

BAB 6

KESIMPULAN DAN SARAN

6.1 Kesimpulan

Berdasarkan hasil penelitian yang faktor-faktor yang berpengaruh terhadap hipertensi dapat diambil kesimpulan sebagai berikut:

1. Mayoritas pengetahuan mengenai hipertensi terhadap penderita hipertensi yang menjadi sampel dalam penelitian ini termasuk dalam kategori baik yaitu sebanyak 42 orang (64,6%).
2. Hasil penelitian menunjukkan mayoritas responden memiliki kepatuhan minum obat dengan kategori cukup yaitu sebanyak 43 orang (66,2%).
3. Hasil penelitian menunjukkan ada hubungan antara pendidikan, pekerjaan, penghasilan, pengetahuan mengenai hipertensi, dan kepatuhan minum obat dengan tekanan darah yang dibuktikan dengan nilai signifikansi uji *Chi square* $< 0,05$.

6.2 Saran

1. Disarankan bagi penderita hipertensi senantiasa memanfaatkan pelayanan kesehatan di puskesmas atau pelayan kesehatan terdekat dalam upaya pencegahan komplikasi hipertensi yang dapat memperburuk kondisi dan kualitas hidup masyarakat.
2. Peneliti selanjutnya sebaiknya menambah jumlah sampel di instansi yang berbeda dan melibatkan lebih banyak responden dan diiharapkan dapat melanjutkan penelitian dengan meneliti faktor-faktor yang mempengaruhi pengetahuan dan kepatuhan minum obat antihipertensi dan diharapkan hasil yang lebih baik.

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