

ABSTRAK

Maftukhatul Khoiroh¹, Syavira Nooryana²

Gambaran Faktor Penyebab Hipertensi Di Desa Tosaran Dan Pakisputih

Pendahuluan: Kondisi kronis dengan peningkatan tekanan darah yang sering tidak disadari penderita merupakan masalah utama. Hipertensi dipengaruhi oleh faktor internal seperti usia, jenis kelamin, riwayat keluarga, serta faktor eksternal seperti pola makan, obesitas, stres, merokok, konsumsi alkohol, dan aktivitas fisik. Penelitian ini bertujuan untuk mengetahui gambaran faktor penyebab hipertensi di Desa Tosaran dan Pakisputih, Kecamatan Kedungwuni, Kabupaten Pekalongan.

Metode: Penelitian ini menggunakan metode kuantitatif dengan desain observasional analitik dan pendekatan *cross sectional*. Sampel berjumlah 75 responden dengan teknik *Purposive sampling*. Instrumen penelitian berupa kuesioner karakteristik responden, *Perceived Stress Scale-10* (PSS-10), dan *International Physical Activity Questionnaire* (IPAQ). Data dianalisis secara univariat menggunakan metode statistik.

Hasil: Penelitian dilakukan terhadap 75 responden didapatkan hasil tekanan darah normal sebanyak 20 orang (26,7%), berusia dewasa madya sebanyak 53 orang (70,7%), dan seluruhnya berjenis kelamin perempuan (100%). Sebagian besar tidak memiliki riwayat keluarga hipertensi (61,3%), konsumsi garam tinggi (40,0%), konsumsi lemak sedang (57,3%), konsumsi gula sedang (49,3%), serta konsumsi buah tinggi (49,3%). Obesitas tingkat 1 ditemukan pada 49,3% responden. Pengukuran tingkat stres menggunakan *Perceived Stress Scale* (PSS-10) kategori sedang (84,0%). Responden tidak merokok (92,0%), tidak mengonsumsi alkohol (100%), dan tidak mengonsumsi kafein (96,0%). Sementara itu, penilaian aktivitas fisik menggunakan *International Physical Activity Questionnaire* (IPAQ) kategori sedang (76,0%).

Diskusi: Hasil ini dapat disimpulkan bahwa riwayat keluarga, merokok, konsumsi alkohol, dan konsumsi kafein bukan merupakan faktor risiko utama terjadinya hipertensi pada responden dalam penelitian ini. Diperlukan upaya edukasi dan intervensi untuk mengurangi risiko hipertensi.

Kata kunci: Hipertensi, faktor internal, faktor eksternal, gaya hidup

Daftar pustaka: 42 (2018–2023)

ABSTRACT

Maftukhatul Khoiroh¹, Syavira Nooryana²

An Overview of Factors Causing Hypertension in Tosaran and Pakisputih Villages

Introduction: Hypertension is a chronic condition characterized by elevated blood pressure that often goes unnoticed by patients, posing a major health problem. Hypertension is influenced by internal factors such as age, sex, and family history, as well as external factors such as diet, obesity, stress, smoking, alcohol consumption, and physical activity. This study aimed to describe the factors causing hypertension in Tosaran and Pakisputih Villages, Kedungwuni District, Pekalongan Regency.

Methods: This research employed a quantitative method with an observational analytic design and a cross-sectional approach. The sample consisted of 75 respondents recruited through purposive sampling. Research instruments included a respondent characteristics questionnaire, the Perceived Stress Scale-10 (PSS-10), and the International Physical Activity Questionnaire (IPAQ). The collected data were analyzed with univariate statistical methods.

Results: Among 75 respondents, 26.7% had normal blood pressure, 70.7% were middle-aged adults, and all were female (100%). Most respondents did not have a family history of hypertension (61.3%), 40.0% had high salt intake, 57.3% had moderate fat intake, 49.3% had moderate sugar intake, and 49.3% had high fruit intake. Obesity grade I was found in 49.3% of respondents. Stress level measured by PSS-10 was moderate in 84.0% of respondents. The majority did not smoke (92.0%), did not consume alcohol (100%), and did not consume caffeine (96.0%). Physical activity level assessed by IPAQ was moderate in 76.0% of respondents.

Discussion: These results conclude that family history, smoking, alcohol consumption, and caffeine consumption are not major risk factors for hypertension in the study population. Educational and intervention efforts are needed to reduce the risk of hypertension.

Keywords: external factors, hypertension, internal factors, lifestyle

References: 42 (2018–2023)