

ABSTRACT

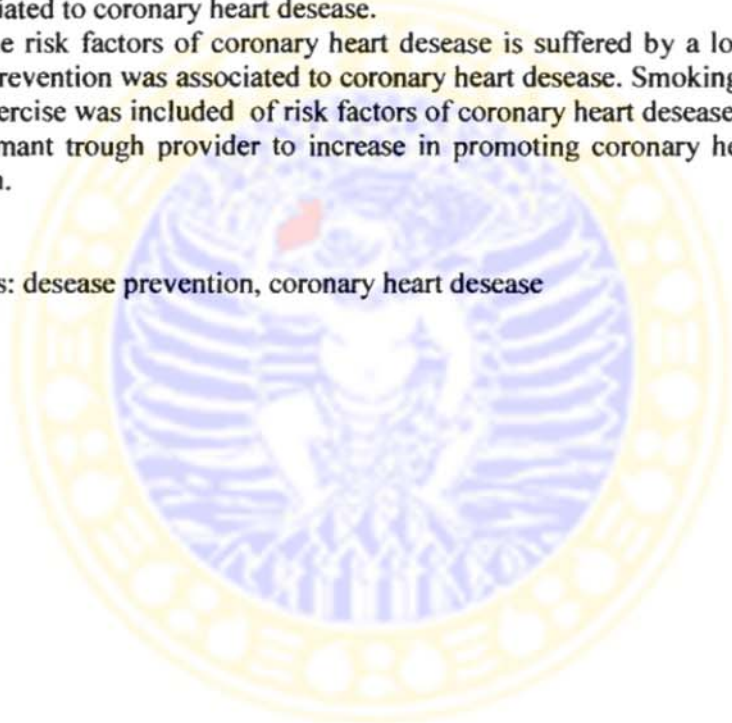
Recently, coronary heart disease is one of heart disease that dangerous because this disease was suffered by million people and it was priority trouble of death in several countries included Indonesia. Several risk factors were supposed very influence to coronary heart disease. Bouth of them is smoking and less excercising or sedentary activity. The subject of study were to know the assocation between desease prevention to coronary heart desease.in this study desease prevention that researched is unsmoking and doing exercise regularly.

This was case control study with quantity approach. Interviews by using guestionere were conducted to 50 case respondens 50 control respondens. Subject were selected by accidental sampling. Indepth interviews were carried out to get more detailed information, age, education, occupation that influence coronary heart desease, several factors of smoking, and several principles of exercise.

According kendall's tau-b correlation analyze showed the result have coeficiency -0,814 and significancy 0,000 ($p < 0,05$) that means desease prevention was associated to coronary heart desease.

The risk factors of coronary heart desease is suffered by a lot of people. Desease prevention was associated to coronary heart desease. Smoking and less in getting exercise was included of risk factors of coronary heart desease. There fore the govermant trough provider to increase in promoting coronary heart desease prevention.

Key words: desease prevention, coronary heart desease



ABSTRAK

Dewasa ini, PJK merupakan penyakit jantung yang sangat penting karena penyakit ini diderita oleh jutaan orang dan merupakan penyebab kematian utama di beberapa negara termasuk Indonesia. Beberapa factor resiko diduga sangat berpengaruh terhadap timbulnya PJK. Dua diantaranya adalah merokok dan kurang olahraga/aktivitas. tujuan penelitian ini adalah untuk mengetahui hubungan upaya pencegahan penyakit terhadap kejadian PJK pada laki-laki di poli jantung RSUD Haji Surabaya tahun 2008. Upaya pencegahan yang akan diteliti pada skripsi ini adalah tidak merokok dan olahraga teratur.

Penelitian dilaksanakan dengan rancangan *case control* dengan menggunakan pendekatan kuantitatif. Wawancara dengan menggunakan kuesioner dilaksanakan pada 50 responden kasus dan 50 responden control. Subjek ditarik dari populasi dengan cara *accidental sampling*. wawancara mendalam dilakukan untuk mendapatkan informasi yang lebih mendalam tentang variable-variabel yang diteliti yaitu umur, pendidikan, factor merokok, unsur-unsur olahraga.

Faktor-faktor resiko PJK banyak dialami oleh banyak orang. Upaya pencegahan penyakit berhubungan dengan kejadian PJK. Merokok dan olah raga adalah 2 diantara berbagai penyebab PJK. Oleh karena itu pemerintah melalui pelayanan kesehatan diharapkan lebih gencar lagi dalam mempromosikan upaya pencegahan penyakit jantung koroner.

Kata kunci: upaya pencegahan penyakit, PJK