

ABSTRAK

Latar belakang : Hipertensi merupakan salah satu penyakit penyebab kematian di dunia termasuk Indonesia. Laporan dari Riskesdas tahun 2018 menyatakan, persentase prevalensi di Indonesia adalah sebanyak 29,19%.

Tujuan : Menganalisis faktor risiko kejadian hipertensi di Kecamatan Biru-Biru Kabupaten Deli Serdang.

Metode : Penelitian bersifat analitik *survey cross sectional*. Jumlah sampel penelitian 369 orang yang diambil menggunakan metode *Simple Random Sampling*. Data terkumpul merupakan data primer hasil wawancara dan kuesioner. Analisis univariat dan bivariat menggunakan *Chi Square*. Analisis multivariat menggunakan uji regresi logistik.

Hasil : Proporsi hipertensi di Kecamatan Biru-Biru sebesar 35,2%. Analisa bivariat menunjukkan variabel yang memiliki hubungan signifikan dengan kejadian hipertensi adalah usia ($p= 0,000$), riwayat keluarga ($p= 0,052$) dan Indeks Massa Tubuh atau IMT ($p= 0,000$). Hasil analisa multivariat didapatkan Indeks Massa Tubuh atau IMT dengan hasil $p < 0,05$, $OR= 3,438$ (95% C.I 2,132 – 5,544). Dinas kesehatan setempat diharapkan melakukan promosi dan penyuluhan guna meningkatkan kesadaran dan kewaspadaan masyarakat terhadap penyakit hipertensi.

Kata Kunci: Hipertensi, Faktor Risiko, Kecamatan Biru-Biru.

ABSTRACT

Background : Hypertension is one of the causes of death in the world, including in Indonesia. The 2018 Riskesdas report stated that the prevalence percentage in Indonesia was 29.19%..

Objective : To analyze the risk factors for hypertension in the Biru-Biru District, Deli Serdang Regency.

Methods : The research is an analytic cross-sectional survey. The number of research samples was 369 people who were taken using the Simple Random Sampling method. The data collected is primary data from interviews and questionnaires. Univariate and bivariate analysis using Chi-Square. Multivariate analysis using logistic regression test.

Conclusion : The proportion of hypertension in the Biru-Biru District is 35.2%. Bivariate analysis showed that the variables that had a significant relationship with the incidence of hypertension were age ($p= 0.000$), family history ($p= 0.052$), and Body Mass Index or BMI ($p= 0.000$). The results of multivariate analysis obtained Body Mass Index or BMI with $p < 0.05$ OR = 3,438 (95% C.I 2.132 – 5.544). The local health office is expected to carry out promotions and counseling to increase public awareness and awareness of hypertension.

Keywords : Hypertension, Risk Factors, Biru-Biru District.