

ABSTRACT

Background: The World Health Organization (WHO) presents data related to hypertension in the world causing the highest mortality. There is a projection of 29% of people in the world experiencing hypertension in 2025. The purpose of this study is to determine the determinants of the incidence of hypertension in people aged ≥ 40 years in the working area of the Meranti Public Health Center, Merangin Regency in 2021.

Methods: This study used a quantitative research design with a cross sectional design. The population in this study were all people aged 40 years who were in the working area of the Meranti Health Center, Merangin Regency based on the population and age group at the Meranti Health Center, Merangin Regency in 2019, which was 5,429 residents. The sampling technique used in this study is proportional random sampling with a sample of 102 respondents. The analysis was carried out using the Chi-Square statistical test.

Results: the proportion of hypertension in the Meranti Health Center, Merangin Regency 46.1%, age 55.9%, gender 63.7%, family history of hypertension 59.8%, obesity 21.6%, stress 49.0%, cigarette consumption 36.3% and coffee consumption 63.7%. Bivariate analysis showed that there was a significant relationship between age and the incidence of hypertension (p-value: 0.036, family history (p-value: 0.000), stress (p-value: 0.010), coffee consumption (p-value: 0.022) and there was no sex relationship. (p-value: 0.821), obesity (p-value: 0.861) and cigarette consumption (p-value: 0.522).

Conclusion: age, family history, stress, coffee consumption are at risk of increasing the incidence of hypertension in people 40 years old in the working area of Meranti Public Health Center.

Keywords: hypertension, age, gender, family history, obesity, stress, cigarette consumption, coffee consumption

ABSTAK

Latar Belakang : *World Health Organization* (WHO) menyajikan data terkait hipertensi di dunia menimbulkan kematian tertinggi. Terdapat proyeksi sebesar 29% masyarakat di dunia mengalami hipertensi pada tahun 2025. Tujuan penelitian ini untuk mengetahui determinan kejadian hipertensi pada masyarakat usia ≥ 40 tahun di wilayah kerja puskesmas meranti kabupaten merangin tahun 2021.

Metode : Penelitian ini menggunakan desain penelitian kuantitatif dengan rancangan cross sectional. Populasi dalam penelitian ini adalah seluruh masyarakat berusia ≥ 40 tahun yang berada di wilayah kerja Puskesmas Meranti Kabupaten Merangin berdasarkan jumlah penduduk dan kelompok umur di Puskesmas Meranti Kabupaten Merangin tahun 2019 yaitu sebanyak 5.429 penduduk. Teknik sampling yang digunakan dalam penelitian ini *Proportional Random Sampling* dengan sampel sebanyak 102 responden. Analisis dilakukan menggunakan uji statistik *Chi-Square*.

Hasil : proporsi hipertensi di Puskesmas Meranti Kabupaten Merangin 46,1%, Usia 55,9%, Jenis Kelamin 63,7%, Riwayat Keluarga Hipertensi 59,8%, Obesitas 21,6%, stress 49,0%, konsumsi rokok 36,3% dan konsumsi kopi 63,7%. Analisis Bivariate ada hubungan usia dengan kejadian hipertensi signifikan (*p-value*: 0,036, riwayat keluarga (*p-value*: 0,000), Stres (*p-value*: 0,010), konsumsi kopi (*p-value*: 0,022) dan tidak ada hubungan jenis kelamin (*p-value*: 0,821), obesitas (*p-value*: 0,861) dan konsumsi rokok (*p-value*: 0,522).

Kesimpulan : usia, riwayat keluarga, stress, konsumsi kopi berisiko meningkatkan kejadian hipertensi pada masyarakat ≥ 40 tahun di wilayah kerja puskesmas meranti

Kata kunci : hipertensi, usia, jenis kelamin, riwayat keluarga, obesitas, stress, konsumsi rokok, konsumsi kopi