Hasil penelitian didapatkan pengetahuan baik ada 42 responden (82.4%) dan pengetahuan kurang 9 responden (17.6%) didapatkan juga pencegahan hipertensi baik 41 responden (80.4) dan pencegahan kurang 10 responden (19.6%), dengan menggunakan uji *Fisher's Exact Test* dengan nilai *p value* 0.001 yang berarti lebih kecil dari  $\alpha = 0.05$ .

Dengan demikian dapat dikatakan bahwa ada hubungan pengetahuan lansia dengan pencegahan hipertensi di Puskesmas Global Limboto Kabupaten Gorontalo. Untuk penelitian selanjutnya disarankan untuk meneliti faktor lain seperti dukungan keluarga dalam mempengaruhi cara pencegahan dan memperhatikan bias yang muncul.

**Kata Kunci** : *Pengetahuan, Lansia, Pencegahan Hipertensi*

**Daftar Pustaka** : 37 Buah (2001 – 2013)

## ABSTRACT

**Ilyas Saleh.** 2014. *The Relationship between the Elderly's Knowledge and the Prevention of Hypertension in Puskesmas Global Limboto, Gorontalo District.* Skripsi. Nursing Study Program, Faculty of Health and Sport Sciences, Universitas Negeri Gorontalo. The principal supervisor was Suwarly Mobiliu, S.Kp, M.Kep and co-supervisor was dr. Nanang Roswita Paramata, M.Kes.

The number of elderly in developing country has increased dramatically. The average increase of elderly is 450.000 each year. Moreover, the *World Health Organization* (WHO) stated that there are 600 million patients with hypertension around the world. In Puskesmas Global Limboto, Gorontalo district, there were 3500 elderlies and 357 of them had hypertension in 2013.

This research was to investigate the relationship between the elderly's knowledge and the prevention of hypertension in Puskesmas Global Limboto, Gorontalo District. This research used descriptive analytical design with *cross sectional* approach. Research population were the all elderlies in Puskesmas Global Limboto, Gorontalo district. The samples were 51 respondents with the age of 55-65. They were selected through *accidental sampling* technique. Data analysis was done through SPSS.

Research result showed that there were 42 respondents (82,4%) with good knowledge and 9 respondents (17,6%) with less knowledge. There were also 41 respondents (80,4%) with good prevention and 10 respondents (19,6%) with less prevention. The result of *Fisher's Exact Test* with the *p value* = 0,001 showed that it was smaller than the  $\alpha = 0.05$ .

It can be concluded that there was a significant relationship between the elderly's knowledge and the prevention of hypertension in Puskesmas Global Limboto, Gorontalo District. It was also suggested that the further researchers should conduct a research on other factors such as family supports in affecting the prevention and pay attention to the research bias.

**Keywords:** *Knowledge, Elderly, Prevention of Hypertension*

**Bibliography:** 37 (2001 – 2013)

