

ABSTRAK

MELA MEYLANDA

Hubungan Umur, Aktifitas Fisik, Status Merokok, Kepatuhan Minum Obat dan Kontrol Tekanan Darah dengan Status Hipertensi

Hipertensi atau tekanan darah tinggi adalah peningkatan tekanan darah sistolik \geq 140 mmHg dan atau tekanan darah diastolik \geq 90 mmHg. Umur merupakan salah satu faktor risiko hipertensi yang tidak dapat diubah. Aktifitas fisik dan merokok merupakan beberapa faktor yang sering memicu terjadinya hipertensi yang sering diabaikan. Kepatuhan minum obat dan kontrol tekanan darah merupakan langkah penting dalam pencegahan penyakit komplikasi yang ditimbulkan dari hipertensi. Tujuan penelitian ini yaitu untuk mengetahui hubungan aktifitas fisik, status merokok, kepatuhan minum obat dan kontrol tekanan darah dengan status hipertensi di Puskesmas Panglayungan Kota Tasikmalaya. Metode penelitian ini yaitu menggunakan metode penelitian observasional analitik dengan desain penelitian *cross sectional*, penelitian dilakukan di Kelurahan Panglayungan Puskesmas Panglayungan Kecamatan Cipedes Kota Tasikmalaya, sampel berjumlah 180 responden pengambilan sampel *Simple Random Sampling* dan menggunakan uji *chi square*. Analisis data dilakukan secara univariat dan bivariat pada derajat kepercayaan 95% ($\alpha= 0,05$). Hasil analisis menunjukkan bahwa umur ($p=0.275$), aktifitas fisik ($p= 0.081$), status merokok ($p= 0.186$), kepatuhan minum obat ($p=0.049$), kontrol tekanan darah ($p=0.002$). Kesimpulan penelitian ini yaitu tidak ada hubungan antara umur dengan status hipertensi, ada hubungan aktifitas fisik dengan status hipertensi, tidak ada hubungan status merokok dengan status hipertensi, ada hubungan kepatuhan minum obat dengan status hipertensi dan ada hubungan kontrol tekanan darah dengan status hipertensi. Saran dari penelitian ini yaitu meningkatkan aktifitas fisik yang disesuaikan dengan kondisi tubuh, seperti mengikuti kegiatan senam, bersepeda atau minimal berjalan kaki secara rutin minimal 30 menit per hari.

Kata kunci : Aktifitas Fisik, Kepatuhan Minum Obat

Kepustakaan : 2005 - 2020

ABSTRACT

MELA MEYLANDA

Relationship between Age, Physical Activity, Smoking Status, Medication Adherence and Blood Pressure Control with Hypertension Status

Hypertension or high blood pressure is an increase in systolic blood pressure ≥ 140 mmHg and or diastolic blood pressure ≥ 90 mmHg. Age is an irreversible risk factor for hypertension. Physical activity and smoking are some of the factors that often trigger the occurrence of hypertension which is often ignored. Compliance with taking medication and controlling blood pressure is an important step in preventing complications from hypertension. The purpose of this study was to determine the relationship between physical activity, smoking status, medication adherence and blood pressure control with hypertension status at the Panglayungan Health Center, Tasikmalaya City. This research method is using analytic observational research method with a cross sectional research design, the research was conducted in Panglayungan Village, Panglayungan Health Center, Cipedes District, Tasikmalaya City, a sample of 180 respondents took Simple Random Sampling and used the chi square test. Data analysis was performed univariate and bivariate at 95% confidence level ($\alpha = 0.05$). The results of the analysis showed that age ($p=0.275$), physical activity ($p= 0.081$), smoking status ($p= 0.186$), medication adherence ($p=0.045$), blood pressure control ($p=0.002$). The conclusion of this study is that there is no relationship between age and hypertension status, there is a relationship between physical activity and hypertension status, there is no relationship between smoking status and hypertension status, there is a relationship between medication adherence and hypertension status and there is a relationship between blood pressure control and hypertension status. Suggestions from this study are to increase physical activity that is adapted to body conditions, such as participating in gymnastics, cycling or at least walking regularly for at least 30 minutes per day.

Keywords: Physical Activity, Compliance with Taking Drugs

Literature : 2005 - 2020