

# **GAMBARAN KARAKTERISTIK PASIEN HIPERTENSI DI UNIT ORGANISASI BERSIFAT FUNGSIONAL (UOBF) PUSKESMAS MAOS**

*Overview Of Characteristics Of Hypertension Patients In The Functional Organizational Unit (UOBF) Of Maos Health Center*

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## **ABSTRAK**

Hipertensi merupakan peningkatan tekanan darah sistolik lebih dari 140 mmHg dan tekanan darah diastolik lebih dari 90 mmHg. Hipertensi telah lama diketahui sebagai penyakit yang melibatkan banyak faktor, baik faktor internal seperti umur, jenis kelamin, genetik dan faktor eksternal seperti pola makan, kebiasaan merokok dan lain-lain. Penelitian ini bertujuan mengetahui gambaran karakteristik pasien hipertensi di Unit Organisasi Bersifat Fungsional (UOBF) Puskesmas Maos. Jenis penelitian kuantitatif dengan desain *deskriptif* melalui pendekatan *cross sectional*. Jumlah sampel pada penelitian ini adalah 62 penderita hipertensi di Puskesmas Maos yang diambil menggunakan teknik *accidental sampling*. Instrumen penelitian terdiri dari kuesioner. Uji analisis univariat menggunakan distribusi frekuensi dengan hasil bahwa pasien hipertensi di Puskesmas Maos sebagian besar berumur 56-65 tahun sebesar 52%, sebagian besar berjenis kelamin perempuan (79%), sebagian besar tidak ada faktor keturunan dari ayah dan ibu (53%), paling banyak berpendidikan dasar (48%), sebagian besar konsumsi Rendah Garam I (55%), sebagian besar tidak merokok (84%), dan sebagian besar tidak obesitas (66%).

**Kata kunci :** Gambaran, Hipertensi, *Puskesmas Maos*

## **ABSTRACT**

*Hypertension is an increase in systolic blood pressure of more than 140 mmHg and diastolic blood pressure of more than 90 mmHg. Hypertension has long been known as a disease that involves many factors, both internal factors such as age, gender, genetics and external factors such as diet, smoking habits and others. This study aims to determine the characteristics of hypertensive patients in the Functional Organization Unit (UOBF) of the Maos Health Center. Quantitative research type with a descriptive design using a cross sectional approach. The number of samples in this study was 62 hypertension sufferers at the Maos Health Center who were taken using accidental sampling technique. The research instrument consists of a questionnaire. The univariate analysis test used a frequency distribution with the results that the hypertension patients at the Maos Community Health Center were mostly 56-65 years old, 52%, most were female (79%), most had no hereditary factors from the father or mother (53%), most have basic education (48%), most consume Low Salt I (55%), most do not smoke (84%), and most are not obese (66%).*

**Keywords:** *Overview, Hypertension, Maos Health Center*