ABSTRAK

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SEDENTARY LIFESTYLE DENGAN KEJADIAN HIPERTENSI PADA WARGA BERESIKO HIPERTENSI DI KELURAHAN LATSARI KECAMATAN TUBAN KABUPATEN TUBAN
xvii + 54 Halaman + 6 Tabel + 13 Lampiran

Hipertensi merupakan penyakit kronis yang ditandai dengan tekanan darah sistolik ≥140 mmHg dan/atau diastolik ≥90 mmHg serta dikenal sebagai *silent killer* karena sering tidak menimbulkan gejala. Kabupaten Tuban termasuk wilayah dengan kasus hipertensi tinggi, dengan Puskesmas Tuban sebagai penyumbang kasus terbanyak. Penelitian ini bertujuan mengetahui hubungan *sedentary lifestyle* dengan kejadian hipertensi pada warga beresiko hipertensi di Kelurahan Latsari Kecamatan Tuban Kabupaten Tuban.

Penelitian menggunakan desain kuantitatif analitik dengan pendekatan *cross-sectional*. Populasi penelitian adalah seluruh warga dewasa RT 02 RW 02 Kelurahan Latsari sebanyak 140 orang. Sampel berjumlah 58 warga yang dipilih menggunakan teknik *purposive sampling* berdasarkan rumus Slovin dengan tingkat kesalahan 10%. Data *sedentary lifestyle* diukur menggunakan *Sedentary Behavior Questionnaire* (SBQ), sedangkan tekanan darah diukur menggunakan *sphygmomanometer* digital. Analisis data menggunakan uji *Chi-Square* dengan $\alpha = 0,05$.

Hasil penelitian menunjukkan sebagian besar warga memiliki *sedentary lifestyle* kategori sedang (62,1%) dan sebanyak 43,1% mengalami hipertensi. Uji *Chi-Square* menunjukkan nilai p-value <0,001 ($p < 0,05$). Warga dengan *sedentary lifestyle* rendah sebagian besar tidak mengalami hipertensi (88,2%), sedangkan seluruh warga dengan kategori tinggi mengalami hipertensi (100,0%).

Semakin tinggi tingkat *sedentary lifestyle*, semakin besar risiko hipertensi yang dialami warga, sejalan dengan mekanisme fisiologis berupa resistensi insulin, disfungsi endotel, dan peningkatan resistensi vaskular perifer akibat minimnya aktivitas fisik. Temuan ini menegaskan perlunya intervensi promotif dan preventif berbasis komunitas untuk mengurangi perilaku sedentari sebagai upaya pengendalian hipertensi.

Kata Kunci: *Sedentary Lifestyle*, Hipertensi, Warga Beresiko Hipertensi.

ABSTRACT

Johan Rizki Saputra
SEDENTARY LIFESTYLE AND HYPERTENSION INCIDENCE AMONG RESIDENTS AT RISK OF HYPERTENSION IN LATSARI VILLAGE, TUBAN DISTRICT, TUBAN REGENCY
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Hypertension is a chronic disease characterized by systolic blood pressure ≥140 mmHg and/or diastolic blood pressure ≥90 mmHg and is known as a silent killer because it often does not cause symptoms. Tuban Regency is an area with a high incidence of hypertension, with the Tuban Community Health Center contributing the most cases. This study aims to determine the relationship between a sedentary lifestyle and the incidence of hypertension among residents at risk of hypertension in Latsari Village, Tuban District, Tuban Regency.

The study used a quantitative analytical design with a cross-sectional approach. The study population was all 140 Inhabitant residents of RT 02 RW 02, Latsari Village. A sample of 58 Inhabitant was selected using a purposive sampling technique based on the Slovin formula with a 10% margin of error. Sedentary lifestyle data were measured using the Sedentary Behavior Questionnaire (SBQ), while blood pressure was measured using a digital sphygmomanometer. Data analysis used a chi-square test with $\alpha = 0.05$.

The results showed that the majority of respondents had a moderate sedentary lifestyle (62.1%), and 43.1% had hypertension. The chi-square test showed a p-value <0.001 ($p < 0.05$). Inhabitant with a low sedentary lifestyle were largely free of hypertension (88.2%), while all Inhabitant with a high sedentary lifestyle had hypertension (100.0%).

The higher the level of sedentary lifestyle, the greater the risk of hypertension experienced by residents, in line with physiological mechanisms such as insulin resistance, endothelial dysfunction, and increased peripheral vascular resistance due to lack of physical activity. These findings emphasize the need for community-based promotive and preventive interventions to reduce sedentary behavior as an effort to control hypertension.

***Keywords**: Sedentary Lifestyle, Hypertension, Inhabitant Risk of Hypertension.*