

ABSTRAK

ARIFATUNISA HAULIA DIANA FITRI. Gambaran pengetahuan tentang pencegahan penyakit jantung usia 15-34 tahun pada peserta senam di Yayasan Jantung Indonesia Kota Pekanbaru. Dibimbing oleh DEWI EROWATI dan YOLAHUMAROH.

Pengetahuan seseorang tentang pencegahan penyakit jantung koroner dari faktor yang dapat dimodifikasi yaitu merokok, hipertensi, kolesterol, kegemukan, kurang olahraga, diabetes dan stress. Diperlukan sebagai salah satu faktor pendorong untuk melakukan perubahan perilaku sehingga dapat mengurangi penderita penyakit jantung, menurunkan angka kematian dan meningkatkan kualitas hidup. Pencegahan penyakit jantung koroner usia 15-34 tahun pada peserta senam di Yayasan Jantung Indonesia Kota Pekanbaru. Jenis Penelitian ini adalah penelitian deskriptif dengan desain *cross sectional*. Penelitian dilakukan bulan januari dan juni 2024 di Kota Pekanbaru. Teknik pengambilan sampel menggunakan *Purposive Sampling*. Jumlah sampel yaitu sebanyak 51 orang. Setelah data diolah maka dilakukan analisa data secara univariat. Karakteristik berdasarkan usia yaitu sebanyak (52,9%) berada diusia 25-34 tahun. Jenis kelamin didominasi oleh laki-laki (52,9%). Untuk tingkat pendidikan terakhir responden sebanyak 49% yaitu tingkat Sma/Smk. Responden yang tidak terdiagnosa penyakit jantung koroner yaitu sebanyak (100%), kemudian untuk kategori riwayat merokok ditemukan banyak responden yang mengkonsumsi rokok sebanyak (52,9%). Hasil penelitian ini yaitu kategori tingkat pengetahuan sebanyak 43 responden dengan presentase 84,3% untuk tingkat pengetahuan kurang baik dan cukup baik sebanyak 4 responden dengan presentase 8%.

Kata kunci : Jantung Koroner

ABSTRACT

ARIFATUNISA HAULIA DIANA FITRI. Description of knowledge about preventing heart disease aged 15-34 years in Pekanbaru city. Supervised by DEWI EROWATI and YOLAHUMAROH.

A person's knowledge about preventing coronary heart disease is based on factors that can be modified, namely smoking, hypertension, cholesterol, obesity, lack of exercise, diabetes and stress. It is needed as a driving factor to make behavioral changes so that it can reduce sufferers of heart disease, reduce death rates and improve quality of life. This study aims to see the picture of knowledge about preventing coronary heart disease aged 15-34 years in the city of Pekanbaru. This type of research is qualitative research with a cross sectional design. The research was conducted in January and May 2024 in Pekanbaru city. The sampling technique uses accidental sampling. The number of samples was 51 people. After the data is processed, univariate data analysis is carried out. Characteristics based on age were as many as (52.9%) were aged 25-34 years. Gender is dominated by men (52.9%). For the last education level of respondents, (49%) were at the high school/vocational school level. Respondents who were not diagnosed with coronary heart disease were (100%), then for the smoking history category it was found that many respondents consumed cigarettes (52.9%). The results of this research were in the knowledge level category of 43 respondents with a presentation of (84.3%), for good and quite good knowledge levels there were 4 respondents with a presentation of (8%).

Key words: Coronary Heart