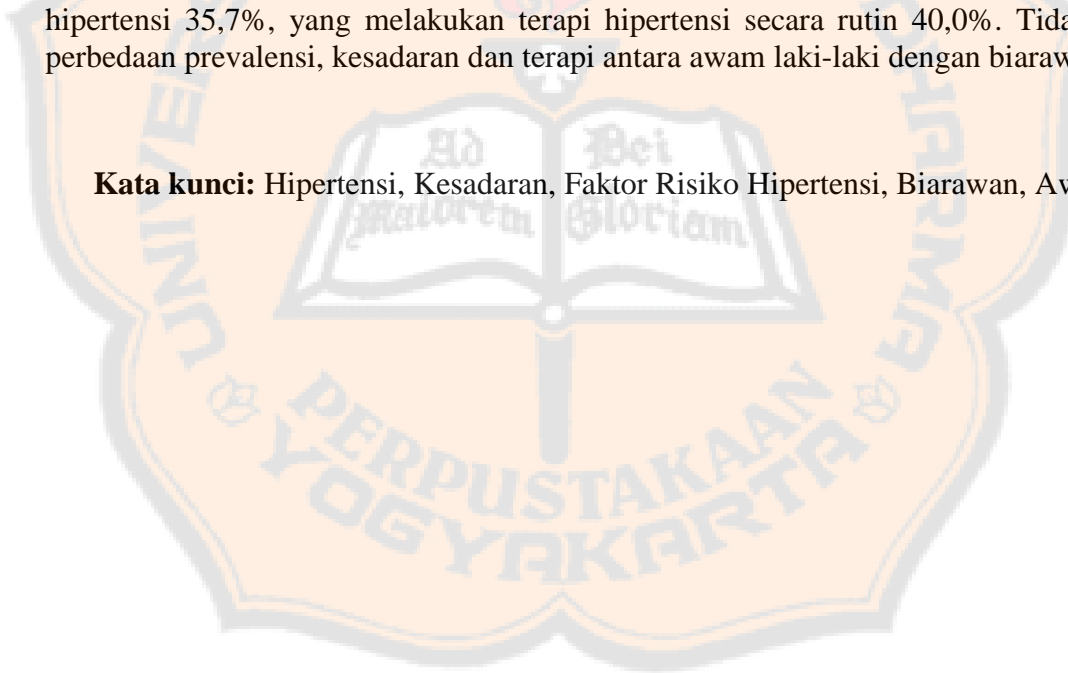


INTISARI

Hipertensi merupakan peningkatan tekanan darah arteri secara persisten ($\geq 140/90$ mmHg). Biarawan adalah suatu golongan tertentu dalam gereja yang hidup berbeda dengan masyarakat pada umumnya. Faktor risiko kesehatan yang meliputi BMI, aktivitas fisik dan pola makan. Tujuan penelitian ini adalah membandingkan prevalensi, tingkat kesadaran, dan terapi hipertensi pada kaum awam laki-laki di sekitar biara dengan kaum biarawan. Jenis penelitian yang dilakukan survey observasional dengan rancangan *cross-sectional*. Responden penelitian berumur ≥ 25 tahun yang bersedia mengisi *informed consent*. Pengukuran yang dilakukan meliputi tekanan darah, *body mass index*, aktivitas fisik dan pola makan dengan teknik wawancara. Data diuji dengan *t-test* dan *Chi-square*. Hasil dari penelitian menunjukkan prevalensi kaum awam yang menderita hipertensi 34%, yang sadar menderita hipertensi 52,9%, yang melakukan terapi hipertensi secara rutin 72,2%, sedangkan kaum biarawan yang menderita hipertensi 27,2%, yang sadar menderita hipertensi 35,7%, yang melakukan terapi hipertensi secara rutin 40,0%. Tidak ada perbedaan prevalensi, kesadaran dan terapi antara awam laki-laki dengan biarawan.

Kata kunci: Hipertensi, Kesadaran, Faktor Risiko Hipertensi, Biarawan, Awam.



ABSTRACT

Hypertension is an increase in arterial blood pressure persistently ($\geq 140 / 90$ mmHg). Monk is a certain group within the church that lives differently by society in general. Health risk factors which include BMI, physical activity and diet. The purpose of this study was to compare the prevalence, the level of awareness and treatment of hypertension in male laity around the monastery with the monks. Type of survey research conducted observational cross-sectional design. Respondents aged ≥ 25 years who are willing to fill informed consent. Measurements performed include blood pressure, body mass index, physical activity and diet with interview techniques. Data were tested by t-test and Chi-square. Results from the study showed that the prevalence of the laity who suffer from hypertension 34%, which is aware of suffering from hypertension 52.9%, which conducts routine treatment of hypertension of 72.2%, while the monk who suffer from hypertension 27.2%, which is aware of 35 suffer from hypertension, 7%, which conducts routine treatment of hypertension 40.0%. There is no difference in the prevalence, awareness and treatment between men lay with the monks.

Keywords: Hypertension, Awareness, Risk Factors Hypertension, Monks, Laity.