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GAMBARAN FAKTOR PENYEBAB HIPERTENSI DI WILAYAH KERJA PUSKESMAS KALIKAJAR I KABUPATEN WONOSOBO TAHUN 2020

ABSTRAK

Latar belakang : Hipertensi menempati urutan pertama pada 10 besar PTM di Kabupaten Wonosobo. Pada 2017 terdapat 20.987 kasus, pada 2018 terdapat 52.700 kasus, pada 2019 terdapat 72.219 kasus, dan pada 2020 terdapat 41.566 kasus. Penelitian ini bertujuan untuk mengetahui gambaran faktor yang menyebabkan hipertensi di wilayah kerja Puskesmas Kalikajar I Kabupaten Wonosobo.

Metode : Penelitian ini menggunakan jenis penelitian studi deskriptif kuantitatif, dengan pendekatan *cross sectional*. Sampel yang diambil sebanyak 48 responden yang dipilih menggunakan metode *simple random sampling*. Instrumen penelitian ini adalah kuesioner, analisis yang digunakan yaitu analisis univariat.

Hasil : 20 (41,7%) responden mengalami hipertensi tingkat 1, sebanyak 26 responden berusia lansia (54.2%), 36 (75%) responden berjenis kelamin perempuan, 34 (70,8%) responden memiliki riwayat keluarga dengan hipertensi, 29 (60,4%) responden aktivitas fisiknya kurang baik, 23 (52,1%) responden obesitas, dan 20 (64,6%) asupan garam responden terkategori normal.

Simpulan : Sebagian besar responden yang hipertensi tergolong kedalam kategori hipertensi tingkat 1 yaitu sebanyak 20 responden (41,7%), tingkat 2 sebanyak 12 responden (25%) dan tingkat 3 sebanyak 16 responden (33,3%).

Kata kunci: faktor, gambaran, hipertensi

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***DESCRIPTION OF THE CAUSES OF HYPERTENSION IN THE WORK
AREA OF KALIKAJAR PUSKESMAS I WONOSOBO DISTRICT IN 2020***

ABSTRACT

Background : *Hypertension ranks first in the top 10 PTMs in Wonosobo Regency. In 2017 there were 20,987 cases, in 2018 there were 52,700 cases, in 2019 there were 72,219 cases, and in 2020 there were 41,566 cases. This study aims to describe the factors that cause hypertension in the working area of Kalikajar I Public Health Center, Wonosobo Regency.*

Methods : *This research uses a quantitative descriptive study, with a cross sectional approach. The samples taken were 48 respondents who were selected using the simple random sampling method. The research instrument is a questionnaire, the analysis used is univariate analysis.*

Results : *20 (41.7%) respondents had grade 1 hypertension, 26 respondents were elderly (54.2%), 36 (75%) respondents were female, 34 (70.8%) respondents had a family history of hypertension, 29 (60.4%) respondents have poor physical activity, 23 (52.1%) respondents are obese, and 20 (64.6%) respondents are categorized as normal salt intake.*

Conclusion : *Most of the respondents with hypertension belonged to the category of hypertension level 1 as many as 20 respondents (41.7%), level 2 as many as 12 respondents (25%) and level 3 as many as 16 respondents (33.3%).*

Keywords: *factors, description, hypertension*