

## ABSTRACT

Name : Fransisca Natalia Haloho  
Study Program: Kesehatan Masyarakat  
Title : Hubungan Gaya Hidup Dan Stres Dengan Kejadian Hipertensi Di Klinik Mekar Asri Tahun 2018

Hypertension is a silent killer where symptoms can vary in each individual and almost the same as other symptoms of the disease. It is said that high blood pressure if the systolic pressure reaches 140 mmHg or more, or the diastolic blood pressure reaches 90 mmHg or more, or both. This study was conducted to determine the relationship between lifestyle and stress with the incidence of hypertension at the Mekar Asri Clinic in 2018. The Mekar Asri clinic in the Tangerang area was found to be increasing, in 2017 there were 2,185 cases of hypertension (6.25%), in January 2018. - August 2018, the number of visits of patients with hypertension in the First Trimester was 570 cases (6.18%) and Trimester II as many as 588 cases (6.31%). In August the percentage of hypertensive patients was 213 cases (6.60%). From the results of research the factors that cause hypertension are lifestyle and stress, where lifestyle consists of physical activity, caffeine consumption, alcohol consumption, smoking habits. This study uses a cross sectional research design with a sampling technique that is simple random sampling. The samples obtained were 82 respondents and analyzed using univariate and bivariate analysis with 95% chi-square. Respondents filled out the questionnaire and measured blood pressure. The results of this study indicate that the incidence of hypertension was 48 people (58.5%) with related factors namely mild physical activity with p value = 0.007 and PR value (Prevalence Ratio) = 1.809, caffeine consumption with p value = 0,000 and PR value (Prevalence Ratio) = 3.051, smoking habits with p value = 0,000 and PR value (Prevalence Ratio) = 9.517, and stress with p value = 0,000 and PR value (Prevalence Ratio) = 16,180. The results of the chi-square analysis showed that there was no relationship between lifestyle of alcohol consumption and hypertension with a p value = 0.185 and a PR value (Prevalence Ratio) = 1.364. It is necessary to increase awareness of the health status of the community to make a healthy lifestyle.

Key Words : Physical Activity, Lifestyle, Hypertension, Alcohol Consumption, Caffeine Consumption, Stress  
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