

ANALISIS FAKTOR RISIKO YANG BERHUBUNGAN DENGAN KEJADIAN HIPERTENSI PADA MURID SMA YADIKA 12 DEPOK

Amanda Julian Pratiwi

Abstrak

Masalah kesehatan hipertensi pada remaja perlu perhatian serius karena kondisi ini dapat berlanjut hingga dewasa dan meningkatkan risiko penyakit kardiovaskular. Berdasarkan hasil Cek Kesehatan Gratis (CKG) Sekolah tahun 2025, sebanyak 47% murid SMA Yadika 12 Depok memiliki tekanan darah tinggi. Penelitian ini dilakukan untuk menganalisis faktor risiko yang berhubungan dengan kejadian hipertensi pada murid SMA Yadika 12 Depok. Penelitian ini menggunakan desain *cross-sectional* dengan jumlah sampel sebanyak 183 murid kelas 10 dan 11 yang dipilih melalui *stratified random sampling*. Data dikumpulkan melalui pengukuran antropometri, pengukuran tekanan darah, dan kuesioner, kemudian dilakukan uji *chi-square* dan regresi logistik ganda. Hasil penelitian menunjukkan sebanyak 21,3% responden mengalami tekanan darah tinggi. Hasil uji bivariat menunjukkan adanya hubungan signifikan antara status gizi dengan hipertensi ($p = 0,018$), sedangkan kualitas tidur, durasi *screen time*, konsumsi makanan berisiko, dan aktivitas fisik tidak menunjukkan hubungan yang signifikan ($p > 0,05$). Analisis multivariat menunjukkan status gizi merupakan faktor yang paling dominan berhubungan dengan kejadian hipertensi (AOR = 2,644; 95% CI: 1,227–5,697; $p = 0,013$), sedangkan konsumsi makanan daging/ayam/ikan olahan berpengawet juga berhubungan signifikan (AOR = 0,373; $p = 0,023$). Kesimpulannya, status gizi merupakan faktor yang paling dominan berhubungan dengan kejadian hipertensi, sementara konsumsi makanan daging/ayam/ikan olahan berpengawet juga menunjukkan hubungan yang signifikan. Pencegahan hipertensi pada remaja perlu difokuskan pada pengendalian status gizi dan perbaikan pola makan di lingkungan sekolah.

Kata Kunci: Faktor Risiko, Hipertensi, Remaja

ANALYSIS OF RISK FACTORS ASSOCIATED WITH THE INCIDENCE OF HYPERTENSION AMONG HIGH SCHOOL STUDENTS AT YADIKA 12 DEPOK

Amanda Julian Pratiwi

Abstract

Hypertension among adolescents is a serious public health concern, as it may persist into adulthood and increase the risk of cardiovascular disease. Based on the 2025 School Free Health Check-up (CKG), 47% of students at SMA Yadika 12 Depok had elevated blood pressure. This study aimed to analyze the risk factors associated with the incidence of hypertension among students at SMA Yadika 12 Depok. A cross-sectional design was performed, involving 183 tenth- and eleventh-grade students selected through stratified random sampling. Data were collected through anthropometric measurements, blood pressure measurements, and validated questionnaires, then analyzed using chi-square tests and multiple logistic regression. The results showed that 21,3% of respondents have high blood pressure. Bivariate analysis revealed a significant correlation among nutritional status and hypertension ($p = 0.018$), whereas sleep quality, screen time, risky food consumption, and physical activity showed no significant correlation ($p > 0.05$). Multivariate analysis identified nutritional status to be the most significant factor associated with the incidence of hypertension (AOR = 2.644; 95% CI: 1.227–5.697; $p = 0.013$), whereas the consumption of processed meat, chicken, and fish containing preservatives was also significantly associated (AOR = 0.373; $p = 0.023$). In conclusion, nutritional status is the most dominant factor associated with the incidence of hypertension, while the consumption of processed meat, chicken, and fish containing preservatives also showed a significant association. Hypertension prevention among adolescents should focus on managing nutritional status and improving dietary patterns in the school environment.

Keywords: Adolescents, Hypertension, Risk Factors