

Abstrak

Hipertensi merupakan kondisi medis yang ditandai oleh peningkatan tekanan darah yang melebihi batas normal dan bertahan dalam jangka waktu yang lama. Menurut laporan *Centers for Disease Control* (CDC) (2020), sekitar 1 dari 25 remaja usia 12-19 tahun mengalami hipertensi, dan 1 dari 10 memiliki tekanan darah yang cenderung meningkat (prehipertensi). Data skrining massal 2026 di Indonesia 1 dari 5 remaja terdeteksi tekanan darah di atas normal, setara dengan 3,6 juta remaja. Tekanan darah tinggi Adalah salah satu penyebab utama morbiditas serta mortalitas global. Hal tersebut sangat diperlukan tindakan dalam melakukan kontrol terhadap penyakit hipertensi. Oleh sebab itu perlu dilakukan penelitian terkait Analisis Kesiapan Sistem Layanan Primer dalam Skrining Hipertensi Anak dan Remaja (Study Kasus Integrasi Layanan Primer di Puskesmas Bahorok). Tujuan penelitian ini yaitu untuk Menganalisis Kesiapan Sistem Layanan Primer dalam Skrining Hipertensi Anak dan Remaja di Puskesmas Bahorok. Penelitian ini merupakan penelitian kuantitatif. Informan penelitian ini yaitu kepala puskesmas, penanggungjawab program, kader dan peserta skrining hipertensi sebanyak 15 orang. Hasil penelitian ini yaitu kesiapan pelaksanaan skrining hipertensi di puskesmas Bahorok sudah cukup baik dari sisi sumber daya kesehatannya, sarana prasarana, proses skrining hipertensi yang sudah sesuai SOP dan capaian target yang sudah melampaui target yaitu 145% dari target dinas kesehatan Kabupaten Langkat. Namun terdapat kendala yaitu pendanaannya yang masih kurang dan masih terdapat anak dan remaja yang menolak dilakukan skrining sebanyak 20% dari seluruh siswa dikarenakan tidak mendapat izin orang tua atau karena takut. Diharapkan Dinas Kesehatan Kabupaten Langkat untuk memberikan pendanaan yg mencukupi ke Puskesmas Bahorok dan Puskesmas Bahorok melakukan sosialisasi kepada masyarakat untuk meningkatkan pengetahuan masyarakat.

Kata Kunci: *Skrining*, Hipertensi, Input, Output, Proses

Abstract

Hypertension is a medical condition characterized by an increase in blood pressure that exceeds normal limits and persists over a long period of time. According to a report by the Centers for Disease Control (CDC) (2020), approximately 1 in 25 adolescents aged 12-19 years experiences hypertension, and 1 in 10 has a tendency for elevated blood pressure (prehypertension). Mass screening data in Indonesia in 2026 showed that 1 in 5 adolescents was detected with above-normal blood pressure, equivalent to 3.6 million adolescents. High blood pressure is one of the leading causes of global morbidity and mortality.

Therefore, it is critically necessary to take measures to control hypertension. Hence, research on the Analysis of Primary Care Service Readiness in Hypertension Screening for Children and Adolescents (Case Study of Primary Care Service Integration at Bahorok Health Center). The purpose of this study is to analyze the readiness of the primary care system in screening hypertension in children and adolescents at Bahorok Health Center. This study is a quantitative study. The informants of this study were the head of the health center, program coordinators, health cadres, and participants of the hypertension screening totaling 15 people. The results of this study show that the readiness for implementing hypertension screening at Bahorok Health Center is quite good in terms of health resources, facilities and infrastructure, the hypertension screening process which has already followed the SOP, and the achievement of targets which has exceeded the target, reaching 145% of the target set by the Langkat Regency Health Office. However, there are obstacles, namely funding that is still insufficient and there are still children and adolescents who refuse to undergo screening, amounting to 20% of all students due to not obtaining parental permission or because of fear. It is hoped that the Langkat Regency Health Office will provide sufficient funding to Bahorok Health Center and that Bahorok Health Center will conduct socialization to the community to increase public knowledge. However, there are obstacles, namely funding that is still insufficient and there are still children and adolescents who refuse to undergo screening, amounting to 20% of all students due to not obtaining parental permission or because of fear. It is hoped that the Langkat Regency Health Office will provide sufficient funding to Bahorok Health Center and that Bahorok Health Center will conduct socialization to the community to increase public knowledge.

Keywords: *Screening, Hypertension, Input, Output, Process*