ABSTACT

THE RELATIONSHIP BETWEEN KNOWLEDGE OF HYPERTENSION PREVENTION METHODS AND THE INCIDENCE OF HYPERTENSION IN THE ELDERLY IN SEKARGADUNG VILLAGE, PASURUAN CITY

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Hypertension is a major health issue among the elderly and can lead to cardiovascular, cerebrovascular, and renal complications. Given the presence of modifiable risk factors, knowledge regarding preventive measures can facilitate the adoption of healthier daily habits and routine blood pressure monitoring. Evidence linking knowledge of prevention to directly measured blood pressure status among community-dwelling elderly individuals remains limited. This study examined the relationship between knowledge regarding hypertension prevention and blood pressure status among the elderly in Sekargadung, Pasuruan, Indonesia. A quantitative analytical study with a cross-sectional design was conducted from October to November 2025. The accessible population consisted of 43 adults aged 60 years or older. A minimum sample size of 30 was determined using Slovin's formula with a 10% margin of error, and participants were recruited purposively. Knowledge regarding prevention was assessed using a 20-item questionnaire, while blood pressure was measured using a sphygmomanometer. Data analysis was performed using descriptive statistics and the Spearman rank correlation test. Among participants with good knowledge, 72.7% had normal blood pressure, compared to 36.8% in the group with adequate knowledge. Prevention knowledge was significantly associated with blood pressure status (Spearman's rho = 0.383; p = 0.037). Better knowledge regarding hypertension prevention was associated with better blood pressure categories, although the relationship was weak. Continuous, age-appropriate health education should be integrated with routine blood pressure monitoring and practical support for lifestyle changes. The cross-sectional study design does not allow for the establishment of a causal relationship.

Keywords: Blood pressure, health education, hypertension prevention, knowledge, elderly