DAFTAR ISI

Halaman Sampul Depan ........................................................................................... i
Halaman Sampul Dalam ........................................................................................... ii
Pernyataan Keaslian Tulisan ................................................................................... iii
Lembar Persetujuan ................................................................................................. iv
Lembar Pengesahan .................................................................................................. v
Kata Pengantar .......................................................................................................... vi
Motto dan Persembahan ......................................................................................... viii
Abstrak ...................................................................................................................... x
Abstract................................................................................................................... xi
Daftar Isi .................................................................................................................... xii
Daftar Tabel ............................................................................................................... xv
Daftar Gambar ......................................................................................................... xvi
Daftar Lampiran ...................................................................................................... xvii
Daftar Singkatan ..................................................................................................... xviii

BAB 1 PENDAHULUAN

1.1 Latar Belakang ..................................................................................................... 1
1.2 Rumusan Masalah ............................................................................................... 4
1.3 Tujuan Penelitian ............................................................................................... 4
  1.3.1 Tujuan Umum ............................................................................................... 4
  1.3.2 Tujuan Khusus ............................................................................................. 4
1.4 Manfaat Penelitian ............................................................................................. 5
  1.4.1 Manfaat Teoritis ........................................................................................... 5
  1.4.2 Manfaat Praktis ........................................................................................... 5

BAB 2 TINJAUAN PUSTAKA

2.1 Konsep Gaya Hidup .......................................................................................... 6
  2.1.1 Definisi .......................................................................................................... 6
  2.1.2 Jenis-jenis Gaya Hidup ................................................................................ 7
  2.1.3 Faktor yang mempengaruhi Gaya Hidup .................................................... 8
  2.1.4 Gaya Hidup yang mempengaruhi tekanan darah .................................... 11
  2.1.5 Indikator Gaya Hidup .................................................................................. 11
2.2 Konsep Hipertensi ............................................................................................. 12
  2.2.1 Definisi .......................................................................................................... 12
  2.2.2 Klasifikasi .................................................................................................... 12
  2.2.3 Etiologi ......................................................................................................... 13
  2.2.4 Patofisiologi ................................................................................................ 17
2.2.5 Manifestasi Klinis................................................................. 17
2.2.6 Komplikasi........................................................................... 18
2.2.7 Pemeriksaan Penunjang........................................................ 18
2.2.8 Penatalaksanaan.................................................................. 19
2.3 Kekambuhan Hipertensi............................................................. 21
  2.3.1 Definisi.................................................................................. 21
  2.3.2 Faktor-faktor kekambuhan Hipertensi................................. 22
2.4 Konsep Prolanis......................................................................... 26
  2.4.1 Definisi.................................................................................. 26
  2.4.2 Bentuk dan Aktivitas Prolanis................................................ 26

BAB 3 KERANGKA KONSEPTUAL
  3.1 Kerangka Konseptual ................................................................. 34
  3.2 Hipotesis Penelitian................................................................. 35

BAB 4 METODE PENELITIAN
  4.1 Desain Penelitian...................................................................... 36
  4.2 Kerangka Kerja......................................................................... 37
  4.3 Populasi, Sampel, Besar Sampel dan Teknik Sampling.............. 38
    4.3.1 Populasi.............................................................................. 38
    4.3.2 Sampel............................................................................... 38
    4.3.3 Besar Sampel...................................................................... 38
    4.3.4 Teknik Pengambilan Sampel................................................ 38
  4.4 Identifikasi Variabel................................................................... 39
  4.5 Definisi Operasional................................................................. 40
  4.6 Instrumen Penelitian................................................................. 43
  4.7 Prosedur Pengambilan dan Pengumpulan data.......................... 44
  4.8 Cara Analisa Data..................................................................... 45
    4.8.1 Editing............................................................................... 45
    4.8.2 Coding.............................................................................. 45
    4.8.3 Skoring............................................................................. 46
    4.8.4 Tabulating......................................................................... 48
  4.9 Etika Penelitian......................................................................... 48
  4.10 Lokasi dan Waktu Penelitian.................................................... 48
    4.10.1 Lokasi.............................................................................. 48
    4.10.2 Waktu Penelitian.............................................................. 48
  4.11 Keterbatasan............................................................................ 49
BAB 5 HASIL DAN PEMBAHASAN
5.1 Hasil Penelitian
5.1.1 Gambaran Umum Lokasi Penelitian
5.1.2 Data Umum
5.1.2.1 Karakteristik Penderita Hipertensi di Puskesmas Tuban Kecamatan Tuban Kabupaten Tuban Tahun 2022
5.1.3 Data Khusus
5.1.3.1 Gaya Hidup Penderita Hipertensi di Puskesmas Tuban Kecamatan Tuban Kabupaten Tuban Tahun 2022
5.1.3.2 Kekambuhan Penderita Hipertensi di Puskesmas Tuban Kecamatan Tuban Kabupaten Tuban Tahun 2022
5.1.3.3 Analisa Hubungan Konsumsi Garam dengan Kekambuhan Hipertensi di Puskesmas Tuban Kecamatan Tuban Kabupaten Tuban Tahun 2022
5.1.3.4 Analisa Hubungan Konsumsi Alkohol dengan Kekambuhan Hipertensi di Puskesmas Tuban Kecamatan Tuban Kabupaten Tuban Tahun 2022
5.1.3.5 Analisa Hubungan Kebiasaan Merokok dengan Kekambuhan Hipertensi di Puskesmas Tuban Kecamatan Tuban Kabupaten Tuban Tahun 2022
5.1.3.6 Analisa Hubungan Aktivitas Fisik dengan Kekambuhan Hipertensi di Puskesmas Tuban Kecamatan Tuban Kabupaten Tuban Tahun 2022
5.1.3.7 Analisa Hubungan Stress dengan Kekambuhan Hipertensi di Puskesmas Tuban Kecamatan Tuban Kabupaten Tuban Tahun 2022
5.2 Pembahasan
5.2.1 Gaya Hidup Penderita Hipertensi di Puskesmas Tuban Kecamatan Tuban Kabupaten Tuban Tahun 2022
5.2.2 Kekambuhan Penderita Hipertensi di Puskesmas Tuban Kecamatan Tuban Kabupaten Tuban Tahun 2022
5.2.3 Hubungan Antara Konsumsi Garam dengan Kekambuhan Penderita Hipertensi di Puskesmas Tuban Kecamatan Tuban Kabupaten Tuban Tahun 2022
5.2.3 Hubungan Antara Konsumsi Alkohol dengan Kekambuhan Penderita Hipertensi di Puskesmas Tuban Kecamatan Tuban Kabupaten Tuban Tahun 2022...................................................... 57
5.2.3 Hubungan Antara Kebiasaan Merokok dengan Kekambuhan Penderita Hipertensi di Puskesmas Tuban Kecamatan Tuban Kabupaten Tuban Tahun 2022...................................................... 57
5.2.3 Hubungan Antara Aktivitas Fisik dengan Kekambuhan Penderita Hipertensi di Puskesmas Tuban Kecamatan Tuban Kabupaten Tuban Tahun 2022...................................................... 57
5.2.3 Hubungan Antara Stress dengan Kekambuhan Penderita Hipertensi di Puskesmas Tuban Kecamatan Tuban Kabupaten Tuban Tahun 2022...................................................... 57

BAB 6 KESIMPULAN DAN SARAN
6.1 Kesimpulan ........................................................................................................ 69
6.2 Saran .................................................................................................................... 70

DAFTAR PUSTAKA .................................................................................................. 62
LAMPIRAN