

GAMBARAN KARAKTERISTIK DAN KUALITAS HIDUP PASIEN HIPERTENSI DI PUSKESMAS KESUGIHAN 2 CILACAP

*Overview Of Characteristics And Quality Of Life Of Hypertension Patients At
Kesugihan 2 Cilacap Health Center*

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ABSTRAK

Hipertensi yang dikenal sebagai *silent killer* menjadi penyebab kematian global yang menduduki peringkat ketiga dunia. Seseorang yang menderita hipertensi akan mengalami penurunan kesehatan fisik dan psikis dan memerlukan perawatan seumur hidup. Penelitian bertujuan untuk meneliti gambaran karakteristik dan kualitas hidup pasien hipertensi di Puskesmas Kesugihan 2 Cilacap. Desain penelitian ini adalah deskriptif kuantitatif melalui pendekatan *cross sectional*. Jumlah sampel pada penelitian ini adalah 43 pasien hipertensi dan menggunakan teknik *purposive sampling*. Instrumen pada penelitian ini menggunakan kuesioner WGOQOL_BREF yang dikembangkan oleh WHO. Hasil penelitian ini didapatkan informasi bahwa kualitas hidup pasien mayoritas adalah baik sebanyak 33 responden, karakteristik responden berdasarkan usia rata-rata ber usia 52,40 tahun. Jenis kelamin pasien hipertensi mayoritas perempuan sebanyak 34 responden (79,1%). Pekerjaan pasien hipertensi mayoritas tidak bekerja sebanyak 26 responden (60,5%). Tingkat pendidikan pasien hipertensi mayoritas adalah menengah (SMA) sebanyak 28 responden (65,1%).

Kata kunci: Hipertensi, Kualitas Hidup

ABSTRACT

Hypertension, Which Is Known As The Silent Killer, Is The Third Leading Cause Of Death In The World. A Person Who Suffers From Hypertension Will Experience A Decline In Physical And Psychological Health And Will Require Lifelong Treatment. The research aims to examine the characteristics and quality of life of hypertensive patients at the Kesugihan 2 Cilacap Community Health Center. The design of this research is descriptive quantitative using a cross sectional approach. The number of samples in this study was 43 hypertensive patients and used a purposive sampling technique. The instrument in this study used the -WGOQOL_BREF questionnaire developed by WHO. The results of this research obtained information that the quality of life of the majority of patients was good, with 33 respondents, the characteristics of respondents based on age were an average of 52.40 years. The majority of hypertensive patients were female with 34 respondents (79.1%). The majority of hypertensive patients do not work as many as 26 respondents (60.5%). The education level of the majority of hypertensive patients was secondary (high school) as many as 28 respondents (65.1%).

Keywords: Hypertension, Quality of Life