

Asuhan keperawatan individu keluarga dengan faktor risiko hipertensi melalui edukasi tentang gizi seimbang dan latihan fisik teratur serta implikasinya pada perilaku kesehatan keluarga di Kelurahan Leuwinnanggung = Personal nursing care for families with hypertension risk factors through education on balanced nutrition and regular physical exercise and their implications on family health behavior in Leuwinnanggung Village.

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#### Abstrak

Faktor risiko hipertensi yang tidak terdeteksi secara dini mampu meningkatkan angka kejadian hipertensi di dalam masyarakat. Namun, kenyataannya banyak masyarakat tidak menyadari faktor risiko hipertensi yang dimilikinya dikarenakan keterbatasan pengetahuan mengenai hal tersebut. Tugas akhir profesi ners ini bertujuan untuk menjelaskan asuhan keperawatan individu keluarga dengan faktor risiko hipertensi melalui edukasi tentang gizi seimbang dan latihan fisik teratur serta implikasinya pada perilaku kesehatan Ibu M di dalam keluarga di Kelurahan Leuwinnanggung dengan masalah perilaku kesehatan cenderung berisiko. Intervensi dilakukan dengan penerapan pendidikan kesehatan dan kontrol perilaku kesehatan kepada Ibu M selama 3 minggu. Evaluasi kegiatan asuhan keperawatan dilakukan dengan membandingkan tugas kesehatan keluarga dan tingkat kemandirian keluarga sebelum dan setelah dilakukan asuhan keperawatan. Hasil evaluasi menunjukkan terdapat peningkatan pengetahuan Ibu M mengenai hipertensi, faktor risiko yang dimilikinya, gizi seimbang, dan latihan fisik rutin. Hasil kontrol perilaku diketahui bahwa terdapat perubahan perilaku kesehatan Ibu M berkaitan dengan upaya penerapan gizi seimbang dan latihan fisik teratur. Namun, perlu evaluasi lebih lanjut terhadap perilaku kesehatan yang berhubungan dengan latihan fisik teratur agar pelaksanaannya sesuai dengan durasi dan frekuensi yang disarankan. Tindakan evaluasi secara berkelanjutan disarankan dilakukan oleh penyedia pelayanan kesehatan yang ada di masyarakat guna hasil yang lebih maksimal.

.....Risk factors for hypertension that are not detected early could increase the incidence of hypertension in the community. However, in reality many people are not aware of their hypertension risk factors due to limited knowledge about it. This final nursing profession aims to explain individual nursing care for families with hypertension risk factors through education about balanced nutrition and regular physical exercise and their implications for the health behavior of Mrs. M in families in Leuwinnanggung Village with health behavior problems tending to be at risk. The intervention was carried out by applying health education and health behavior control to Mrs. M for 3 weeks. Evaluation of nursing care activities is carried out by comparing family health tasks and the level of family independence before and after nursing care. The results of the evaluation showed that there was an increase in Mrs. M's knowledge of hypertension, her risk factors, balanced nutrition, and regular physical exercise. The results of behavioral control showed that there was a change in Mrs. M's health behavior related to efforts to implement balanced nutrition and regular physical exercise. However, further evaluation is needed of health behavior related to regular physical exercise so that its implementation is in accordance with the recommended duration and frequency. It is recommended that ongoing evaluation actions be carried out by health service providers in the community

for maximum results.