

ABSTRAK

Latar Belakang : Hipertensi merupakan salah satu Penyakit Tidak Menular (PTM) yang menjadi salah satu permasalahan kesehatan masyarakat yang utama baik di Indonesia maupun di dunia. Tujuan penelitian ini adalah untuk menganalisis faktor-faktor yang berhubungan dengan kejadian hipertensi di wilayah Kerja Puskesmas Paal Lima Kota Jambi Tahun 2021.

Metode : Penelitian ini menggunakan desain *cross sectional*, dilakukan dengan wawancara terhadap 214 responden yang berusia ≥ 18 Tahun di wilayah kerja Puskesmas Paal Lima Kota Jambi yang terpilih secara *accidental sampling*. Variabel terikat adalah kejadian hipertensi, sedangkan variabel bebas adalah konsumsi garam, stres, aktivitas fisik, merokok dan asupan lemak. Pengumpulan data menggunakan kuesioner dan dianalisis menggunakan uji statistik *chi-square*.

Hasil : Proporsi hipertensi 38,3%,. Ada hubungan antara konsumsi garam dengan kejadian hipertensi (PR = 2,805, 95% CI: 1,526-2,850), ada hubungan stres dengan kejadian hipertensi (PR = 3,785, 95% CI: 2,781-5,153), ada hubungan aktivitas fisik ringan (PR = 2,039, 95% CI: 1,063-3,909) dan aktivitas fisik sedang (PR = 1,930, 95% CI: 1,207-3,086) dengan kejadian hipertensi dan tidak ada hubungan antara merokok dengan kejadian hipertensi (PR = 0,978, 95% CI: 0,393-2,432) dan tidak ada hubungan asupan lemak dengan kejadian hipertensi (PR= 1,285, 95% CI: 0,917-1,801).

Kesimpulan : Ada hubungan antara konsumsi garam, stres, Aktivitas fisik dengan kejadian hipertensi, serta tidak terdapat hubungan merokok dan asupan lemak dengan kejadian hipertensi di wilayah kerja Puskesmas Paal Lima Kota Jambi.

Kata Kunci : Hipertensi, Konsumsi Garam, Stres, Aktivitas Fisik, Merokok, Asupan Lemak.

ABSTRACT

Background: Hypertension is one of the non-communicable diseases (NCD) which is one of the main public health problems both in Indonesia and in the world. The purpose of this study was to analyze the factors associated with the incidence of hypertension in the Paal Lima Health Center Work area, Jambi City in 2021.

Methods: This study used a cross sectional design, conducted by interviewing 214 respondents aged 18 years in the work area of the Paal Lima Health Center, Jambi City, which were selected by accidental sampling. The dependent variable is the incidence of hypertension, while the independent variables are salt consumption, stress, physical activity, smoking and fat intake. The data was collected using a questionnaire and analyzed using the chi-square statistical test.

Results: The proportion of hypertension 38.3%. There is a relationship between salt consumption and the incidence of hypertension (PR = 2.805, 95% CI: 1.526-2.850), there is a relationship between stress and the incidence of hypertension (PR = 3.785, 95% CI: 2.781-5.153), there is a relationship between light physical activity (PR = 2.039, 95% CI: 1.063-3.909) and moderate physical activity (PR = 1.930, 95% CI: 1.207-3.086) with the incidence of hypertension and there was no relationship between smoking and the incidence of hypertension (PR = 0.978, 95% CI: 0.393- 2,432) and there was no relationship between fat intake and hypertension (PR= 1,285, 95% CI: 0,917-1,801)..

Conclusion: There is a relationship between salt consumption, stress, physical activity with the incidence of hypertension, and there is no relationship between smoking and fat intake with the incidence of hypertension in the work area of the Paal Lima Health Center Jambi City.

Keywords: Hypertension, Salt Consumption, Stress, Physical Activity, Smoking, Fat Intake.