

**FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN
KEJADIAN HIPERTENSI PADA PETANI DESA SUKASIRNA
KECAMATAN JONGGOL KABUPATEN BOGOR JAWA BARAT
TAHUN 2025**

Haura Inas Ariesta

Abstrak

Hipertensi merupakan salah satu masalah kesehatan yang dapat menimbulkan berbagai komplikasi berat seperti stroke, gagal ginjal kronik, dan penyakit jantung. Prevalensi hipertensi pada petani di Indonesia lebih tinggi dibandingkan kelompok pekerjaan lain. Penelitian ini bertujuan mengetahui faktor-faktor yang berhubungan dengan kejadian hipertensi pada petani di Desa Sukasirna, Kecamatan Jonggol, Kabupaten Bogor, Provinsi Jawa Barat. Penelitian dilaksanakan pada bulan Agustus 2025 hingga Januari 2026 dengan desain *cross-sectional*. Sebanyak 120 petani dipilih menggunakan teknik *purposive sampling* sebagai sampel. Data dikumpulkan melalui wawancara menggunakan kuesioner serta pengukuran tekanan darah, berat badan, dan tinggi badan. Data dianalisis menggunakan uji chi-square. Hasil penelitian menunjukkan bahwa 75% responden mengalami hipertensi. Faktor-faktor yang berhubungan signifikan dengan kejadian hipertensi meliputi jenis kelamin ($p = 0,041$), riwayat genetik hipertensi ($p = 0,006$), indeks massa tubuh ($p = 0,039$ dan $p < 0,001$), masa kerja ($p = 0,020$), durasi kerja ($p = 0,043$), cara penyemprotan pestisida ($p < 0,001$), serta kebersihan perorangan ($p < 0,001$). Disarankan agar petani menerapkan cara penyemprotan pestisida yang aman dan meningkatkan perilaku hidup sehat untuk menurunkan risiko hipertensi.

Kata kunci: Hipertensi, Petani, Faktor Risiko, *Cross-sectional*.

FACTORS ASSOCIATED WITH HYPERTENSION AMONG FARMERS IN SUKASIRNA VILLAGE JONGGOL DISTRICT BOGOR REGENCY WEST JAVA 2025

Haura Inas Ariesta

Abstract

Hypertension is a public health problem that could lead to serious complications, including stroke, chronic kidney failure, and coronary heart disease. The prevalence of hypertension among farmers in Indonesia was higher than in other occupational groups. This study aimed to identify the factors associated with hypertension among farmers in Sukasirna Village, Jonggol District, Bogor Regency, West Java. A cross-sectional study was conducted from August 2025 to January 2026. A total of 120 farmers were selected using purposive sampling. Data were collected through structured interviews and direct measurements of blood pressure, body weight, and height. Data were analyzed using the chi-square test. The results showed that 75% of respondents had hypertension. Factors significantly associated with hypertension included sex ($p = 0.041$), family history of hypertension ($p = 0.006$), body mass index ($p = 0.039$ and $p < 0.001$), length of employment ($p = 0.020$), working duration ($p = 0.043$), pesticide spraying methods ($p < 0.001$), and personal hygiene ($p < 0.001$). The findings suggested that interventions focusing on safe pesticide application and promotion of healthy behaviors were necessary to reduce the risk of hypertension among farmers.

Keyword: Hypertension, Farmers, Risk Factors, Cross Sectional.