

ABSTRAK

Hipertensi merupakan terjadinya kenaikan tekanan darah melebihi batasan wajar yang berakibat pada munculnya gangguan pembuluh darah, perilaku sikap dan pengetahuan dapat mempengaruhi terjadinya hipertensi. Penelitian ini bertujuan untuk mengetahui hubungan pengetahuan dan sikap dengan kejadian hipertensi pada lansia. Desain pada penelitian ini menggunakan *kuantitatif* dengan menggunakan metode *Survey Analitik*, dengan pendekatan *Cross Sectional* di Wilayah UPTD Puskesmas Lolofitumoi. Populasi dalam penelitian ini seluruh lansia yang mengalami penyakit hipertensi sebanyak 290 orang dan teknik pengambilan sampel *purposive sampling* dengan menggunakan rumus *slovin* maka didapatkan sampel sebanyak 25 orang. Metode pengumpulan data dengan menggunakan kuesioner dan analisa bivariat menggunakan *chi square*. Hasil penelitian didapatkan mayoritas berpengetahuan baik sebanyak 39 orang (52.7%), bersikap positif sebanyak 38 orang (51.4%) dan kejadian hipertensi mayoritas tidak hipertensi sebanyak 42 orang (56.8%). Berdasarkan hasil analisa data didapatkan hasil *Chi square* dengan nilai signifikan *p-value* 0,004, artinya ada hubungan antara pengetahuan dengan kejadian hipertensi pada lansia dan nilai *p-value* 0,003, artinya ada hubungan antara sikap dengan kejadian hipertensi pada lansia.

Kata kunci: Pengetahuan, Sikap, Hipertensi, Lansia

ABSTRACT

Hypertension is an increase in blood pressure that exceeds normal limits which results in blood vessel disorders, behavior, attitudes and knowledge can influence the occurrence of hypertension. This study aims to determine the relationship between knowledge and attitudes and the incidence of hypertension in the elderly. The design of this research is quantitative using the Analytical Survey method, with a Cross Sectional approach in the Lolofitumoi Community Health Center UPTD Area. The population in this study were all 290 elderly people who experienced hypertension and the sampling technique was purposive sampling using the Slovin formula, so a sample of 25 people was obtained. Data collection methods used questionnaires and bivariate analysis using chi square. The research results showed that the majority had good knowledge, 39 people (52.7%), 38 people (51.4%) had a positive attitude and 42 people (56.8%) had no hypertension. Based on the results of data analysis, Chi square results were obtained with a significant p-value of 0.004, meaning there is a relationship between knowledge and the incidence of hypertension in the elderly and a p-value of 0.003, meaning there is a relationship between attitude and the incidence of hypertension in the elderly.

Keywords: Knowledge, Attitude, Hypertension, Elderly