

ABSTRAK

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Judul : Hubungan Tingkat Pengetahuan Dan Perilaku Terkait
Faktor Risiko Hipertensi Pada Masyarakat Di Desa
Ncera, Kabupaten Bima, Provinsi Nusa Tenggara Barat

Hipertensi merupakan penyebab utama kematian di dunia akibat penyakit tidak menular. Tujuan secara global saat ini adalah menurunkan prevalensi hipertensi sebesar 25% kasus ditahun 2025. Tujuan dilakukannya penelitian ini untuk memperoleh gambaran demografi, tingkat pengetahuan dan perilaku, serta hubungan antara pengetahuan dan perilaku terkait faktor risiko hipertensi pada masyarakat di Desa Ncera. Jenis penelitian ini adalah deskriptif analitik dengan desain *Cross Sectional*. Teknik pengambilan sampel adalah *Accidental Sampling* dan jumlah sampel yang digunakan 107 responden.

Hasil penelitian berdasarkan karakteristik responden, jenis kelamin di dominasi oleh perempuan 67,3%, kelompok umur 18-40 tahun 75,7%, pekerjaan Mahasiswa 29,0%, pendidikan terakhir sarjana 51,4%. Responden yang memiliki tingkat pengetahuan baik sebanyak 57,9%, cukup 27,1% dan rendah 15,0%. Perilaku terkait faktor risiko hipertensi pada kelompok berisiko, yang mengonsumsi makanan asin 57,9%, minuman beralkohol 3,7%, aktivitas fisik 34,6%, merokok 26,2%, makanan berlemak 40,2%, konsumsi buah dan sayur 20,6%. Hasil uji *Chi Square* antara tingkat pengetahuan dan perilaku mengonsumsi makanan asin ($p = 0,033$), minuman beralkohol ($p = 0,000$), aktivitas fisik ($p = 0,144$), merokok ($p = 0,004$), makanan berlemak ($p = 0,924$), konsumsi buah dan sayur ($p = 0,097$). Kesimpulannya bahwa terdapat hubungan yang signifikan antara tingkat pengetahuan dengan perilaku mengonsumsi makanan asin, minuman beralkohol, dan merokok. Sedangkan aktivitas fisik, makanan berlemak, mengonsumsi buah dan sayur tidak memiliki hubungan yang signifikan dengan pengetahuan.

Kata kunci : Hipertensi, tingkat pengetahuan, perilaku, hubungan.

ABSTRACT

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Study Program : S1 Pharmacy
Title : Relationship between Knowledge Level and Behavior Related to Hypertension Risk Factors in Communities in Ncera Village, Bima Regency, West Nusa Tenggara Province

Hypertension is the main cause of death in the world due to non-communicable diseases. The current global goal is to reduce the prevalence of hypertension by 25% in 2025. The purpose of this study was to obtain a demographic picture, level of knowledge and behavior, as well as the relationship between knowledge and behavior related to hypertension risk factors in the community in Ncera Village. This type of research is descriptive analytic with a *cross sectional*. Sampling technique was *accidental sampling* and the number of samples used was 107 respondents.

Based on the characteristics of the respondents, gender was dominated by women 67.3%, age group 18-40 years 75.7%, student occupation 29.0%, last education was undergraduate 51.4%. Respondents who have a good level of knowledge are 57.9%, 27.1% are sufficient and 15.0% are low. Behavior related to hypertension risk factors in the risk group, consuming salty foods 57.9%, alcoholic beverages 3.7%, physical activity 34.6%, smoking 26.2%, fatty foods 40.2%, consumption of fruits and vegetables 20.6%. The results of the test *Chi Square* between the level of knowledge and behavior of consuming salty foods ($p = 0.033$), alcoholic beverages ($p = 0.000$), physical activity ($p = 0.144$), smoking ($p = 0.004$), fatty foods ($p = 0.924$), consumption of fruits and vegetables ($p = 0.097$). The conclusion is that there is a significant relationship between the level of knowledge with the behavior of consuming salty foods, alcoholic beverages, and smoking. Meanwhile, physical activity, fatty foods, consuming fruits and vegetables did not have a significant relationship with knowledge.

Keywords: hypertension, level of knowledge, behavior, relationships.