

ABSTRAK

FAKTOR YANG BERPENGARUH TERHADAP KONDISI TEKANAN DARAH PADA PENDERITA HIPERTENSI PESERTA PROLANIS DI PUSKESMAS PURWOKERTO SELATAN DAN PURWOKERTO BARAT

Putri Harwa Prameswari¹, Devi Octaviana², Sri Nurlaela.³

Latar Belakang: Hipertensi merupakan salah satu faktor risiko utama kematian di Indonesia. Upaya preventif hipertensi salah satunya melalui PROLANIS. Kondisi tekanan darah tidak terkontrol dapat menyebabkan penyakit kronis. Penelitian ini bertujuan untuk mengetahui faktor yang berpengaruh terhadap kondisi tekanan darah pada penderita hipertensi peserta PROLANIS di Puskesmas Purwokerto Selatan dan Purwokerto Barat.

Metode: Jenis penelitian ini adalah kuantitatif dengan pendekatan *cross-sectional*. Populasi penelitian yaitu penderita hipertensi yang mengikuti PROLANIS di Puskesmas Purwokerto Selatan dan Puskesmas Purwokerto Barat pada bulan Oktober dan November tahun 2022 sebanyak 160. Sampel penelitian sebanyak 160 responden dengan teknik Total Sampling. Instrumen penelitian yaitu kuesioner dan dokumentasi. Analisis data secara univariat, bivariat, dan multivariat.

Hasil Penelitian: Hasil analisis uji Chi Square variabel yang berhubungan dengan kondisi tekanan darah : pengetahuan (0,045), kepatuhan minum obat (0,028), aktivitas fisik (0,023), stress (0,038), konsumsi garam (0,029), dukungan keluarga (0,031), keaktifan mengikuti PROLANIS (0,017), kepemilikan alat tensimeter (0,008) dan peran tenaga kesehatan (0,042). Sedangkan variabel yang tidak berhubungan : usia (0,437), penyakit penyerta (0,348) dan obesitas (0,718). Hasil analisis multivariat menunjukkan kepemilikan alat tensimeter merupakan variabel yang paling berpengaruh dengan *Odds Ratio* (OR) 10,601.

Kesimpulan: Variabel yang sangat berpengaruh adalah kepemilikan alat tensimeter. Responden yang tidak memiliki alat tensimeter berisiko 10,601 kali lebih tinggi mengalami tekanan darah tidak terkontrol. Saran bagi penderita hipertensi sebaiknya minum obat antihipertensi secara teratur.

Kata Kunci: Hipertensi, Kondisi Tekanan Darah, Faktor Berpengaruh Hipertensi, Aktivitas Fisik, Stress, Kepemilikan Alat Tensimeter

¹Mahasiswa Jurusan Kesehatan Masyarakat, Fakultas Ilmu-Ilmu Kesehatan, Universitas Jenderal Soedirman

²Dosen Jurusan Kesehatan Masyarakat, Fakultas Ilmu-Ilmu Kesehatan, Universitas Jenderal Soedirman

ABSTRACT

FACTORS AFFECTING BLOOD PRESSURE CONDITIONS IN HYPERTENSIVE PATIENTS OF PROLANIS PARTICIPANTS AT PUSKESMAS PURWOKERTO SELATAN AND PURWOKERTO BARAT

Putri Harwa Prameswari¹, Devi Octaviana², Sri Nurlaela.³

Background: Hypertension is one of the main risk factors for death in Indonesia. One of the preventive efforts carried out by the government in handling hypertension is through PROLANIS. Uncontrolled blood pressure conditions can lead to chronic diseases. It requires an understanding of the influencing factors. This study aims to determine the factors that affect the condition of blood pressure in hypertensive patients of PROLANIS participants at the South Purwokerto and West Purwokerto Health Centers.

Method: This type of research is quantitative with a cross-sectional approach. The study population of hypertensive patients who participated in PROLANIS at the South Purwokerto Health Center and West Purwokerto Health Center in October and November 2022 was 160. The research sample was 160 respondents with Total Sampling technique. Research instruments are questionnaires and documentation. Univariate, bivariate, and multivariate data analysis.

Research Result: The results of the Chi Square test analysis variables related to blood pressure conditions: knowledge (0.045), medication adherence (0.028), physical activity (0.023), stress (0.038), salt consumption (0.029), family support (0.031), activeness following PROLANIS (0.017), ownership of sphygmomanometer devices (0.008) and the role of health workers (0.042). While the variables were not related: age (0.437), comorbidities (0.348) and obesity (0.718). The results of multivariate analysis show that ownership of a sphygmomanometer device is the most influential variable with an Odds Ratio (OR) of 10.601.

Conclusion: A very influential variable is the ownership of a sphygmomanometer. Respondents who did not have a sphygmomanometer had a 10,601 times higher risk of experiencing uncontrolled blood pressure. Advice for people with hypertension should take antihypertensive drugs regularly.

Keywords: hypertension, blood pressure conditions, hypertension influencers, physical activity, stress, possession of a sphygmomanometer

¹Student of Public Health Department, Faculty of Health Sciences, Jenderal Soedirman University

²Lecturer of Public Health Department, Faculty of Health Sciences, Jenderal Soedirman University