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HUBUNGAN GAYA HIDUP DENGAN KEJADIAN PENYAKIT HIPERTENSI PADA PASIEN USIA DEWASA MUDA DI KLINIK PERMATA HATI SALATIGA

ABSTRAK

Latar Belakang: Gaya hidup menjadi faktor paling berisiko timbulnya penyakit hipertensi pada setiap orang termasuk usia dewasa muda. peningkat hipertensi dipengaruhi oleh gaya hidup yang tidak sehat. Gaya hidup tidak sehat ialah merokok, kurang olahraga, mengkonsumsi makanan tidak bergizi, dan stress. Penelitian ini bertujuan untuk meneliti hubungan gaya hidup dengan kejadian penyakit hipertensi pada pasien usia dewasa muda di klinik permata hati salatiga.

Metode: Penelitian ini merupakan penelitian kuantitatif dengan pendekatan *Cross Sectional* untuk mengetahui hubungan antara variabel independen adalah gaya hidup dan variabel dependen adalah kejadian penyakit hipertensi. Tekhnik sampling menggunakan *purposive sampling* yaitu mengambil responden sesuai kriteria sampel yang berkunjung ke klinik pada saat melakukan penelitian. sampel dalam penelitian sebanyak 82 responden. Instrument yang digunakan yaitu menggunakan kuesioner gaya hidup (*Fantastic Life Style*).

Hasil: Berdasarkan hasil penelitian gambaran gaya hidup pada pasien usia dewasa muda didapatkan hasil tertinggi dengan kategori perlu perbaikan 41 responden (50,0%) dan menurut gambaran kejadian hipertensi pada pasien usia dewasa muda didapatkan hasil tertinggi pada hipertensi derajat 3 terdapat 41 responden (50,0%). Sedangkan menurut hasil penelitian uji statistic korelasi *Chi-square* didapatkan gaya hidup (aktifitas fisik) $p=0.037$, gaya hidup (pola makan) nilai $p=0,023$, gaya hidup (kebiasaan merokok) nilai $p=0,038$, gaya hidup (minum alkohol) nilai $p=0,023$ ($<\alpha=0,05$), gaya hidup (pengelolaan stress) nilai $p=0,001$, gaya hidup (karakteristik individu) $p=0,003$, gaya hidup (pengetahuan) nilai $p=0,002$ dan gaya hidup (pekerjaan) nilai $p=0,000$ ($<\alpha=0,05$), bahwa terdapat hubungan gaya hidup dengan kejadian penyakit hipertensi pada pasien usia dewasa muda di klinik permata hati salatiga.

Kata kunci : Gaya Hidup, Hipertensi

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THE CORRELATION BETWEEN LIFESTYLE AND HYPERTENSION IN YOUNG ADULT PATIENTS AT PERMATA HATI CLINIC SALATIGA

ABSTRACT

Background: Lifestyle is the most risk factor for developing hypertension in everyone, including young adults. Hypertension is influenced by an unhealthy lifestyle. The examples of unhealthy lifestyle are smoking, lack of exercise, consuming non-nutritious foods, and stress. This study aims to examine the correlation between lifestyle and the incidence of hypertension in young adult patients at Permata Hati Clinic, Salatiga.

Methods: This research used a quantitative study with a *Cross Sectional* approach to determine the correlation between the independent variable which was lifestyle and the dependent variable which was the incidence of hypertension. The sampling technique used *purposive sampling*, namely taking respondents according to the sample criteria who visited the clinic when conducting research. the sample in the study was 82 respondents. The instrument used is a lifestyle questionnaire (FANTASTIC Life Style).

Results: Based on the results of the study describing Based on the results of the study describing lifestyles in young adult patients, the highest results were obtained with the category needing improvement, 41 respondents (50.0%) and according to the description of the incidence of hypertension in young adult patients, the highest results were found in grade 3 hypertension, there were 41 respondents (50.0 %). Meanwhile, according to the results of statistical correlation test research Chi-square lifestyle (physical activity) $p=0.037$, lifestyle (eating pattern) $p=0.023$, lifestyle (smoking habits) $p=0.038$, lifestyle (drinking alcohol) $p=0.023$ ($<\alpha=0.05$), lifestyle (stress management) $p=0.001$, lifestyle (individual characteristics) $p=0.003$, lifestyle (knowledge) $p=0.002$ and lifestyle (work) $p=0.000$ ($<\alpha=0.05$) , that there is a lifestyle relationship with the incidence of hypertension in young adult patients at the Permata Hati Clinic, Salatiga..

Keywords: Lifestyle, Hypertension