

## ABSTRAK

### Faktor - Faktor Yang Berhubungan Dengan Kejadian Hipertensi Pada Usia Remaja Akhir Hingga Usia Dewasa Akhir Di Puskesmas Temindung Samarinda

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**Latar Belakang** : hipertensi merupakan masalah kesehatan yang berbahaya di dunia karena menjadi faktor risiko utama mengarah pada kematian akibat faktor tidak dapat diubah (usia, jenis kelamin, genetik) dan faktor dapat diubah (nutrisi, obesitas). Pengunjung di Puskesmas Temindung Samarinda masih belum bisa terhindar dari penyakit hipertensi. **Tujuan** : mengetahui hubungan faktor – faktor terhadap kejadian hipertensi. **Metode** : menggunakan rancangan *cross sectional*, dilakukan pada Julis.d agustus 2020, jumlah sampel 75 orang dipilih menggunakan teknik *purposive sampling* dengan kriteria menderita hipertensi dan berusia 17-45 tahun. Pengukuran variabel dilakukan menggunakan kuesioner dan menggunakan uji *Chi Square*. **Hasil** : hasil analisis univariat terdapat 39 orang (52,0%) berusia belum beresiko, 41 orang (54,7%) berjenis kelamin perempuan, 52 orang (69,3%) memiliki riwayat keluarga hipertensi, 74 orang (98,7%) tidak obesitas, 39 orang (52,0%) memiliki nutrisi tidak baik, 60 orang (80,0%) memiliki tekanan darah sistole grade I, 59 orang (78,8%) memiliki tekanan darah diastole grade I. Dan hasil analisis bivariat terdapat hubungan antara faktor usia dengan sistole-diastole ( $p:0,013 - p:0,031$ ), tidak terdapat hubungan antara faktor jenis kelamin dengan sistole-diastole ( $p:0,685 - p:0,889$ ), riwayat keluarga dengan sistole-diastole ( $p:0,950 - p:0,804$ ), nutrisi dengan sistole-diastole ( $p:0,326 - p:0,219$ ), obesitas dengan sistole-diastole ( $p:1,000 - p:1,000$ ). **Kesimpulan** : memiliki faktor terhadap hipertensi belum tentu menderita penyakit ini karena banyak faktor yang lainnya untuk menunjang penyakit ini.

**Kata Kunci** : Faktor usia, jenis kelamin, genetik, nutrisi, obesitas, kejadian hipertensi

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## ABSTRACT

### Factors - Related Factors Incidence of Hypertension in Late Adolescence Late adulthood at Temindung Puskesmas Samarinda

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**Background:** hypertension is a dangerous health problem in the world because it is a major risk factor leading to death due to irreversible factors (age, sex, genetics) and changeable factors (nutrition, obesity). Visitors at the Temindung Puskesmas Samarinda still cannot avoid hypertension. **Objective:** to determine the relationship between factors and the incidence of hypertension. **Methods:** using a cross-sectional design, conducted in August 2020, the total sample of 75 people was selected using a purposive sampling technique with criteria suffering from hypertension and aged 17-45 years. Measurement of variables was carried out using a questionnaire and using the Chi Square test. **Results:** the results of the univariate analysis were 39 people (52.0%) were not at risk, 41 people (54.7%) were female, 52 people (69.3%) had family history of hypertension, 74 people (98.7%) were not obese, 39 people (52.0%) had poor nutrition, 60 people (80.0%) had grade I systolic blood pressure, 59 people (78.8%) ) have a grade I diastolic blood pressure. And the results of bivariate analysis, there is a relationship between age and systole-diastole (p: 0.013 - p: 0.031), there is no relationship between sex factors and systole-diastole (p: 0.685 - p: 0.889) ), family history with systole-diastole (p: 0.950 - p: 0.804), nutrition with systole-diastole (p: 0.326 - p: 0.219), obesity with systole-diastole (p: 1,000 - p: 1,000). **Conclusion:** having a factor against hypertension does not necessarily suffer from this disease because there are many other factors to support this disease.

Keywords: age, gender, genetics, nutrition, obesity, incidence of hypertension

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