

ABSTRAK

Latar Belakang : Hipertensi merupakan jenis penyakit tidak menular (PTM) penyebab tingginya angka kematian dini di dunia, termasuk di Indonesia. *World Health Organization* (WHO) menyatakan sekitar 9,4 juta orang meninggal akibat komplikasi hipertensi setiap tahunnya. Berdasarkan data Riset Kesehatan Dasar (Riskesmas) tahun 2018 menyatakan, persentase prevalensi penderita hipertensi di Indonesia sebanyak 34,1%.

Tujuan : Menganalisis faktor risiko kejadian hipertensi di Puskesmas Amplas Kota Medan.

Metode : Penelitian bersifat survei analitik dengan desain *cross sectional*. Jumlah sampel penelitian 100 orang yang diambil menggunakan metode *Purposive Sampling*. Data yang terkumpul merupakan data primer yang diperoleh dari hasil wawancara. Analisis univariat dan bivariat menggunakan uji statistik *Chi Square*.

Hasil : Persentase kejadian hipertensi di Puskesmas Amplas Kota Medan sebesar 50,0%. Hasil analisis bivariat menggunakan uji *chi square* menunjukkan variabel yang memiliki hubungan signifikan dengan kejadian hipertensi adalah indeks massa tubuh (nilai $p=0,039$), rasio lingkaran pinggang (nilai $p=0,001$), riwayat keluarga (nilai $p= 0,016$), konsumsi makanan tinggi natrium (nilai $p=0,043$), konsumsi makanan berlemak (nilai $p=0,037$). Diharapkan kepada Puskesmas setempat agar dapat meningkatkan kegiatan *health promotion* tentang faktor risiko kejadian hipertensi sebagai upaya tindakan preventif, hal ini dikarenakan masih kurangnya edukasi masyarakat mengenai faktor risiko kejadian hipertensi.

Kesimpulan : Terdapat hubungan antara faktor risiko indeks massa tubuh, rasio lingkaran pinggang, riwayat keluarga, konsumsi makanan tinggi natrium, konsumsi makanan berlemak dengan terhadap kejadian hipertensi di Puskesmas Amplas Kota Medan.

Kata Kunci: Faktor Risiko, Hipertensi, Puskesmas

ABSTRACT

Background : Hypertension is a type of non-communicable disease (NCD) that causes high rates of early death in the world, including in Indonesia. The World Health Organization (WHO) states that around 9.4 million people died from complications of hypertension every year. Based on Basic Health Research (Riskesdas) in 2018, the percentage of prevalence of hypertension in Indonesia was 34.1%.

Objective : To analyze the risk factors of hypertension in the Amplas Health Center, Medan City.

Methods : The research is an analytic survey with cross sectional design. The number of research samples was 100 people who were taken using the Purposive Sampling method. The data collected is primary data obtained from interviews. Univariate and bivariate analysis using Chi Square statistical test.

Result : The percentage of hypertension incidence in Amplas Health Center Medan City was 50.0%. The results of bivariate analysis using the chi square test showed that the variables that had a significant relationship with the incidence of hypertension were body mass index (p value = 0.039), waist circumference ratio (p value = 0.001), family history (p value = 0.016), high natrium intake (p value = 0.043), high fatty intake (p value = 0.037). The Health Center is expected to increase health promotion activities regarding risk factors for hypertension as a preventive measure, this is due to the lack of public education regarding risk factors for hypertension.

Conclusion : There is an association between the risk factors of body mass index, waist circumference ratio, family history, high natrium intake, high fatty intake with the incidence of hypertension in Amplas Health Center Medan City

Keywords : Hypertension, Risk Factors, Health Center