

ABSTRAK

Hipertensi essensial merupakan kondisi peningkatan tekanan darah secara persisten ($\geq 140/90$ mmHg) yang menjadi pemicu utama kematian akibat penyakit kardiovaskular sebesar 10,2% di Indonesia. Penelitian ini bertujuan menganalisis determinan kejadian hipertensi essensial pada pasien di UPT Puskesmas Helvetia Medan. Jenis penelitian yang digunakan adalah kuantitatif dengan desain *case-control*, melibatkan sampel sebesar 78 kelompok kasus dan 78 kelompok kontrol. Data dikumpulkan melalui kuesioner dan wawancara, kemudian dianalisis menggunakan uji chi-square dan regresi logistik. Hasil penelitian menunjukkan bahwa indeks massa tubuh, aktivitas fisik, dan pemeriksaan kesehatan rutin secara signifikan berhubungan dengan kejadian hipertensi essensial. Berdasarkan uji regresi logistik, variabel yang terbukti berpengaruh signifikan ($p < 0,05$) terhadap kejadian hipertensi essensial adalah aktivitas fisik kategorik rendah dan pemeriksaan kesehatan yang tidak rutin. Kesimpulan penelitian ini menegaskan bahwa adanya hubungan yang signifikan antara ketiga variabel dengan kejadian hipertensi essensial. Disarankan bagi responden untuk lebih aktif dalam upaya pencegahan hipertensi secara mandiri, selain itu pasien dan tenaga kesehatan disarankan mengoptimalkan penggunaan whatsapp sebagai saluran komunikasi interaktif.

Kata Kunci : Hipertensi Essensial, Aktivitas Fisik, Cek Kesehatan Rutin, Case-Control, Puskesmas

ABSTRACT

Essential hypertension is a condition of persistently elevated blood pressure ($\geq 140/90$ mmHg) which is the leading trigger of cardiovascular disease mortality, accounting for 10.2% of deaths in Indonesia. This study aimed to analyze the determinants of essential hypertension among patients at the UPT Puskesmas Helvetia Medan. This was a quantitative study employing a case-control design, with a sample size of 78 cases and 78 controls. Data were collected through questionnaires and interviews, and subsequently analyzed using chi-square tests and logistic regression. The results revealed that body mass index, physical activity, and routine health check-ups were significantly associated with the incidence of essential hypertension. Based on the multivariate logistic regression analysis, the variables that showed a significant effect ($p < 0.05$) on the incidence of essential hypertension were low physical activity and irregular health check-ups. In conclusion, there is a significant relationship between these three variables and the occurrence of essential hypertension, with low physical activity and non-routine health checks serving as the primary determining factors. It is recommended that respondents take a more active role in independent hypertension prevention. Furthermore, healthcare providers and patients are expected to optimize the use of social media, such as WhatsApp, as an interactive communication channel for faster and more efficient dissemination of health information.

Keywords : Essential Hypertension, Physical Activity, Health Check-up, Case Control, Public Health Center