

ABSTRAK

Hipertensi merupakan salah satu penyakit tidak menular yang menjadi masalah kesehatan masyarakat dan dipengaruhi oleh berbagai faktor, baik faktor yang dapat diubah maupun tidak dapat diubah. Penelitian ini bertujuan untuk mengetahui distribusi dan determinan hipertensi pada masyarakat dalam perspektif epidemiologi dan promosi kesehatan di Klinik Dandy Dinda Tembung. Penelitian ini menggunakan metode kuantitatif dengan desain deskriptif analitik dan pendekatan cross-sectional. Penelitian dilaksanakan pada bulan Juli 2026 di Klinik Dandy Dinda Tembung dengan jumlah sampel sebanyak 96 responden. Pengumpulan data dilakukan menggunakan kuesioner dan data tekanan darah, sedangkan analisis data dilakukan secara univariat dan bivariat menggunakan uji Chi-Square dengan tingkat kemaknaan $\alpha = 0,05$. Hasil penelitian menunjukkan bahwa sebagian besar responden berusia >48 tahun sebanyak 55 orang (57,3%), memiliki aktivitas fisik sedang sebanyak 55 orang (57,3%), pola makan cukup baik sebanyak 93 orang (96,9%), tidak merokok sebanyak 52 orang (54,2%), memiliki riwayat keluarga hipertensi sebanyak 50 orang (52,1%), dan memperoleh promosi kesehatan dalam kategori baik sebanyak 91 orang (94,8%). Berdasarkan status tekanan darah, sebagian besar responden berada pada kategori prehipertensi sebanyak 41 orang (42,7%), hipertensi stadium 1 sebanyak 34 orang (35,4%), hipertensi stadium 2 sebanyak 16 orang (16,7%), dan normal sebanyak 5 orang (5,2%). Hasil uji Chi-Square menunjukkan terdapat hubungan yang signifikan antara usia ($p=0,001$), aktivitas fisik ($p=0,039$), kebiasaan merokok ($p=0,000$), dan riwayat keluarga ($p=0,000$) dengan kejadian hipertensi. Tidak terdapat hubungan yang signifikan antara pola makan ($p=0,534$) dan promosi kesehatan ($p=0,070$) dengan kejadian hipertensi. Kesimpulan penelitian menunjukkan bahwa usia, aktivitas fisik, kebiasaan merokok, dan riwayat keluarga berhubungan dengan kejadian hipertensi, sedangkan pola makan dan promosi kesehatan tidak menunjukkan hubungan yang signifikan. Hasil penelitian ini diharapkan dapat menjadi bahan evaluasi bagi Klinik Dandy Dinda dalam memperkuat upaya promotif dan preventif serta pengendalian faktor risiko hipertensi.

Kata kunci: *Hipertensi, usia, aktivitas fisik, pola makan, merokok, riwayat keluarga, promosi kesehatan.*

ABSTRACT

Hypertension is one of the non-communicable diseases that is a public health problem and is influenced by various factors, both changeable and irreversible. This study aims to determine the distribution and determinants of hypertension in the community from the perspective of epidemiology and health promotion at the Dandy Dinda Tembung Clinic. This study uses a quantitative method with an analytical descriptive design and a cross-sectional approach. The research was carried out in July 2026 at the Dandy Dinda Tembung Clinic with a sample of 96 respondents. Data collection was carried out using questionnaires and blood pressure data, while data analysis was carried out univariate and bivariate using the Chi-Square test with a significance level of $\alpha = 0.05$. The results showed that most of the respondents were >48 years old as many as 55 people (57.3%), had moderate physical activity as many as 55 people (57.3%), had a fairly good diet as many as 93 people (96.9%), did not smoke as many as 52 people (54.2%), had a family history of hypertension as many as 50 people (52.1%), and obtained health promotion in the good category as many as 91 people (94.8%). Based on blood pressure status, most of the respondents were in the prehypertension category as many as 41 people (42.7%), stage 1 hypertension as many as 34 people (35.4%), stage 2 hypertension as many as 16 people (16.7%), and normal as many as 5 people (5.2%). The results of the Chi-Square test showed that there was a significant relationship between age ($p=0.001$), physical activity ($p=0.039$), smoking habit ($p=0.000$), and family history ($p=0.000$) with the incidence of hypertension. There was no significant association between diet ($p=0.534$) and health promotion ($p=0.070$) and the incidence of hypertension. The study's conclusions showed that age, physical activity, smoking habits, and family history were associated with hypertension incidence, while diet and health promotion did not show a significant relationship. The results of this study are expected to be evaluation material for the Dandy Dinda Clinic in strengthening promotive and preventive efforts as well as controlling hypertension risk factors.

Keywords: Hypertension, age, physical activity, diet, smoking, family history, health promotion.

