

ABSTRAK

ANALISIS FAKTOR RISIKO HIPERTENSI PADA WANITA PESERTA POSYANDU LANSIA DI WILAYAH KERJA PUSKESMAS WANGON 1 KABUPATEN BANYUMAS

Nurjanah Putri Utami, Lu'lu Nafisah, Eri Wahyuningsih

Latar Belakang: Hipertensi merupakan salah satu Penyakit Tidak Menular (PTM). Hipertensi merupakan penyakit nomor 3 tertinggi di wilayah kerja Puskesmas Wangon 1 dengan penderita sebanyak 778 penderita. Wanita yang mengalami hipertensi sebanyak 521 penderita atau 66,9%. Penelitian ini bertujuan untuk menganalisis faktor risiko hipertensi pada wanita peserta posyandu lansia di wilayah kerja Puskesmas Wangon 1.

Metodologi: Penelitian ini merupakan penelitian kuantitatif yang menggunakan desain studi *cross-sectional* yang dilaksanakan pada bulan September-Desember 2024. Populai penelitian adalah 311 wanita peserta posyandu lansia hipertensi usia 45-59 tahun di 4 desa dengan sampel 82 wanita. Teknik pengambilan sampel menggunakan *cluster random sampling*. Data dikumpulkan melalui wawancara terstruktur dengan alat bantu kuesioner, pengukuran tekanan darah oleh kader kesehatan, dan pengukuran IMT.

Hasil Penelitian: Analisis univariat menunjukkan ditampilkan dalam bentuk tabel distribusi frekuensi dan analisis bivariat menggunakan uji fisher (P value $<0,05$) dan analisis multivariat menggunakan uji regresi logistik. Hasil penelitian diketahui (90,2%) mengalami hipertensi, (81,7) sudah mengalami menopause, (78%) pendidikan responden SD-SMP, (64,6%) memiliki gizi buruk, (70,7%) menggunakan KB hormonal ≥ 5 tahun, dan (41,5%) lansia mengalami tingkat stres sedang. Hasil analisis multivariat menggunakan uji regresi logistik menghasilkan nilai $OR=0,402$. Terdapat pengaruh menopause terhadap hipertensi pada wanita peserta posyandu lansia.

Kesimpulan: Faktor risiko hipertensi pada wanita peserta posyandu lansia di wilayah kerja Puskesmas Wangon 1 adalah menopause. Penanganan hipertensi pada wanita lansia memerlukan pendekatan modifikasi gaya hidup dan pemantauan faktor risiko hipertensi yang dilakukan pada saat posyandu lansia dilaksanakan.

Kata Kunci: Hipertensi, Faktor Risiko, Wanita, Posyandu Lansia, Menopause

ABSTRACT

ANALYSIS OF HYPERTENSION RISK FACTORS AMONG WOMEN PARTICIPATING IN ELDERLY POSYANDU IN THE WORKING AREA OF WANGON 1 COMMUNITY HEALTH CENTER BANYUMAS REGENCY

Nurjanah Putri Utami, Lu'lu Nafisah, Eri Wahyuningsih

Background: Hypertension is one of the Non-Communicable Diseases (NCDs). Hypertension is the third highest disease in the work area of Wangon 1 Health Center with 778 sufferers. Women with hypertension are 521 sufferers or 66.9%. This study aims to analyze the risk factors for hypertension in women who are participants of the elderly posyandu in the work area of Wangon 1 Health Center.

Methodology: This study is a quantitative study using a cross-sectional study design conducted in September-December 2024. The study population was 311 women participants of the elderly posyandu with hypertension aged 45-59 years in 4 villages with a sample of 82 women. The sampling technique used cluster random sampling. Data were collected through structured interviews with questionnaires, blood pressure measurements by health cadres, and BMI measurements.

Research Results: Univariate analysis shows that it is displayed in the form of a frequency distribution table and bivariate analysis using the Fisher test (P value < 0.05) and multivariate analysis using the logistic regression test. The results of the study showed that (90.2%) had hypertension, (81.7) had experienced menopause, (78%) respondents' education was elementary-junior high school, (64.6%) had poor nutrition, (70.7%) used hormonal birth control ≥ 5 years, and (41.5%) elderly people experienced moderate stress levels. The results of the multivariate analysis using the logistic regression test produced an OR value of 0.402. There is an effect of menopause on hypertension among women participating in the elderly posyandu.

Conclusion: The risk factor for hypertension in women participating in the elderly posyandu in the Wangon 1 Health Center work area is menopause. Handling hypertension in elderly women requires a lifestyle modification approach and monitoring of hypertension risk factors carried out when the elderly posyandu is implemented.

Keywords: Hypertension, Risk Factors, Women, Elderly Posyandu, Menopause