

ABSTRAK

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GAMBARAN FAKTOR RISIKO HIPERTENSI PADA PENDERITA HIPERTENSI DI DESA BANJARWUNGU WILAYAH KERJA PUSKESMAS TARIK KABUPATEN SIDOARJO

xiv + 38 Halaman + 12 Tabel + 14 Lampiran

Tekanan darah tinggi merupakan keadaan disaat sistolik >140 mmHg dan diastolik >90 mmHg. Penelitian ini memiliki tujuan untuk mengetahui faktor risiko kejadian hipertensi pada penderita hipertensi di Desa Banjarwungu, wilayah kerja Puskesmas Tarik, Kabupaten Sidoarjo.

Penelitian ini memilih metode deskriptif, yang melibatkan 57 responden dipilih melalui teknik sampel jenuh. Kuesioner adalah sumber data serta pemeriksaan fisik.

Hasil penelitian menunjukkan bahwa 23 responden (40,35%) mengalami hipertensi sedang, 33 responden (57,89%) riwayat hipertensi keluarga, 40 responden (70,18%) bukan perokok, dan 28 responden (49,12%) obesitas. Seluruh responden (100%) tidak mengonsumsi minuman beralkohol. Sementara 29 responden (50,88%) secara teratur minum kopi dan mengonsumsi makanan asin, 33 responden (57,89%) tidak menggunakan kontrasepsi hormonal. Menurut penelitian tersebut, sebagian besar penderita hipertensi memiliki riwayat hipertensi dalam keluarga, mengalami obesitas, merokok, minum kopi, dan digolongkan sebagai penderita hipertensi sedang. Sebagian besar responden tidak mengonsumsi alkohol atau menggunakan kontrasepsi hormonal. Edukasi pencegahan diperlukan untuk menurunkan prevalensi hipertensi di Desa Banjarwungu, wilayah kerja Puskesmas Tarik, Kabupaten Sidoarjo.

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Kata kunci: hipertensi, faktor risiko, derajat hipertensi

Daftar bacaan: 28 buku dan jurnal (2019-2024)

ABSTRACT

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OVERVIEW OF HYPERTENSION RISK FACTORS IN HYPERTENSION PATIENTS IN BANJARWUNGU VILLAGE, WORKING AREA OF TARIK HEALTH CENTER, SIDOARJO REGENCY

xiv + 38 Pages + 12 Tables + 14 Appendices

High blood pressure is a condition when systolic >140 mmHg and diastolic >90 mmHg. The purpose of this study is to determine the risk factors for hypertension in hypertensive patients in Banjarwungu Village, the working area of the Tarik Health Center, Sidoarjo Regency.

This study chose a descriptive method, which involved 57 respondents selected through the saturated sample technique. Questionnaires are a source of data as well as physical examinations.

The results showed that 23 respondents (40.35%) had moderate hypertension, 33 respondents (57.89%) had a family history of hypertension, 40 respondents (70.18%) were non-smokers, and 28 respondents (49.12%) were obese. All respondents (100%) did not consume alcoholic beverages. While 29 respondents (50.88%) regularly drank coffee and consumed salty foods, 33 respondents (57.89%) did not use hormonal contraceptives. According to the study, most people with hypertension have a family history of hypertension, are obese, smoke, drink coffee, and are classified as moderately hypertensive. Most respondents did not consume alcohol or use hormonal contraception. Prevention education is needed to reduce the prevalence of hypertension in Banjarwungu Village, the working area of the Tarik Health Center, Sidoarjo Regency.

Keywords: hypertension, risk factors, degree of hypertension

Reading list: 28 books and journals (2019-2024)