

ABSTRAK

Hipertensi merupakan keadaan seseorang dengan tekanan darah $\geq 140/90$ mmHg karena adanya gangguan pada pembuluh darah. Daerah Istimewa Yogyakarta masuk prevalensi hipertensi tinggi kedua di Indonesia. Penyebab tingginya kasus hipertensi, karena rendahnya pengetahuan yang berdampak pada sikap dan tindakan pasien dalam pengendalian tekanan darah. Penelitian ini bertujuan untuk memberikan gambaran tingkat pengetahuan, sikap, dan tindakan pasien rawat jalan di RSUD Sleman terkait hipertensi. Jenis penelitian deskriptif observasional dengan rancangan *cross sectional*. Responden yang terlibat 67 orang pasien rawat jalan RSUD Sleman, dipilih secara *purposive sampling* dengan kriteria inklusi berumur >18 tahun, memiliki riwayat hipertensi >6 bulan, pendidikan non-kesehatan, dan bersedia terlibat dalam penelitian. Pasien yang tidak mengisi lengkap kuesioner, dieksklusikan. Instrumen penelitian kuesioner telah melalui uji validitas dengan metode *expert judgment*, uji pemahaman bahasa melibatkan 5 orang, dan uji reliabilitas menghasilkan nilai *alpha* 0,608, 0,803, dan 0,626. Pengolahan data dilakukan dengan batas pengkategorian pengetahuan (tinggi ($>75\%$), sedang (55-75%), rendah ($<55\%$)), sikap (baik ($>75\%$), cukup (55-75%), kurang ($<55\%$)) dan tindakan (benar ($>75\%$), cukup (55-75%), kurang ($<55\%$)). Kemudian dianalisis dengan metode statistik deskriptif. Hasil penelitian menunjukkan tingkat pengetahuan tinggi (83,6%), sikap cukup (59,7%), dan tindakan benar (83,6%), sehingga masih perlu dilakukan edukasi oleh tenaga medis kepada pasien terkait hipertensi terutama sikap dalam pengendalian tekanan darah.

Kata Kunci: Pengetahuan, Sikap, Tindakan, Hipertensi.

ABSTRACT

Hypertension is a condition of a person with blood pressure $\geq 140/90$ mmHg due to a disturbance in the blood vessels. The Special Region of Yogyakarta is included in the second high prevalence of hypertension in Indonesia. The cause of the high cases of hypertension, due to the lack of knowledge that has an impact on the attitudes and practice of patients in controlling blood pressure. This study aims to provide an overview of the level of knowledge, attitudes, and practices of outpatients at Regional General Hospital Sleman regarding hypertension. This type of research is descriptive observational with design cross sectional. Respondents involved were 67 outpatients at Sleman Hospital, selected randomly purposive sampling with inclusion criteria aged >18 years, having a history of hypertension >6 months, non-health education, and willing to be involved in the study. Patients who did not complete the questionnaire were excluded. The questionnaire research instrument has been tested for validity with the method of expert judgment, the language comprehension test involved 5 people, and the reliability test resulted in a score α 0,608, 0,803, and 0,626. Data processing was carried out by limiting the categorization of knowledge (high ($>75\%$), moderate (55-75%), low ($<55\%$)), attitude (good ($>75\%$), sufficient (55-75%), less ($<55\%$)) and practice (correct ($>75\%$), sufficient (55-75%), insufficient ($<55\%$)). Then analyzed with descriptive statistical methods. The results showed a high level of knowledge (83,6%), sufficient attitude (59,7%), and correct practice (83.6%), so that medical personnel still need to educate patients regarding hypertension, especially attitudes in controlling blood pressure.

Keywords: *Knowledge, Attitude, Practice, Hypertension*