

Abstrak
ANALISIS FAKTOR YANG MEMENGARUHI TEKANAN DARAH
DI WILAYAH PERKOTAAN DAN PERDESAAN
KABUPATEN BANYUMAS

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Latar Belakang: Tekanan darah tidak normal dapat menimbulkan komplikasi serius seperti hipertensi, penyakit jantung, stroke, dan gagal ginjal. Prevalensi hipertensi di wilayah perkotaan (37,30%) lebih tinggi dibandingkan perdesaan (27,80%), kemungkinan dipengaruhi oleh perbedaan gaya hidup. Masyarakat perkotaan mengonsumsi makanan tinggi lemak dan garam, serta mengalami stres tinggi, sedangkan masyarakat perdesaan mengonsumsi makanan tradisional yang lebih sehat.

Metodologi: Penelitian analitik dengan pendekatan *cross-sectional*, sampel 200 responden menggunakan *accidental sampling*. Data dikumpulkan melalui pengukuran tekanan darah dengan tensimeter digital, dan wawancara menggunakan kuesioner baku IPAQ, PSQI, PSS-10, dan SQ-FFQ. Variabel meliputi umur, jenis kelamin, pendidikan, riwayat keluarga, aktivitas fisik, kualitas tidur, stres, dan pola makan. Analisis data menggunakan uji *chi-square* dan multivariat uji regresi logistik.

Hasil Penelitian: Faktor yang paling dominan berpengaruh terhadap tekanan darah di wilayah perkotaan adalah pola makan ($aOR=47,316$; $CI\ 95\%=4,113-544,275$), masyarakat cenderung mengonsumsi makanan tinggi natrium seperti ikan asin, sosis, telur asin, dan sarden. Sementara itu, di wilayah perdesaan yang paling dominan adalah aktivitas fisik ($aOR=8,882$; $CI\ 95\%=1,410-55,930$), jarak rumah yang jauh dari tempat aktivitas sehari-hari membuat masyarakat lebih sering menggunakan kendaraan bermotor daripada berjalan kaki.

Kesimpulan: Faktor yang paling dominan memengaruhi tekanan darah tidak normal di wilayah perkotaan yaitu pola makan, sedangkan di wilayah perdesaan adalah aktivitas fisik. Masyarakat perkotaan disarankan memperbaiki pola makan dengan mengurangi garam dan lemak, sedangkan masyarakat perdesaan disarankan meningkatkan aktivitas fisik minimal 30 menit per hari.

Kata kunci: Tekanan Darah, Perdesaan, Perkotaan, Banyumas

Abstract
ANALYSIS OF FACTORS AFFECTING BLOOD PRESSURE
IN URBAN AND RURAL AREAS OF
BANYUMAS REGENCY

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Background: Abnormal blood pressure could lead to serious complications such as hypertension, heart disease, stroke, and kidney failure. The prevalence of hypertension in urban areas (37.30%) was higher than in rural areas (27.80%), possibly due to lifestyle differences. Urban residents tended to consume foods high in fat and salt and experienced higher stress, whereas rural residents generally consumed healthier traditional foods.

Methods: This analytical study used a cross-sectional design with 200 respondents selected through accidental sampling. Data were collected through blood pressure measurement using a digital sphygmomanometer and interviews with standardized questionnaires (IPAQ, PSQI, PSS-10, and SQ-FFQ). The Variables included age, sex, education, family history, physical activity, sleep quality, stress, and dietary pattern. Data were analyzed using chi-square test and multivariate logistic regression.

Result: The most dominant factor affecting blood pressure in urban areas was dietary pattern (aOR=47,316; CI 95%=4,113-544,275), as residents tended to consume high-sodium foods such as salted fish, sausages, salted eggs, and canned sardines. In rural areas, the dominant factor was physical activity (aOR=8,882; CI 95%=1,410-55,930) long distances to daily activity locations led residents to rely more on motorized vehicles than walking.

Conclusion: The most dominant factor affecting abnormal blood pressure in urban areas is dietary pattern, while in rural areas it was physical activity. Urban residents were advised to improve their dietary habits by reducing salt and fat intake, whereas rural residents were encouraged to increase physical activity for at least 30 minutes per day.

Keywords: Blood Pressure, Rural, Urban, Banyumas