

SEKOLAH TINGGI ILMU KESEHATAN SINT CAROLUS

PROGRAM S-1 KEPERAWATAN

Laporan Penelitian

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Hubungan Karakteristik dan Gaya Hidup dengan Kejadian Hipertensi pada Masyarakat Binaan Puskesmas Demon Pagong Flores Timur

xv + 78 halaman, 15 tabel, 15 lampiran

ABSTRAK

Hipertensi merupakan salah satu faktor resiko penyebab terjadinya penyakit kardiovaskuler. Seseorang dikatakan hipertensi jika hasil pengukuran tekanan darah sistolik ≥ 140 mmHg dan diastolik ≥ 90 mmHg. Faktor resiko yang diduga memiliki peran dalam terjadinya hipertensi adalah gaya hidup seperti merokok, konsumsi alkohol, konsumsi tinggi garam dan kopi. Tujuan penelitian ini untuk mengetahui Hubungan Karakteristik Gaya Hidup dengan Kejadian Hipertensi pada Masyarakat Binaan Puskesmas Demon Pagong Flores Timur. Metode kuantitatif dengan desain *deskriptif korelatif*, pendekatan *cross sectional*. Sampel 80 responden diambil secara *purposive sampling*. Waktu penelitian Februari 2018 dengan alat pengumpulan data kuesioner dan pengukuran tekanan darah. Hasil Analisis univariat mayoritas responden berusia lansia awal 61,3%, berjenis kelamin laki-laki 62,5%, merokok ringan 43,8%, konsumsi alkohol tinggi (>1gelas perhari) : 77,5%, tinggi garam 58,8% dan sering minum kopi 71,3%. Hasil analisis *chi square* menunjukkan ada hubungan bermakna dengan hipertensi adalah usia (*p value* = 0,000), kebiasaan merokok (*pvalue* = 0,000), kebiasaan konsumsi alkohol (*pvalue* = 0,000), konsumsi Garam (*p value* =0,000), dan kebiasaan konsumsi Kopi (*p value* =0,000); (*p*<0,05). Tidak ada hubungan bermakna dengan hipertensi adalah jenis kelamin (*p value* = 0,052). Simpulan dari penelitian ini adalah usia dan gaya hidup yang tidak sehat seperti merokok, konsumsi alkohol, konsumsi tinggi garam dan konsumsi kopi yang berlebihan dapat menyebabkan hipertensi. Diharapkan petugas kesehatan untuk memberikan penyuluhan kesehatan, pembagian informasi dan promosi kesehatan pada masyarakat mengenai hipertensi.

Kata Kunci : Karakteristik ,Gaya hidup, Hipertensi.

Daftar Pustaka : 37 Buku, 14 Jurnal (2008 – 2018)

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Research Report

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Relationship between Characteristics and Lifestyle with Hypertension Occurrence in Demon Pagong Community Health Center in East Flores

xv + 78 pages, 15 tables 15 attachments

ABSTRACT

Hypertension is one of the risk factors for the occurrence of cardiovascular disease. Someone said to be hypertensive if the results of measurement of systolic blood pressure ≥ 140 mmHg and diastolic ≥ 90 mmHg. Risk factors that are thought to have a role in the occurrence of hypertension are lifestyle such as smoking, alcohol consumption, high consumption of salt and coffee. The purpose of this study was to determine the relationship of lifestyle characteristics with the incidence of hypertension in the fostered communities of Demon Pagong Health Center East Flores. Quantitative method with descriptive correlative design, cross sectional approach. The sample of 80 respondents was taken by purposive sampling. The research time on February 2018 with a questionnaire collection tool and blood pressure measurement. The results of univariate analysis were the majority of respondents aged 61.3%, male 62.5%, mild smoking 43.8%, high alcohol consumption (> 1 glass per day): 77.5%, high salt 58.8% and often drink coffee 71.3%. The results of the chi square analysis showed that there was a significant relationship with hypertension: age (p value = 0,000), smoking habits (p value = 0,000), alcohol consumption habits (p value = 0,000), salt consumption (p value = 0,000), and coffee consumption habits (p value = 0,000); ($p < 0.05$). There is no significant relationship with hypertension is gender (p value = 0.052). Conclusions from this study are age and unhealthy lifestyles such as smoking, alcohol consumption, high salt consumption and excessive coffee consumption can cause hypertension. Health workers are expected to provide health education, information sharing and public health promotion regarding hypertension.

Keywords: Characteristics, Lifestyle, Hypertension

Bibliography : 37 Books, 14 Journals (2008 – 2018)