DETERMINAN KEJADIAN HIPERTENSI PRIMER PADA PRA LANSIA DI SRENGSENG SAWAH, JAGAKARSA TAHUN 2016

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Abstrak

Hipertensi merupakan salah satu masalah kesehatan yang masih banyak terdapat di negara maju maupun negara berkembang yang jika tidak ditangani dengan segera, dapat menimbulkan kemungkinan terjadinya komplikasi lebih lanjut. Penelitian ini dilakukan untuk melihat determinan kejadian hipertensi primer pada pra lansia di Srengseng Sawah, Jagakarsa tahun 2016. Jenis penelitian ini menggunakan metode survey dengan desain penelitian *cross sectional*. Penelitian ini dilakukan terhadap populasi warga di wilayah RW 01. Sampel dalam penelitian ini adalah pra lansia yaitu usia 45-59 tahun. Hasil analisis menunjukkan: usia (p = 0,288), jenis kelamin (p = 0,747), pendidikan (p = 0,945), pekerjaan (p = 0,681), riwayat hipertensi keluarga (p = 0,218), lingkar perut (obesitas sentral) (p = 0,028), natrium (p = 0,681), kalium (p = 0,952), kalsium (p = 0,064), magnesium (p = 0,632), protein (p = 0,984), lemak (p = 0,989), aktivitas fisik (olahraga) (p = 0,590), stress (p = 0,307), merokok (p = 0,006). Berdasarkan hasil analisis tidak terdapat perbedaan antara usia, jenis kelamin, pendidikan, pekerjaan, riwayat hipertensi keluarga, asupan natrium, kalium, kalsium, magnesium, protein dan lemak, aktivitas fisik (olahraga) dan juga stress dengan kejadian hipertensi primer. Terdapat perbedaan yang bermakna antara lingkar perut (obesitas sentral) dengan kejadian hipertensi primer (p = 0,028) dan terdapat hubungan antara merokok dengan kejadian hipertensi primer (p = 0,006; OR = 6,297).

Kata Kunci: hipertensi primer, pra lansia, karakteristik responden, determinan kejadian hipertensi

DETERMINANT OF THE INCIDENCE OF PRIMARY HYPERTENSION IN MIDDLE AGE AT SRENGSENG SAWAH, JAGAKARSA IN 2016

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Abstract

Hypertension is one of the health problems that are still widely occured in the developed and developing countries. If the hypertension is not be treated immediately, it developed to the possibility of further complications. This study was conducted to research the primary determinant of the incidence of hypertension in middle age community of Srengseng Sawah, Jagakarsa in 2016. Design of this researched is cross sectional designed. The research enrolled the population in RW 01, and the sample took from middle age is around 45-59 years old. The research of analysis was followed: age (p = 0,288), sex (p = 0,747), education (p = 0,945), occupation (p = 0,681), history of family's hypertesion (p = 0,218), abdominal circumference (central of obesity) (p = 0,028), sodium (p = 0,681), potassium (p = 0,952), calcium (p = 0,064), magnesium (p= 0,632), protein (p = 0,984), fat (p = 0,989), physical activity (exercise) (p = 0,590), stress (p = 0,307), smoking (p = 0,006). Based on from the analysis there was no difference between age, sex, education, occupation, history of family's hypertension, intake of sodium, potassium, calcium, magnesium, protein, fat, physical activity (exercise) and also stress with the primary of hypertension. There's a significant difference between abdominal circumference (central of obesity) with the incidence primary of hypertension (p = 0,028) and there's relationship between smoking with the incidence primary of hypertension (p = 0,006; OR = 6,297).

Keyword: Hypertension, middle age, characteristics respondents, determinant of hypertension