

**PROGRAM STUDI SARJANA KEPERAWATAN FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Penelitian, 04 Juni 2026**

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**Tindakan Pencegahan terkait Hipertensi Pada Kelompok Usia (18-35 Tahun) di
Wilayah Kerja Puskesmas Simpang Tiga Kota Pekanbaru:**

Xii + 100 Halaman + 9 Tabel + 13 Lampiran

ABSTRAK

Hipertensi merupakan masalah kesehatan yang terus mengalami peningkatan dan tidak hanya terjadi pada kelompok usia lanjut, tetapi juga ditemukan pada kelompok usia dewasa muda. Perubahan gaya hidup pada kelompok ini dapat meningkatkan risiko terjadinya hipertensi di masa mendatang, sehingga diperlukan penerapan tindakan pencegahan sejak dini. Penelitian ini bertujuan untuk mengetahui gambaran tindakan pencegahan hipertensi pada kelompok usia 18–35 tahun di wilayah kerja Puskesmas Simpang Tiga Kota Pekanbaru. Penelitian ini menggunakan metode kuantitatif dengan desain deskriptif. Penelitian dilaksanakan pada tanggal 4 Juni hingga 1 Juli 2026 dengan jumlah sampel sebanyak 394 responden yang dipilih menggunakan teknik accidental sampling. Pengumpulan data dilakukan menggunakan kuesioner tindakan pencegahan hipertensi. Data dianalisis menggunakan analisis univariat berupa distribusi frekuensi dan persentase. Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki tindakan pencegahan hipertensi dalam kategori sedang sebanyak 180 responden (45,7%). Responden dengan kategori sangat baik sebanyak 146 responden (37,0%), kategori baik sebanyak 55 responden (14%), dan kategori lemah sebanyak 13 responden (3,3%). Berdasarkan indikator tindakan pencegahan, persentase tertinggi terdapat pada tindakan memanfaatkan fasilitas pelayanan kesehatan sebanyak 360 responden (91,4%), sedangkan persentase terendah terdapat pada tindakan membatasi konsumsi makanan asin, instan, dan tinggi lemak sebanyak 209 responden (53%). Penelitian ini menunjukkan bahwa tindakan pencegahan hipertensi pada kelompok usia dewasa muda sudah mulai diterapkan, namun masih diperlukan peningkatan upaya edukasi dan promosi kesehatan terutama dalam meningkatkan penerapan pola makan sehat dan penerapan gaya hidup yang mendukung pencegahan hipertensi secara konsisten.

Kata Kunci : Hipertensi, Tindakan Pencegahan, Dewasa Muda
Daftar Bacaan : 35 (2014 - 2026)

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Research, June 4, 2026**

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**Preventive Measures related to Hypertension in the Age Group (18-35 Years) in
the Working Area of the Simpang Tiga Health Center, Pekanbaru City:**

Xii + 100 Pages + 9 Tables + 13 Illustrations

ABSTRACT

Hypertension is a health problem that continues to increase and not only occurs in the elderly age group, but is also found in the young adult age group. Lifestyle changes in this group can increase the risk of hypertension in the future, so it is necessary to implement preventive measures early. This study aims to find out the overview of hypertension prevention measures in the age group of 18-35 years in the working area of the Simpang Tiga Health Center, Pekanbaru City. This study uses a quantitative method with a descriptive design. The research was carried out from June 4 to July 1, 2026 with a sample of 394 respondents selected using accidental sampling techniques. Data collection was carried out using a hypertension prevention questionnaire. The data was analyzed using univariate analysis in the form of frequency and percentage distributions. The results showed that most of the respondents had preventive measures for hypertension in the moderate category as many as 180 respondents (45.7%). Respondents with the very good category were 146 respondents (37.1%), the good category was 55 respondents (14%), and the weak category was 13 respondents (3.3%). Based on the indicators of preventive measures, the highest percentage was found in the act of using health service facilities as many as 360 respondents (91.4%), while the lowest percentage was found in the action of limiting the consumption of salty, instant, and high-fat foods as many as 209 respondents (53%). This study shows that hypertension prevention measures in the young adult age group have begun to be implemented, but there is still a need to increase education and health promotion efforts, especially in increasing the implementation of a healthy diet and the implementation of a lifestyle that supports the prevention of hypertension consistently.

Keywords : Hypertension, Preventive Measures, Young Adults
Reading List : 35 (2014 – 2026)