

**PREVALENSI, KESADARAN, DAN TERAPI RESPONDEN HIPERTENSI
DI DUKUH JRAGUNG, JOGOTIRTO, BERBAH, SLEMAN, YOGYAKARTA
(KAJIAN FAKTOR RISIKO KESEHATAN)**

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ABSTRACT

The research objective observation of hypertension prevalence, awareness, and treatment of hypertension in hamlets Jragung regency Sleman. Hypertension is a condition of the increase in systolic blood pressure ≥ 140 mmHg and diastolic pressure ≥ 90 mmHg. The study is based on the theory of the rule of halves which means only one-eighth of the whole population can do the controlled therapy.

Farmakoepidemiology research, is a type of observational, survey with a cross-sectional design. It was done through a purposive sampling of 244 respondents aged ≥ 40 years old, and the respondents' blood pressure measurement, body weight and body height were measured. The health risk factors include BMI, smoking history, alcohol consumption, fatty foods consumption and food intake (salt intake), physical activity (exercise) and comorbidities. The Chi-square statistics with 95% confidence level was used in the analysis, to determine the significance ($p < 0,05$) of each factor to the prevalence of hypertension, respondents awareness, and treatment used. Research, the prevalence of hypertension 59,84% consists of awareness treatment of hypertension 23,77%, awareness not treatment of hypertension 12,30% and unconsciously of hypertension 23,77%. The health risk factors such as (salt intake) values $p = 0,005$ OR 4,167 (95% CI) 1,466-11,839, the value of comorbidities $p = 0,016$ OR 1,625 (95% CI) 1,364-1,937, and physical activity (exercise) value $p = 0,028$ OR 3,286 (95% CI) 1,099-9,820 indicate an association with hypertension therapy.

Key words : prevalence, hypertension; awareness and therapy, the health risk factors hypertension

INTISARI

Tujuan penelitian melakukan observasi prevalensi hipertensi, kesadaran, dan terapi responden hipertensi di Padukuhan Jragung Kabupaten Sleman. Hipertensi merupakan suatu keadaan terjadinya peningkatan tekanan darah sistolik ≥ 140 mmHg dan tekanan darah diastolik ≥ 90 mmHg. Penelitian berdasarkan teori *the rule of halves* menyatakan hanya seperdelapan dari keseluruhan populasi melakukan terapi hipertensi terkontrol.

Penelitian farmakoepidemiologi jenis observasional survei dengan desain *cross-sectional*. Pengambilan sampel secara *purposive sampling* diperoleh 244 responden dengan usia ≥ 40 tahun dan dilakukan pengukuran tekanan darah, BB serta tinggi badan. Faktor risiko kesehatan meliputi BMI, aktivitas merokok, konsumsi alkohol, pola makan (asupan garam dan konsumsi makanan berlemak), aktivitas fisik (olahraga) dan penyakit penyerta. Analisis *Chi-square* dengan taraf kepercayaan 95% untuk mengetahui signifikansi ($p < 0,05$) setiap faktor terhadap prevalensi, kesadaran, dan terapi hipertensi. Hasil penelitian, prevalensi hipertensi 59,84% terdiri dari sadar hipertensi terapi 23,77%, sadar hipertensi tidak terapi 12,30% dan tidak sadar hipertensi 23,77%. Faktor risiko kesehatan pola makan (asupan garam) nilai $p=0,005$ OR 4,167 (95%CI) 1,466-11,839, penyakit penyerta nilai $p=0,016$ OR 1,625 (95%CI) 1,364-1,937, dan aktivitas fisik (olahraga) nilai $p=0,028$ OR 3,286 (95%CI) 1,099-9,820 yang menunjukkan adanya perbedaan dengan terapi hipertensi.

Kata kunci: Prevalensi, Hipertensi, Kesadaran, Terapi, Faktor Risiko Kesehatan Hipertensi