

ABSTRAK

Banjir merupakan bencana yang dapat berdampak pada kesehatan masyarakat, termasuk peningkatan tekanan darah akibat buruknya kondisi lingkungan dan gangguan psikofisiologis. Penelitian ini bertujuan untuk menganalisis faktor risiko tindakan kesehatan lingkungan dan psikofisiologis terhadap kejadian peningkatan tekanan darah pascabanjir di Kampung Lalang, Kota Medan. Penelitian ini menggunakan metode kuantitatif dengan desain cross-sectional. Data dikumpulkan melalui kuesioner, observasi, dan pengukuran tekanan darah pada masyarakat terdampak banjir. Analisis data dilakukan secara univariat, bivariat, dan multivariat untuk mengetahui hubungan antara variabel penelitian.

Hasil penelitian menunjukkan bahwa tindakan kesehatan lingkungan yang kurang baik serta kondisi psikofisiologis, seperti stres dan kecemasan, berhubungan dengan peningkatan tekanan darah pada masyarakat pascabanjir. Faktor psikofisiologis merupakan faktor yang paling dominan memengaruhi peningkatan tekanan darah.

Disimpulkan bahwa perbaikan kesehatan lingkungan dan upaya penanganan kondisi psikologis masyarakat pascabanjir diperlukan untuk mengurangi risiko peningkatan tekanan darah. Hasil penelitian ini diharapkan menjadi masukan bagi pemerintah dan tenaga kesehatan dalam menyusun program penanggulangan dampak kesehatan pascabanjir.

Kata Kunci: banjir, kesehatan lingkungan, psikofisiologis, tekanan darah, faktor risiko.



ABSTRACT

Floods are disasters that can impact public health, including increased blood pressure due to poor environmental conditions and psychophysiological disturbances. This study aims to analyze the risk factors for environmental and psychophysiological health practices on the incidence of increased blood pressure after flooding in Kampung Lalang, Medan City.

This study used a quantitative method with a cross-sectional design. Data were collected through questionnaires, observations, and blood pressure measurements in flood-affected communities. Data analysis was conducted using univariate, bivariate, and multivariate methods to determine the relationship between the study variables.

The results showed that poor environmental health practices and psychophysiological conditions, such as stress and anxiety, were associated with increased blood pressure in post-flood communities. Psychophysiological factors were the most dominant factor influencing increased blood pressure.

It was concluded that improving environmental health and addressing the psychological conditions of post-flood communities are necessary to reduce the risk of increased blood pressure. The results of this study are expected to provide input for the government and health professionals in developing programs to mitigate the health impacts of post-flooding.

Keywords: flood, environmental health, psychophysiological, blood pressure, risk factors.

