KARAKTERISTIK HIPERTENSI DI PUSKESMAS JAMBULA KOTA TERNATE

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ABSTRAK

Latar Belakang: Hipertensi merupakan manifestasi gangguan keseimbangan hemodinamika sistem kardiovaskuler. WHO memperkirakan 1,28 miliar orang dewasa berusia 30-79 tahun diseluruh dunia menderita hipertensi. Kasus hipertensi yang tinggi ini jika dibiarkan dalam jangka panjang dapat menyebabkan tingginya morbiditas dan mortalitas.

Tujuan: Untuk mengetahui faktor risiko hipertensi di Puskesmas Jambula tahun 2023.

Metode: Jenis penelitian deskriptif dengan *cross-sectional.* Sampel penelitian sebesar 105 diambil menggunakan teknik *simple random sampling.* Alat pengumpulan data rekam medik dan wawancara.

Hasil: Karakteristik hipertensi yang paling banyak yakni lansia awal 41 sampel (39.0%), perempuan 63 sampel (60.0%), riwayat penyakit keluarga hipertensi dan penyakit lainnya sama merata 49 sampel (46.7%) , SMA 41 sampel (39.0%), IRT 35 sampel (33.3%), aktivitas fisik tidak cukup 79 sampel (75.2%), konsumsi sayur dan buah tidak cukup 76 sampel (72.4%) dan 99 sampel (94.3%), tidak pernah merokok 65 sampel (61.9%), konsumsi garam ≤ 2000 65 sampel (61.9%), obesitas 61 sampel (58.1%) dan hipertensi tahap 1 53 sampel (50.5%).

Kesimpulan: Karakteristik frekuensi tertinggi kasus hipertensi yakni lansia awal, perempuan, riwayat penyakit keluarga hipertensi dan penyakit lainnya, SMA, IRT, aktivitas fisik tidak cukup, konsumsi sayur dan buah tidak cukup, tidak pernah merokok, konsumsi garam ≤ 2000 mg, dan obesitas.

Kata Kunci: Hipertensi, Faktor risiko, Ternate.

CHARACTERISTICS OF HYPERTENSION IN JAMBULA HEALTH CENTER TERNATE CITY

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ABSTRACT

Introduction: *Hypertension is a manifestation of disturbances in the hemodynamic balance of the cardiovascular system. WHO estimates that 1.28 billion adults aged 30-79 years worldwide suffer from hypertension. This high incidence of hypertension if left untreated in the long term can lead to high morbidity and mortality.*

Aim: *To determine the risk factors for hypertension at the Jambula Health Center in 2023.*

Methods: *Descriptive research type with cross-sectional. The study sample of 105 was taken using simple random sampling. Data collection tools were medical records and interviews.*

Result: *The characteristics of hypertension are mostly early elderly 41 samples (39.0%), female 63 samples (60.0%), family history of hypertension and other diseases equally 49 samples (46.7%), high school 41 samples (39.0%), housewife 35 samples (33. 3%), insufficient physical activity 79 samples (75.2%), insufficient vegetable and fruit consumption 76 samples (72.4%) and 99 samples (94.3%), never smoked 65 samples (61.9%), salt consumption ≤ 2000 65 samples (61.9%), obesity 61 samples (58.1%) and stage 1 hypertension 53 samples (50.5%).*

Conclusion: *The characteristics of the highest frequency of hypertension cases were early elderly, female, family history of hypertension and other diseases, high school, housewife, insufficient physical activity, insufficient consumption of vegetables and fruits, never smoked, salt consumption ≤ 2000 mg, and obesity.*

Keywords: *Hypertension, Risk factors, Ternate.*