

**HUBUNGAN PERILAKU KURANG GERAK (*SEDENTARY*)
DENGAN KEJADIAN HIPERTENSI PADA MASYARAKAT
USIA PRODUKTIF DI WILAYAH KERJA UPTD
PUSKESMAS LANGSA KOTA**

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ABSTRAK

Hipertensi merupakan salah satu penyakit tidak menular yang menjadi prioritas pengendalian pembangunan kesehatan. Menurut Dinas Kesehatan Kota Langsa, penderita hipertensi di Kota Langsa pada tahun 2024 sebanyak 178.031 orang. Hipertensi tidak hanya masalah bagi kaum lanjut usia akan tetapi kini sudah mulai di keluhkan oleh usia muda. Penelitian ini bertujuan untuk mengetahui hubungan perilaku kurang gerak (*sedentary*) dengan kejadian hipertensi pada masyarakat usia produktif di Wilayah Kerja UPTD Puskesmas Langsa Kota. Penelitian ini merupakan deskriptif korelasional dengan desain penelitian yang digunakan *cross-sectional*. Sampel dalam penelitian menggunakan teknik *purposive sampling* yaitu seluruh pasien berusia dewasa (26-45 tahun) Wilayah Kerja UPTD Puskesmas Langsa Kota sebanyak 74 orang. Analisa data dalam penelitian ini menggunakan analisis univariat dan bivariat menggunakan uji *chi-square*. Hasil penelitian menunjukkan bahwa perilaku kurang gerak (*sedentary*) pada masyarakat usia produktif di Wilayah Kerja UPTD Puskesmas Langsa Kota sebanyak 56,8%, kejadian hipertensi pada masyarakat usia produktif di Wilayah Kerja UPTD Puskesmas Langsa Kota yaitu pre hipertensi sebanyak 12 responden (16,2%), hipertensi derajat I sebanyak 19 responden (25,7%) dan hipertensi derajat II sebanyak 15 responden (20,3%). Kesimpulan penelitian ini adalah ada hubungan perilaku kurang gerak (*sedentary*) dengan kejadian hipertensi pada masyarakat usia produktif dengan *p-value* 0,001 ($p < 0,05$). Diharapkan bagi Puskesmas agar meningkatkan program promosi kesehatan yang berfokus pada pentingnya aktivitas fisik rutin bagi masyarakat usia produktif, termasuk melalui penyuluhan langsung, media sosial, dan kegiatan komunitas seperti senam bersama atau kampanye jalan sehat. Selain itu, perlu dilakukan skrining rutin tekanan darah dan pemantauan tingkat aktivitas fisik masyarakat untuk mendeteksi dini risiko hipertensi.

Kata Kunci : Perilaku *Sedentary*, Hipertensi, Usia Produktif

**RELATIONSHIP BETWEEN SEDENTARY BEHAVIOR WITH HYPERTENSION
INCIDENCE IN THE COMMUNITY OF PRODUCTIVE AGE
IN THE WORK AREA OF UPTD LANGSA KOTA
COMMUNITY HEALTH CENTER**

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ABSTRACT

Hypertension is one of the non-communicable diseases that is a priority for controlling health development. According to the Langsa City Health Office, there will be 178,031 people with hypertension in Langsa City in 2024. Hypertension is not only a problem for the elderly but is now starting to be complained about by young people. This study aims to determine the relationship between sedentary behavior and the incidence of hypertension in productive age people in the Langsa City Health Center UPTD Work Area. This study is a descriptive correlational study with a cross-sectional research design. The sample in the study used a purposive sampling technique, namely all adult patients (26-45 years) in the Langsa City Health Center UPTD Work Area as many as 74 people. Data analysis in this study used univariate and bivariate analysis using the chi-square test. The results of the study showed that sedentary behavior in productive age communities in the Langsa City Health Center UPTD Work Area was 56.8%, the incidence of hypertension in productive age communities in the Langsa City Health Center UPTD Work Area was pre-hypertension as many as 12 respondents (16.2%), grade I hypertension as many as 19 respondents (25.7%) and grade II hypertension as many as 15 respondents (20.3%). The conclusion of this study is that there is a relationship between sedentary behavior and the incidence of hypertension in productive age communities with a p-value of 0.001 ($p < 0.05$). It is hoped that the Health Center will improve health promotion programs that focus on the importance of routine physical activity for productive age communities, including through direct counseling, social media, and community activities such as joint gymnastics or healthy walking campaigns. In addition, routine blood pressure screening and monitoring of community physical activity levels need to be carried out to detect the risk of hypertension early.

Keywords : Sedentary Behavior, Hypertension, Productive Age