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**“RELATIONSHIP BETWEEN LIFESTYLE WITH HYPERTENSION IN
THE STADIUM OF PUBLIC HEALTH CENTRAL CITY CORAL
TANGERANG”.**

xiii + 7 Chapters + 70 Pages + 23 Tables + 2 schemes + 9 Appendices.

ABSTRACT

Background : Hypertension is a silent killer disease (Silent Killer), the most powerful assassins in the world today, which is characterized by an increase in arterial blood pressure above the normal value, which exceeds 140/90 mmHg. Data Health Center Middle Reef City Tangerang, recorded in the last 3 months from August to October 2013 as many as 231 cases of hypertension, among others aged over 30 years, which is less good lifestyle, which has a habit of eating high fat foods such as fried foods, and others - others.

Objective : This study aimed to identify the relationship between lifestyle with hypertension stage in the working area of the city center tangerang coral health centers.

Methods : The method used is cross sectional. In this study, the sample used was a patient of hypertension in middle reef health centers were 70 people with a purposive sampling technique.

Results : The results of the diet 28 respondents stated that his diet is not good and 42 respondents that his diet is not good. From the research, the habit of smoking 26 respondents stated that heavy smokers and light smokers 44 respondents. From the research, drinking coffee stating that 30 respondents who frequently drink coffee and 40 respondents who rarely drink coffee. From the results of a health study states that 23 respondents who seldom exercise and 47 respondents who often sports. Statistical test results show an association between hypertension and diet, smoking, coffee drinking habits, exercise habits ($p < 0,05$).

Conclusions : Coral health center patients in Tangerang city center are required to maintain your diet, reduce smoking and coffee drinking habits, as well as regular exercise.

Keywords : Smoking Habit, Habit Coffee Drinking, Sports and diet habits.

Bibliography : 22 (2002-2014)