

ABSTRAK

GAMBARAN PASIEN HIPERTENSI TENTANG PERILAKU “CERDIK” DI PROLANIS DESA CRABAK WILAYAH KERJA PUSKESMAS NAILAN KABUPATEN PONOROGO

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Hipertensi merupakan faktor risiko utama penyakit tidak menular yang memerlukan manajemen mandiri. Perilaku "CERDIK" adalah strategi krusial untuk mencegah komplikasi. Penelitian ini bertujuan mengetahui gambaran perilaku pasien hipertensi tentang perilaku "CERDIK" di Prolanis Desa Crabak, Wilayah Kerja Puskesmas Nailan, Ponorogo. Penelitian ini yang berbentuk deskriptif kuantitatif yang melibatkan 30 responden yang dipilih melalui metode *purposive sampling* melalui rancangan *cross-sectional*. Data dikumpulkan menggunakan kuesioner terstruktur secara *door-to-door* dan dianalisis menggunakan statistik univariat untuk melihat distribusi frekuensi. Hasil penelitian ditemukan responden didominasi perempuan (60%), usia >66 tahun (53,3%), berpendidikan SD (56,7%), dan lama menderita <5 tahun (63,3%). Hasil menunjukkan sebagian besar responden memiliki tingkat perilaku berkategori Baik (73,33%), sedangkan sisanya berkategori Cukup (26,67%). Perilaku berkategori baik didominasi oleh perempuan dan kelompok manula. Bertambahnya usia meningkatkan kematangan pola pikir serta pengalaman hidup, sementara peran sosiokultural membuat perempuan lebih sensitif terhadap isu kesehatan domestik, meskipun keterbatasan pendidikan dasar menjadi tantangan kognitif tersendiri. Secara umum, tingkat perilaku pasien hipertensi mengenai perilaku "CERDIK" di Prolanis Desa Crabak tergolong baik. Diperlukan edukasi berkelanjutan dengan simplifikasi materi untuk mempertahankan perilaku pengelolaan kesehatan mandiri tersebut.

Kata Kunci: Hipertensi, Perilaku CERDIK, Prolanis.

ABSTRACT

DESCRIPTION OF HYPERTENSION PATIENTS ABOUT "CERDIK" BEHAVIOR IN PROLANIS, CRABAK VILLAGE, NAILAN COMMUNITY HEALTH CENTER WORKING AREA, PONOROGO REGENCY

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Hypertension is a major risk factor for non-communicable diseases that requires self-management. The "CERDIK" behavior framework is a crucial strategy for preventing complications. This study aimed to assess the "CERDIK" behaviors of hypertensive patients participating in the Prolanis program in Crabak Village, within the Nailan Community Health Center (Puskesmas) service area in Ponorogo. This descriptive quantitative study employed a cross-sectional design and involved 30 respondents selected purposive sampling. Data were collected through door-to-door structured questionnaires and analyzed using univariate statistics to determine frequency distributions. The results showed that the respondents were predominantly female (60%), aged over 66 years (53.3%), had an elementary school education (56.7%), and had suffered from the condition for less than five years (63.3%). The findings indicate that the majority of respondents demonstrated a "Good" level of behavior (73.33%), while the remainder fell into the "Fair" category (26.67%). Good behavior was most prevalent among women and the elderly. Advancing age fosters greater maturity in mindset and life experience, while sociocultural roles make women more attuned to domestic health issues, even though limited formal education presents a distinct cognitive challenge. Overall, the level of "CERDIK" behavior among hypertensive patients in the Crabak Village Prolanis program is classified as good. Continuous education with simplified materials is required to sustain these self-management health behaviors.

Keywords: Hypertension, CERDIK Behavior, Prolanis.