

ABSTRAK

Latar Belakang: Kebiasaan merokok memiliki dampak negatif terhadap kesehatan, salah satunya ialah mempertinggi kemungkinan terjadinya hipertensi. Zat beracun yang terkandung dalam rokok, seperti nikotin dan karbon monoksida, berpotensi menimbulkan gangguan fungsi pembuluh darah serta jantung.

Tujuan: Riset berikut ditujukan untuk mengidentifikasi keterkaitan antara aktivitas merokok dengan tingkat tekanan darah pada pria dewasa di RSUD Haji Medan. Selain itu, penelitian juga menganalisa Profil responden, meliputi usia, pola perilaku merokok, durasi merokok, serta riwayat hipertensi. Diharapkan, hasil penelitian bisa dijadikan rujukan dalam program pencegahan maupun pengendalian hipertensi yang disebabkan oleh rokok.

Metode: Riset berikut menggunakan rancangan deskriptif analitik dengan pendekatan *cross-sectional*. Sebanyak 95 orang responden ditentukan melalui teknik *purposive sampling*. Variabel bebas mencakup usia, jenis kelamin, perilaku dan lama merokok, serta riwayat hipertensi, sedangkan variabel terikat ialah tekanan darah. Pengumpulan data dilaksanakan melalui kuesioner dan pemeriksaan tekanan darah, lalu dianalisis dengan uji Chi-square. Melalui metode ini, diharapkan diperoleh pemahaman mengenai kontribusi merokok terhadap munculnya hipertensi.

Hasil: Analisis bivariat menunjukkan adanya hubungan yang bermakna antara kebiasaan merokok dengan tekanan darah ($p=0,001$) dengan tingkat korelasi kuat ($r=0,750$). Lama merokok juga terbukti memiliki korelasi yang signifikan dengan tekanan darah ($p=0,001$) dengan korelasi sedang ($r=0,479$). Dengan demikian, perilaku merokok maupun durasinya memberikan pengaruh nyata terhadap peningkatan tekanan darah.

Kesimpulan: Riset berikut menegaskan bahwa perilaku dan lamanya merokok berkaitan erat dengan tekanan darah pada pria dewasa di RSUD Haji Medan. Hubungan yang ditemukan bersifat positif dan signifikan ($p=0,001$). Peneliti merekomendasikan adanya studi lanjutan dengan cakupan sample yang lebih luas untuk memperkuat temuan ini.

Kata Kunci: Merokok, Tekanan Darah, Hipertensi, Pria Dewasa, RSUD Haji Medan.

ABSTRACT

Background: Smoking is a habit that exerts harmful effects on health, one of which is the increased risk of developing hypertension. Hazardous substances contained in cigarettes, such as nicotine and carbon monoxide, have the potential to impair vascular and cardiac function.

Objective: This study aims to examine the association between smoking behavior and blood pressure among adult men at RSU Haji Medan. In addition, the study also analyzes respondents' characteristics, including age, smoking behavior, smoking duration, and history of hypertension. The findings are expected to serve as a basis for preventive and control measures against smoking-induced hypertension.

Method: This research employed a descriptive-analytic design with a cross-sectional approach. A total of 95 respondents were selected using purposive sampling. Independent variables consisted of age, gender, smoking behavior, smoking duration, and history of hypertension, while the dependent variable was blood pressure. Data were collected through questionnaires and direct blood pressure measurements, and subsequently analyzed using the Chi-square test. This method was applied to obtain a deeper understanding of the contribution of smoking to hypertension.

Results: The bivariate analysis revealed a significant relationship between smoking behavior and blood pressure ($p=0.001$) with a strong correlation ($r=0.750$). Furthermore, smoking duration was also significantly associated with blood pressure ($p=0.001$) with a moderate correlation ($r=0.479$). These findings indicate that both smoking behavior and smoking duration play a considerable role in elevating blood pressure.

Conclusion: The study concludes that smoking behavior and duration of smoking are significantly related to blood pressure among adult men at RSU Haji Medan, with a positive and significant association ($p=0.001$). Further studies with larger sample sizes are recommended to strengthen these findings.

Keywords: Smoking, Blood Pressure, Hypertension, Adult Men, RSU Haji Medan.