

ABSTRAK

HUBUNGAN FAKTOR PERSONAL DENGAN GAYA HIDUP SEHAT PADA INDIVIDU YANG MEMILIKI RIWAYAT KELUARGA HIPERTENSI DI DESA BANTERAN

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Latar Belakang : Individu dengan riwayat keluarga hipertensi mempunyai risiko dua kali lebih besar terkena hipertensi. Salah satu faktor yang dapat diubah untuk mengurangi risiko hipertensi yaitu dengan menerapkan gaya hidup sehat. Faktor personal (usia, pendidikan, status ekonomi dan motivasi) dapat berhubungan dengan gaya hidup sehat. Tujuan penelitian adalah mengidentifikasi faktor personal terhadap gaya hidup sehat pada individu dengan riwayat keluarga hipertensi.

Metodologi : Penelitian korelasi dengan desain *cross sectional*. Jumlah sampel penelitian 70 orang melalui teknik *random sampling*. Instrumen penelitian menggunakan kuesioner. Analisis data menggunakan analisis univariat dan bivariat. Analisis bivariat menggunakan uji *Pearson* dan uji Spearman.

Hasil Penelitian : Sebagian besar responden berusia 26-40 tahun (81,4%), pendidikan terakhir lulusan sekolah dasar (42,9%), dan status ekonomi dibawah UMR (77,1%). Skor motivasi dilihat dari nilai median adalah 69 dengan nilai minimum 51 dan maksimum 75. Rerata skor gaya hidup responden 127,49 dengan standar deviasi 17,501. Pendidikan ($p=0,001$, $r=0,381$) dan motivasi ($p<0,001$, $r=0,524$) berhubungan erat dengan perilaku gaya hidup sehat. Sementara usia ($p=0,731$, $r=-0,042$) dan status ekonomi ($p=0,075$ dengan nilai $r=0,214$) tidak berhubungan dengan gaya hidup sehat.

Kesimpulan : Semakin tinggi pendidikan dan motivasi maka semakin baik gaya hidup sehat untuk mencegah hipertensi.

Kata Kunci : Faktor personal, gaya hidup sehat, hipertensi.

ABSTRACT

THE RELATIONSHIP OF PERSONAL FACTORS WITH HEALTHY LIFESTYLE OF HYPERTENSION IN PEOPLE WITH A FAMILY HISTORY OF HYPERTENSION IN BANTERAN VILLAGE

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Background : People with a family history of hypertension were at twice the risk of hypertension. One factor that could be changed to reduce a risk of developing hypertension is applying a healthy lifestyle. Personal factors (age, education, economic status and motivation) could be related to healthy lifestyle. This study's aim was to identify personal factors of a healthy lifestyle among individuals with a family history of hypertension.

Methodology : It was a correlation research with cross sectional design. This research used random sampling technique and 70 people were chosen as sample. Instrument was used as research instrument. Data was analyzed with univariate and bivariate analysis. Bivariate analysis used Pearson Test and Spearman Test.

Result : Most of respondents were 26-40 years (81,4%), elementary school graduated (42,9%), and economic status below capital income (77.1%). Median score of motivational scores was 69 with minimum score was 51 and maximum score was 75. Mean score of lifestyle was 127,49 with standard deviation was 17.501. Education ($p= 0.001$, $r=0.381$) and motivation ($p=<0,001$, $r= 0,524$) related with healthy life style. Meanwhile, age ($p= 0,731$, $r=-0,042$) and economic status ($p=0,075$, $r=0,214$) were not related with healthy life style.

Conclusions : A higher education and motivation will make a better the healthy lifestyle to prevent hypertension.

Keywords : Personal factors (age, education, economic status, motivation), healthy lifestyle, hypertension.