

ABSTRACT

Background: The prevalence of hypertension in Indonesia reaches 25.8%. This study aims to see the relationship between obesity, stress and physical activity with the incidence of hypertension in the community in the working area of Karang Jaya Health Center, South Sumatra Province.

Method: crosssectional research design. The population used as many 19930 people with a minimum sample size of 92 people. Sampling was done by accidental sampling. The independent variables used were obesity, stress and physical activity. Data collection was done by interview and measurement. Analysis used bivariate analysis with chi square test.

Results: the prevalence of hypertension in the community was 38 (41.3%). The determinants of the incidence hypertension include obesity ($p=0,027$; $PR=1,85$; $95\%CI:1,17-2,91$), stress ($p=0,000$; $PR=4,68$; $95\%CI:2,17-10,10$) and physical activity ($p=0,006$; $PR=2,19$; $95\%CI:1,44-3,34$).

Conclusion: There is a relationship between obesity, stress and physical activity with the incidence of hypertension.

Keyword: *Hypertension, obesity, stress, physical activity*

ABSTRAK

Latar Belakang: Prevalensi hipertensi di Indonesia mencapai 25,8%. Penelitian ini bertujuan untuk melihat hubungan antara obesitas, stress dan aktifitas fisik dengan kejadian hipertensi pada masyarakat di wilayah kerja Puskesmas Karang Jaya, Provinsi Sumatera Selatan.

Metode: desain penelitian *cross sectional*. Populasi yang digunakan sebanyak 19930 orang dengan besar sampel minimal sebanyak 92 orang. Pengambilan sampel dilakukan dengan cara *accidental sampling*. Variabel *independent* yang digunakan obesitas, stress dan aktivitas fisik. Penumpulan data dilakukan dengan wawancara dan pengukuran. Analisis menggunakan analisis bivariate dengan uji *chi square*.

Hasil: prevalensi hipertensi pada masyarakat sebanyak 38 (41,3%). Determinan kejadian hipertensi diantaranya obesitas ($p=0,027$; PR=1,85; 95%CI:1,17-2,91), stress ($p=0,000$; PR=4,68; 95%CI:2,17-10,10) dan aktifitas fisik ($p=0,006$; PR=2,19; 95%CI:1,44-3,34).

Kesimpulan: Ada hubungan antara obesitas, stress dan aktifitas fisik dengan kejadian hipertensi. Diperlukan adanya pengoptimalan program kesehatan yang berkaitan dengan kejadian hipertensi.

Kata Kunci: Hipertensi, obesitas, stress, aktivitas fisik