

**HUBUNGAN GAYA HIDUP DENGAN KEJADIAN HIPERTENSI DI
WILAYAH KERJA PUSKESMAS SIMPANG TUTUP KECAMATAN
GUNUNG KERINCI KABUPATEN KERINCI
TAHUN 2021**

ABSTRAK

Latar Belakang : Hipertensi menjadi ancaman bagi kesehatan masyarakat karena potensinya mampu menyebabkan kondisi komplikasi seperti stroke, penyakit jantung koroner dan gagal ginjal. Menurut WHO 2015, penderita hipertensi di dunia berjumlah sekitar 1,3 miliar, berarti satu diantara tiga orang di dunia menderita hipertensi dan jumlahnya diperkirakan akan selalu mengalami peningkatan setiap tahunnya, dimana akan terdapat sebanyak 1,5 miliar orang ditahun 2025 menderita hipertensi serta 9,4 juta orang meninggal setiap tahunnya diakibatkan hipertensi beserta komplikasinya. Tujuan penelitian untuk mengetahui hubungan gaya hidup dengan kejadian hipertensi di wilayah kerja Puskesmas Simpang Tutup Tahun 2021.

Metode : Desain penelitian adalah *cross sectional*. Tempat penelitian ini di wilayah kerja Puskesmas Simpang Tutup. Populasi penduduk berusia ≥ 17 tahun, jumlah sampel sebanyak 104 responden. Variabel yang diteliti adalah hipertensi, pola makan, tingkat stres, aktivitas fisik dan merokok. Analisis data menggunakan uji Chi Square pada $\alpha=5\%$.

Hasil : Ada hubungan yang signifikan antara pola makan dengan kejadian hipertensi diperoleh nilai p-value =0,000 dengan nilai PR = 28,00, dan (95%CI=3,93-199,35). Ada hubungan yang signifikan antara stres dengan kejadian hipertensi diperoleh nilai p-value= 0,000 dengan nilai PR =18,08, dan (95%CI=5,84-55,95). Tidak ada hubungan yang signifikan antara aktivitas fisik dengan kejadian hipertensi, hasil diperoleh nilai p-value =0,794 dengan nilai PR =1,11, dan (95%CI= 0,50-2,45). Tidak ada hubungan yang signifikan antara merokok dengan kejadian hipertensi, diperoleh nilai p-value =0,313 dengan nilai PR =0,64, dan (95%CI= 0,26-1,56).

Kesimpulan : Ada hubungan antara pola makan dan stres dengan kejadian hipertensi. tidak ada hubungan antara aktivitas fisik dan merokok dengan kejadian hipertensi. Disarankan kepada peneliti lain memperbanyak jumlah populasi dan menggunakan metode serta pendekatan yang berbeda.

Kata Kunci : Gaya hidup, pola makan, stres, aktivitas fisik, merokok.

**THE RELATIONSHIP OF LIFESTYLE WITH HYPERTENSION IN
THE WORK AREA OF SIMPANG TUTUP PUSKESMAS DISTRICT
GUNUNG KERINCI DISTRICT KERINCI
IN 2021**

ABSTRACT

Background : Hypertension is a threat to public health because of its potential to cause complications such as stroke, coronary heart disease and kidney failure. According to WHO 2015, people with hypertension in the world number around 1.3 billion, meaning that one in three people in the world suffer from hypertension and the number is expected to always increase every year, where there will be as many as 1.5 billion people in 2025 suffering from hypertension and 9 4 million people die every year due to hypertension and its complications. The purpose of the study was to determine the relationship between lifestyle and the incidence of hypertension in the work area of the Simpang Tutup Public Health Center in 2021.

Methods: The research design was *cross sectional*. The place of this research is in the work area of Simpang Tutup Public Health Center. The population aged 17 years, the number of samples as many as 104 respondents. The variables studied were hypertension, diet, stress level, physical activity and smoking. Data analysis used Chi Square test at $\alpha=5\%$.

Results: There is a significant relationship between diet and the incidence of hypertension, obtained p-value = 0.000 with PR = 28.00, and (95% CI = 3.93-199.35). There is a significant relationship between stress and the incidence of hypertension obtained p-value = 0.000 with a PR value = 18.08, and (95% CI = 5.84-55.95). There was no significant relationship between physical activity and the incidence of hypertension, the results obtained p-value = 0.794 with PR value = 1.11, and (95% CI = 0.50-2.45). There is no significant relationship between smoking and the incidence of hypertension, obtained p-value = 0.313 with PR value = 0.64, and (95% CI = 0.26-1.56).

Conclusion : There is a relationship between diet and stress with the incidence of hypertension. there is no relationship between physical activity and smoking with the incidence of hypertension. It is suggested to other researchers to increase the number of population and use different methods and approaches.

Keywords: Lifestyle, diet, stress, physical activity, smoking.