

## INTISARI

Penyakit kardiovaskuler telah menyebabkan 32% dari seluruh kematian global serta dari kematian tersebut, 85% disebabkan oleh serangan jantung dan stroke. Untuk dapat melakukan pencegahan diperlukan penilaian terhadap pengetahuan dan penyakit kardiovaskuler, faktor risiko dan gejalanya pada populasi sehingga dapat menurunkan angka kematian dan peningkatan kualitas hidup. Penelitian ini bertujuan untuk mengetahui gambaran tingkat pengetahuan terhadap penyakit kardiovaskuler beserta dengan perilaku responden terhadap pencegahan melalui karakteristik klinis, dan faktor-faktor yang mempengaruhi tingkat pengetahuan terhadap penyakit kardiovaskuler pada masyarakat di Indonesia.

Penelitian ini merupakan *cross-sectional*. Pengambilan data yang dilakukan secara *online* selama bulan November-Desember 2021. Instrumen penelitian adalah *self-administered questionnaire*. Teknik pengambilan sampel dalam penelitian ini adalah *convenience sampling*. Analisis data dalam penelitian menggunakan SPSS versi 26 dimulai dengan melakukan analisis deskriptif dan uji *Chi-Square* untuk mengetahui hubungan antar variabel.

Total responden dalam penelitian ini berjumlah 694 responden dengan mean skor total pengetahuan terhadap penyakit kardiovaskuler adalah  $14,90 \pm 6,56$ . Adapun nilai median pada skor total pengetahuan responden adalah 15,0 dari skor maksimum yaitu 25. Berdasarkan klasifikasi tingkat pengetahuan, 357 responden (51,4%) memiliki tingkat pengetahuan yang rendah, dan 337 responden (48,6%) memiliki tingkat pengetahuan yang tinggi terhadap penyakit kardiovaskuler. Hasil uji *Chi-Square* menunjukkan adanya hubungan antara karakteristik sosiodemografi [jenis kelamin ( $p=0,000$ ), usia ( $p=0,000$ ), pendidikan ( $p=0,000$ ), status pekerjaan ( $p=0,000$ )] dan karakteristik klinis [konsumsi makanan sehat ( $p=0,037$ ), status merokok ( $p=0,002$ ), riwayat CVD keluarga ( $p=0,000$ ), pemeriksaan tekanan darah ( $p=0,004$ ), glukosa darah ( $p=0,000$ ), kolesterol total ( $p=0,000$ )] terhadap tingkat pengetahuan penyakit kardiovaskuler pada masyarakat di Indonesia.

Secara keseluruhan, pengetahuan masyarakat Indonesia terhadap penyakit kardiovaskuler kurang optimal sehingga penelitian lebih lanjut perlu dilakukan.

**Kata kunci: Faktor risiko, Pengetahuan, Penyakit kardiovaskuler, Serangan jantung, Stroke**

## ABSTRACT

Cardiovascular disease (CVD) is estimated to cause 32% of all global deaths, and of these deaths, 85% were caused by heart attacks and strokes. To design the preventive, it is necessary to assess the knowledge of the cardiovascular disease, risk factors and symptoms in the population to reduce mortality and improve quality of life. Hence, this study aimed to assess the knowledge level of cardiovascular disease along with the participants' behavior towards prevention through clinical characteristics, and factors associated with knowledge of CVD among general population in Indonesia.

The study is cross-sectional. Data was retrieved online from November-December 2021. The study instrument is a self-administered questionnaire. The sampling technique used in this study was convenience sampling method. The data were entered into SPSS version 26, using descriptive analysis and the Chi-Square to determine the relationship between variables.

The 694 participants were enrolled in this study with mean total score of knowledge on CVD was  $14.90 \pm 6.56$ . The median total score of knowledge on CVD was 15,0 out of a maximum score of 25. Based on the classification of knowledge levels, 357 participants (51,4%) have low knowledge, and 337 participants (48,6%) have high knowledge of CVD. The results of the Chi-Square test showed that sociodemographic characteristics included gender ( $p=0,000$ ), age ( $p=0,000$ ), education ( $p=0,000$ ), working status ( $p=0,000$ ) and clinical characteristics included consumption of healthy food ( $p=0.037$ ), smoking status ( $p=0,002$ ), family history of CVD ( $p=0,000$ ), examination of blood pressure ( $p=0,004$ ), blood glucose ( $p=0.000$ ), total cholesterol ( $p=0,000$ ) were associated with overall knowledge of CVD among general population in Indonesia

Overall, the knowledge of cardiovascular disease among general population in Indonesia was suboptimal. Therefore, further study needs to establish.

**Keywords: Cardiovascular disease, Heart attack, Knowledge, Risk factor, Stroke**