

HUBUNGAN FAKTOR-FAKTOR YANG MEMPENGARUHI KEJADIAN HIPERTENSI PADA LANSIA PRIA DI POSBINDU WILAYAH PUSKESMAS KERTASEMAYA PERIODE FEBRUARI TAHUN 2017

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Abstrak

Bertambahnya populasi lansia menimbulkan permasalahan, terutama penyakit degeneratif hipertensi. Angka hipertensi di Kabupaten Indramayu mencapai 59.581, jumlah lansia hipertensi di Puskesmas Kertasemaya sebanyak 947 orang. Penelitian ini bertujuan untuk menganalisis hubungan faktor-faktor yang mempengaruhi kejadian hipertensi pada lansia pria di posbindu wilayah Puskesmas Kertasemaya periode Februari tahun 2017. Desain penelitian *cross sectional* dengan sampel sejumlah 110 responden lansia pria di posbidu wilayah Puskesmas Kertasemaya yang berusia ≥ 60 tahun dan terdaftar dalam buku register posbindu. Pengambilan sampel menggunakan metode *probability sampling*, teknik *propotional stratified random sampling*. Hasil penelitian dengan menggunakan uji *chi-square* didapatkan hubungan antara aktifitas fisik ($p=0,001$), kebiasaan konsumsi natrium($p=0,014$), kebiasaan merokok ($p=0,016$) dan kebiasaan minum kopi ($p=0,001$) dengan kejadian hipertensi serta tidak terdapat hubungan antara stress dengan kejadian hipertensi ($p=0,586$). Hasil analisis regresi logistic multivariat menunjukkan bahwa kebiasaan konsumsi kopi merupakan faktor yang paling mempengaruhi kejadian hipertensi (OR: 23,100)

Kata Kunci : Hipertensi, Posbindu, Lansia

**THE CORRELATION OF FACTORS THAT AFFECTING THE
INCIDENCE OF HYPERTENSION AMONG ELDERLY MEN
AT NEIGHBORHOOD HEALTH CENTER IN THE WORKING
AREA OF KERTASEMAYA PUBLIC HEALTH CENTER
PERIOD FEBRUARY 2017**

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Abstract

The increasing population of elderly caused problem especially degenerative disease such us hypertension. The number of hypertension in Indramayu sub district had reached 59.581 people and public health center of Kertasemaya showed elderly with hypertension had been 947 people. This study was conducted to determine correlation between the factors that affecting the incidence of hypertension among elderly men at neighborhood health center in the working area of Kertasemaya public health center period February 2017. Design study was crossectinal and respondent were 110 elderly men aged over 60 years who had been registered in respondent register book. Probability sampling techniques had been used with proportional stratified random sampling. Statitcal tests were used to analyze using chi-square test, the results showed an association between physical activity ($p=0,001$) sodium consumption habit ($p= 0,014$) smoking habit ($p=0,016$) and coffee consumption habit ($p=0,001$) with incidence of hypertension, and no significant association between stress and the incidence of hypertension ($p=0,586$). The result of logistic regression showed that coffee consumption habit was a factor that most influences the incidence of hypertension (OR:23,100).

Keyword : Hypertension, Neighborhood Health Center, Elderly