

## Gambaran Tingkat Keaktifan Kunjungan Peserta Prolanis Yang Menderita Hipertensi di UPTD Puskesmas Bantarsari Kabupaten Cilacap

### *The Activity Level Description of Prolanis Visits Participants Suffering from Hypertension at the UPTD of the Bantarsari Community Health Center Cilacap Regency*

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#### ABSTRAK

Hipertensi merupakan salah satu penyakit kronis yang sebenarnya dapat dicegah dengan menekan faktor risiko terjadinya hipertensi. Pasien yang rutin mengikuti Program prolanis akan mampu meningkatkan kualitas hidup, kualitas hidup penderita hipertensi yang mengikuti prolanis antara lain pasien mampu mendapatkan peningkatan pengetahuan, melakukan aktivitas fisik secara teratur. Tujuan penelitian adalah mengetahui gambaran tingkat keaktifan kunjungan peserta prolanis yang menderita hipertensi. Penelitian ini merupakan penelitian kuantitatif deskriptif dengan pendekatan *cross sectional*. Sampel adalah peserta Prolanis yang menderita hipertensi di UPTD Puskesmas Bantarsari Kabupaten Cilacap tahun 2024 sebanyak 53 orang yang diambil dengan teknik *accidental sampling*. Analisis data menggunakan analisis univariat. Hasil penelitian menunjukkan bahwa peserta prolanis yang menderita hipertensi paling banyak berumur lansia (50,9%), perempuan (50,9%), berpendidikan dasar (67,9%) dan pendapatan rendah (58,4%). Tingkat keaktifan kunjungan prolanis sebagian besar aktif (66%) dan tekanan darah sebagian besar dengan kategori hipertensi derajat 1 dan 2 (30,2%). Kesimpulan: Tingkat keaktifan kunjungan prolanis sebagian besar aktif dan tekanan darah sebagian besar dengan kategori hipertensi derajat 1 dan 2.

Kata Kunci : Keaktifan, Kunjungan, Prolanis, Hipertensi

#### ABSTRACT

*Hypertension is a chronic disease that can actually be prevented by reducing the risk factors for hypertension. Patients who regularly take part in the Prolanis program will be able to improve their quality of life. The quality of life for hypertension sufferers who take Prolanis includes, among other things, patients being able to gain increased knowledge and do regular physical activity. The aim of the research was to determine the level of activity in visiting Prolanis participants who suffer from hypertension. This research is a descriptive quantitative research with a cross sectional approach. The sample was 53 Prolanis participants who suffered from hypertension at the Bantarsari Community Health Center UPTD, Cilacap Regency in 2024, taken using an accidental sampling technique. Data analysis uses univariate analysis. The results showed that the most prolanis participants who suffered from hypertension were elderly (50.9%), female (50.9%), had primary education (67.9%) and had low income (58.4%). The level of activeness of prolanis visits was mostly active (66%) and blood pressure was mostly in the hypertension grade 1 and 2 categories (30.2%). Conclusion: The activity level of prolanis visits is mostly active and the blood pressure is mostly in the hypertension grade 1 and 2 categories.*

*Keyword*      *Activeness, Visitation, Prolanis, Hypertension*

