

ANALISIS DETERMINAN KEJADIAN HIPERTENSI PADA INDIVIDU USIA 45-54 TAHUN DI DKI JAKARTA (ANALISIS SURVEI KESEHATAN INDONESIA 2023)

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Abstrak

Hipertensi merupakan penyakit tidak menular yang ditandai dengan peningkatan tekanan darah di atas batas normal. Individu yang memasuki masa pra-lansia (45-54 tahun) mengalami perubahan fungsi tubuh secara perlahan yang dapat mempengaruhi tekanan darah dan kerentanan terhadap hipertensi. Penelitian ini bertujuan untuk menganalisis dan mengetahui determinan kejadian hipertensi pada individu usia 45-54 tahun di DKI Jakarta berdasarkan analisis Survei Kesehatan Indonesia (SKI) tahun 2023. Penelitian ini merupakan studi kuantitatif dengan pendekatan *cross-sectional*. Berdasarkan hasil analisis bivariat, jenis kelamin ($p=0,000$; OR=2,275; 95% CI; 1,669-3,101), tingkat pendidikan ($p=0,022$; OR=1,370; 95% CI; 1,047-1,792), status pekerjaan ($p=0,000$; OR=2,374; 95% CI; 1,808-3,118), status gizi lebih ($p=0,000$; OR=2,907; 95% CI; 2,085-4,053), lingkar perut ($p=0,000$; OR=3,047; 95% CI; 2,208-4,203), merokok ($p=0,000$; OR=0,512; 95% CI; 0,366-0,716), dan konsumsi makanan asin ($p=0,017$; OR=0,699; 95% CI; 0,521-0,938) berhubungan signifikan dengan kejadian hipertensi. Berdasarkan hasil analisis multivariat, diperoleh hasil bahwa status gizi lebih merupakan faktor risiko dominan yang mempengaruhi hipertensi ($p=0,000$; AOR=1,989; 95% CI; 1,365-2,896). Berdasarkan hasil uji interaksi, diperoleh hasil bahwa terdapat interaksi antara status gizi lebih dengan lingkar perut ($p=0,023$; AOR=1,901; 95% CI; 1,094-3,304).

Kata Kunci : Determinan, Hipertensi, Usia 45-54 Tahun, DKI Jakarta

ANALYSIS OF DETERMINANTS OF HYPERTENSION INCIDENTS IN INDIVIDUALS AGED 45-54 YEARS IN DKI JAKARTA (ANALYSIS OF INDONESIAN HEALTH SURVEY 2023)

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Abstract

Hypertension is a non-communicable disease characterized by an increase in blood pressure above the normal limit. Individuals entering the pre-elderly phase (45–54 years) experience gradual changes in body functions that may affect blood pressure and increase vulnerability to hypertension. This study aims to analyze and identify the determinants of hypertension among individuals aged 45–54 years in DKI Jakarta based on the 2023 Indonesia Health Survey (Survei Kesehatan Indonesia; SKI) analysis. This research is a quantitative study with a cross-sectional approach. Based on the results of the bivariate analysis, gender ($p=0.000$; OR=2.275; 95% CI: 1.669–3.101), education level ($p=0.022$; OR=1.370; 95% CI: 1.047–1.792), employment status ($p=0.000$; OR=2.374; 95% CI: 1.808–3.118), overweight status ($p=0.000$; OR=2.907; 95% CI: 2.085–4.053), waist circumference ($p=0.000$; OR=3.047; 95% CI: 2.208–4.203), smoking ($p=0.000$; OR=0.512; 95% CI: 0.366–0.716), and salty food consumption ($p=0.017$; OR=0.699; 95% CI: 0.521–0.938) were significantly associated with the incidence of hypertension. Based on the multivariate analysis, overweight status was identified as the dominant risk factor affecting hypertension ($p=0.000$; AOR=1.989; 95% CI: 1.365–2.896). Based on the interaction test results, it was found that there was an interaction between overweight status and waist circumference ($p=0.023$; AOR=1.901; 95% CI: 1.094–3.304).

Key words : Determinants, Hypertension, Age 45-54 Years, DKI Jakarta