

FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KEJADIAN HIPERTENSI PADA PASIEN USIA 20-44 TAHUN DI PUSKESMAS KARANG KITRI KOTA BEKASI TAHUN 2021

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ABSTRACT

Hypertension is a state of high blood pressure equal to or more than 140 mmHg systolic and equal to or more than 90 mmHg diastolic. According to the World Health Organization (WHO), it is estimated that 1.28 billion adults aged 30-79 years worldwide suffer from hypertension, most of which (two thirds) live in low and middle income countries. This type of research uses quantitative methods with a cross sectional study design. The population in this study were all patients aged 20-44 years who visited the PTM Poly Health Center Karang Kitri Bekasi City. The sample used in this study were 80 patients who visited the PTM Poly Health Center Karang Kitri. The sampling technique used is Simple Random Sampling. Data collection uses primary and secondary data obtained from the interview process using the Riskesdas 2018 questionnaire and data from the Karang Kitri Health Center. Data analysis in this study used Chi Square and Fisher's Exact Test. This study was conducted in March 2022 – April 2022. The results of the Chi Square statistical test and Fisher's Exact Test showed that there was no relationship between a family history of hypertension and the incidence of hypertension (p-value = 0.174), there was a relationship between alcohol consumption and the incidence of hypertension (p-value = 0.000), there is a relationship between smoking and the incidence of hypertension (p-value = 0.000), and there is a relationship between physical activity and the incidence of hypertension (p-value = 0.003). It is recommended that patients do screening and early detection of blood pressure, then the Puskesmas provides education about risk factors for hypertension, provides counseling to stop smoking and alcohol consumption and emphasizes health promotion as an effort to prevent and control hypertension.

Keywords : Hypertension, Family History of Hypertension, Alcohol Consumption, Smoking, and Physical Activity