

Faktor Risiko yang Berhubungan dengan Peningkatan Tekanan Darah Wanita Pralansia di Wilayah Kerja Puskesmas Baleendah Kabupaten Bandung

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ABSTRAK

Latarbelakang : Hipertensi merupakan penyebab utama beban kesehatan global. Berdasarkan Riskesdas 2018, Bandung merupakan kabupaten dengan kasus hipertensi tertinggi ke-4 di Jawa Barat yaitu 41,36% dan Baleendah merupakan kecamatan dengan kasus hipertensi pralansia sebesar 35% dimana prevalensi wanita hipertensi lebih besar dari pria (usia 45-59 tahun). Perlu dilakukan identifikasi faktor-faktor yang berhubungan dengan peningkatan tekanan darah pada wanita pralansia.

Tujuan : Untuk mengetahui apakah kebiasaan merokok, kurangnya aktivitas fisik, status gizi berdasarkan tiga indikator (IMT², RLPP³, lingkar pinggang), asupan lemak, asupan natrium, kurangnya asupan kalium, dan kurangnya asupan magnesium merupakan faktor risiko peningkatan tekanan darah wanita pralansia di Wilayah Kerja Puskesmas Baleendah Kabupaten Bandung.

Metode : Penelitian ini menggunakan *cross sectional design*. Sampel dalam penelitian ini sebanyak 96 wanita pralansia di Baleendah yang diambil dengan metode *random sampling*. Pengukuran dan pengambilan data berupa tekanan darah, kebiasaan merokok, aktivitas fisik, antropometri, dan asupan gizi. Analisis data bivariat menggunakan korelasi *Pearson* dan *Rank Spearman*, uji multivariat menggunakan uji regresi linear dengan metode *backward*.

Hasil : Hasil uji multivariat menunjukkan terdapat hubungan yang bermakna antara IMT², RLPP³, kurangnya aktivitas fisik, dan kurangnya asupan kalium dengan peningkatan tekanan darah sistolik. Terdapat hubungan yang bermakna antara IMT², RLPP³, kebiasaan merokok, asupan energi, dan kurangnya asupan kalium dengan peningkatan tekanan darah diastolik.

Simpulan : Indeks massa tubuh, RLPP³, kurangnya aktivitas fisik, kebiasaan merokok, asupan energi dan kurangnya asupan kalium merupakan faktor risiko peningkatan tekanan darah wanita pralansia di Wilayah Kerja Puskesmas Baleendah Kabupaten Bandung.

Kata Kunci : status gizi, aktivitas fisik, kebiasaan merokok, asupan gizi, tekanan darah

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Risk Factors Associated with Pre-elderly Women's Elevated Blood Pressure in the Working Area of Baleendah Health Center

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ABSTRACT

Background : Hypertension is a major cause of global health burden. According to Riskesdas 2018, Bandung is the fourth highest district in West Java with hypertension cases at 41.36%, and Baleendah is the sub-district with the highest prevalence of pre-elderly hypertension at 35%, where the prevalence of hypertension in women is higher than in men (ages 45-59). It is necessary to identify factors related to elevated blood pressure in pre-elderly women.

Objective : To determine whether smoking habits, lack of physical activity, nutritional status based on three indicators (BMI², waist-to-hip ratio, waist circumference), fat intake, sodium intake, insufficient potassium intake, and insufficient magnesium intake are risk factors for elevated blood pressure in pre-elderly women in the Working Area of Baleendah Health Center, Bandung Regency.

Methods : This study uses a cross-sectional design. The sample consists of 96 pre-elderly women in Baleendah, selected through random sampling. Data collection includes measurements of blood pressure, smoking habits, physical activity, anthropometry, and nutritional intake. Bivariate data analysis is performed using Pearson correlation and Spearman rank correlation, while multivariate analysis uses linear regression with the backward method.

Results : Multivariate analysis results indicate significant relationships between BMI², waist-to-hip ratio, lack of physical activity, and insufficient potassium intake with elevated systolic blood pressure. There are also significant relationships between BMI², waist-to-hip ratio, smoking habits, energy intake, and insufficient potassium intake with elevated diastolic blood pressure.

Conclusion : Body Mass Index, waist-to-hip ratio, lack of physical activity, smoking habits, energy intake, and insufficient potassium intake are risk factors for elevated blood pressure in pre-elderly women in the Working Area of Baleendah Health Center, Bandung Regency.

Keywords : nutritional status, physical activity, smoking habits, nutritional intake, blood pressure

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