

**PREVALENSI, KESADARAN, DAN TERAPI RESPONDEN HIPERTENSI  
BERDASARKAN KAJIAN FAKTOR RISIKO KESEHATAN DI DUKUH  
BLAMBANGAN, JOGOTIRTO, BERBAH, SLEMAN, YOGYAKARTA**

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**INTISARI**

Hipertensi merupakan keadaan dengan nilai tekanan darah sistolik  $\geq 140$  mmHg dan/atau nilai tekanan darah diastolik  $\geq 90$  mmHg. Salah satu penyebab hipertensi adalah faktor risiko kesehatan yang meliputi *Body Mass Index* (BMI), pola hidup (aktivitas fisik, pola makan, merokok, alkohol), serta riwayat penyakit penyerta yang berhubungan dengan kardiovaskuler. Tujuan penelitian adalah mengidentifikasi prevalensi, kesadaran, dan terapi responden hipertensi, serta identifikasi hubungan faktor risiko kesehatan terhadap hipertensi di Dukuh Blambangan, Sleman, Yogyakarta. Penelitian ini menggunakan teori *The Rule of Halves*. Jenis penelitian adalah observasional, rancangan penelitian secara *cross-sectional*, dan pengambilan sampel secara *non-random* dengan jenis *purposive sampling*. Responden penelitian berusia  $\geq 40$  tahun dengan jumlah 200 orang. Analisis data menggunakan uji normalitas, univariat, Anova, t dan *Chi-square*.

Hasil penelitian menunjukkan prevalensi hipertensi sebesar 55% (110 responden), sadar hipertensi sebesar 32,5% (65 responden), dan melakukan terapi hipertensi sebesar 31,5% (63 responden). Terdapat perbedaan yang signifikan antara BMI ( $p=0,012$ ; OR=0,455; 95% CI=0,238-0,870) dan melakukan aktivitas fisik ( $p=0,018$ ; OR=0,493; 95% CI=0,265-0,918) terhadap hipertensi; BMI ( $p=0,000$ ; OR=0,122; 95% CI=0,034-0,437), melakukan aktivitas fisik ( $p=0,004$ ; OR=0,292; 95% CI=0,121-0,702), menjaga pola makan ( $p=0,018$ ; OR=0,403; 95% CI=0,183-0,887), dan riwayat penyakit penyerta ( $p=0,024$ ; OR=0,172; 95% CI=0,034-0,873) terhadap kesadaran hipertensi; serta tidak terdapat perbedaan yang signifikan antara faktor risiko kesehatan terhadap terapi responden hipertensi.

**Kata kunci:** Hipertensi, Kesadaran, Terapi, Faktor Risiko Kesehatan, Dukuh Blambangan.

**ABSTRACT**

Hypertension is a condition with systolic blood pressure  $\geq 140$ mmHg and/or diastolic blood pressure  $\geq 90$ mmHg. One of the causes of hypertension is health risk factors which are Body Mass Index (BMI), lifestyle (physic activities, dietary habit, cigarette, alcohol), and history of comorbidities associated with cardiovascular. The aim of this research is analyze the prevalence, awareness, and therapy respondent of hypertension, and also identify correlation between health risk factors with hypertension in Dukuh Blambangan, Sleman, Yogyakarta. This research use The Rule of Halves theory. The type of this research is observational, the research design is cross-sectional, and sampling had been taken by random with purposive sampling type. The respondents of this research were  $\geq 40$  years old and were 200 people. The datas were analyzed using normalitas test, univariat test, Anova test, t test, and Chi-square test.

The results show that prevalence of hypertension is 55% (110 respondents), awareness of hypertension is 32,5% (65 respondents), and did therapy of hypertension is 31,5% (63 respondents). There are significant difference between BMI ( $p=0,012$ ;  $OR=0,455$ ;  $95\% CI=0,238-0,870$ ) and did physic activities ( $p=0,018$ ;  $OR=0,493$ ;  $95\% CI=0,265-0,918$ ) with hypertension; BMI ( $p=0,000$ ;  $OR=0,122$ ;  $95\% CI=0,034-0,437$ ), did physic activities ( $p=0,004$ ;  $OR=0,292$ ;  $95\% CI=0,121-0,702$ ), dietary food ( $p=0,018$ ;  $OR=0,403$ ;  $95\% CI=0,183-0,887$ ), and history of comorbidities associated with cardiovascular ( $p=0,024$ ;  $OR=0,172$ ;  $95\% CI=0,034-0,873$ ) with awareness of hypertension; and also there are no significant difference between health risk factors with the therapy of hypertension respondent.

**Keywords:** Hypertension, Awareness, Therapy, Health Risk Factors, Dukuh Blambangan.