

ABSTRACT

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Study Program : Public Health
Title : Factors Associated With Hypertension in the Elderly at Gambir District Health Center in 2019

Hypertension is a disease with signs of a systolic blood pressure disorder that rises above normal blood pressure. In 2017 there were 3.59% of those who had hypertension who were elderly. Whereas in 2018 3.48% were elderly. The main objective of this study was to determine the factors associated with hypertension in the elderly in Gambir District Health Center in 2019. This type of research used a cross sectional design. With a sample of 76 elderly. The sampling technique used purposive sampling technique with univariate and bivariate data analysis using the chi square test. The study was conducted in March to July 2019. Univariate results, namely the highest proportion of elderly with hypertension by 46.6%, male sex by 76.3%, family hypertension history of 73.7% and physical exercise as much as 59.2 %. From the results of the analysis obtained results there is a relationship between the history of family hypertension (PR = 1,837), eating consumption patterns (PR = 2,747) with hypertension in the elderly. There is no relationship between gender and physical exercise against hypertension in the elderly. This study suggests that the Puskesmas increase the number of health workers so that the nutrition class program can run on schedule, and hold elderly gymnastics at RPTRA in each village.

Keywords : Hypertension, elderly, gender, history of hypertension, physical training, food consumption patterns
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