

**EFEKTIVITAS BUKU PEMANTAUAN PENCEGAHAN HIPERTENSI  
TERHADAP PENCEGAHAN HIPERTENSI LANSIA DI RW 04  
KELURAHAN LAWANG GINTUNG KOTA BOGOR TAHUN 2022**

**Siti Atikah**

**Abstrak**

Penyakit Hipertensi dikenal penyakit the silent killer (Penyakit pembunuh tersembunyi), karena prevalensinya tinggi dan tingkat keganasan dapat menyebabkan kecacatan permanen dan kematian mendadak. Tujuan penelitian untuk menganalisis efektivitas buku pemantauan pencegahan hipertensi di RW 04 Kelurahan Lawang Gintung Kota Bogor Tahun 2022. Jenis Penelitian menggunakan kuantitatif dengan metode pra-ekperimen (pre-experimental desain) one group pretest posttest design. Populasi 50 orang lansia. Pengambilan sampel menggunakan metode non-probability sampling dengan total sampling Jumlah sampel 50 orang lansia. Analisis data menggunakan analisis univariat dan analisis uji bivariat menggunakan Uji Wilcoxon. Hasil penelitian menunjukkan adanya perbedaan perilaku pencegahan hipertensi setelah diberikan intervensi berupa buku pemantauan pencegahan hipertensi yaitu perilaku merokok (p value 0,003), perilaku tidur terlalu malam (p value 0,000), perilaku aktivitas fisik (p value 0,000) dan konsumsi garam berlebihan (p value 0,000). Adanya peningkatan perilaku pencegahan hipertensi lansia sesudah diberikan intervensi berupa buku pemantauan pencegahan hipertensi.

**Kata Kunci:** Buku Pemantauan Pencegahan Hipertensi, Hipertensi, Lansia, Perilaku Pencegahan Hipertensi

**THE EFFECTIVENESS OF HYPERTENSION PREVENTION  
MONITORING BOOK ON THE PREVENTION OF ELDERLY  
HYPERTENSION IN RW 04 KELURAHAN LAWANG GINTUNG  
BOGOR CITY IN 2022**

**Siti Atikah**

**Abstract**

Hypertension is known as the silent killer disease, which is a hidden killer disease, because of its high prevalence and level of malignancy that can cause permanent disability and sudden death. The purpose of the study was to analyze the effectiveness of the hypertension prevention monitoring book in RW 04, Lawang Gintung Village, Bogor City in 2022. The type of research used was quantitative with a pre-experimental design (pre-experimental design) one group pretest posttest design. Population 50 elderly people. Sampling using non-probability sampling method with a total sampling of 50 elderly people. Data analysis using univariate analysis and bivariate analysis using Wilcoxon test. The results showed that there were differences in hypertension prevention behavior after being given an intervention in the form of a hypertension prevention monitoring book, namely smoking behavior (p value 0.003), sleeping too late (p value 0.000), physical activity behavior (p value 0.000) and excessive salt consumption (p value 0.000). There is an increase in the behavior of preventing hypertension in the elderly after being given an intervention in the form of a hypertension prevention monitoring book.

**Keywords:** Hypertension Prevention Monitoring Book, Hypertension, Elderly, Hypertension Prevention Behavior