

## Gambaran Gaya Hidup Pasien Dewasa Penderita Hipertensi di Puskesmas Kota Depok = Lifestyle of Adult Patient with Hypertension in Community Health Center in Depok

Sittatun Mukharromah, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20346375&lokasi=lokal>

---

### Abstrak

Prevalensi hipertensi meningkat di banyak negara sejalan dengan perubahan gaya hidup tidak sehat dan menyebabkan tingginya angka kematian akibat komplikasi. Penelitian ini bertujuan mengidentifikasi gaya hidup pasien dewasa penderita hipertensi di puskesmas Kota Depok. Penelitian dilakukan dengan desain crosssectional pada 84 pasien hipertensi usia dewasa dengan teknik purposive di tiga puskesmas kota Depok pada April hingga Mei 2013. Pengambilan data menggunakan kuesioner modifikasi dari Fantastic Lifestyle Assessment. Hasil penilaian gaya hidup didapatkan 20% baik sekali, 63% baik dan 17% cukup baik. Meskipun gaya hidup yang dijalani pasien hipertensi sudah baik, sosialisasi pengobatan masih perlu ditingkatkan mengingat banyak penderita hipertensi yang pengobatannya tidak terkontrol secara optimal.

.....

The prevalence of hypertension has increased in many countries in line with the change in unhealthy lifestyle and caused the high mortality due to complication. The study was conducted to identify the lifestyle of adult patient with hypertension. This is cross-sectional study, carried between April and Mei 2013. 84 hypertensive patients in adult age were purposively chosen in three community health center in Depok. The modification of "Fantastic Lifestyle Assessment" questioner was used for data collection. The lifestyle score were 20% very good, 63% good and 17% fair. Although the lifestyle was good, the health care provider should improve the socialization about hypertensive treatment because many hypertensive patients were not controlled with optimal treatment.