

Prehypertension and hypertension among young Indonesian adults at a primary health care in a rural area

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Abstrak

Latar belakang: Prehipertensi dan hipertensi berhubungan dengan berbagai komplikasi pada hampir seluruh organ, tetapi sering diabaikan oleh dewasa muda di daerah pedesaan. Penelitian ini bertujuan untuk mengetahui prevalensi prehipertensi dan hipertensi pada dewasa muda di pelayanan kesehatan dasar di daerah pedesaan Cicurug, Kabupaten Sukabumi, Jawa Barat.

Metode: Studi potong lintang ini dilakukan di Pusat Kesehatan Masyarakat (Puskesmas) Cicurug, Kabupaten Sukabumi, Jawa Barat. Subjek penelitian adalah pasien balai pengobatan yang diambil secara konsekutif pada hari Senin sampai Sabtu pada bulan September 2012, berusia antara 18-25 tahun, tidak hamil atau dalam kondisi syok. Subjek diwawancarai (usia, jenis kelamin, aktivitas fisik, waktu duduk, perilaku merokok, minum alkohol, dan riwayat keluarga) dan diperiksa oleh tenaga kesehatan (berat, tinggi, indeks massa tubuh [IMT], tekanan darah sistolik dan diastolik).

Hasil: Dari 111 dewasa muda, 34,2% memiliki prehipertensi dan 17,1% memiliki hipertensi. Jika dibandingkan menurut jenis kelamin, wanita lebih banyak mengalami prehipertensi, tetapi hipertensi lebih banyak terjadi pada pria. Riwayat keluarga dari ibu dan bapak tidak berhubungan baik dengan prehipertensi maupun hipertensi jika dibandingkan dengan normotensi. Aktivitas total tidak terlihat berhubungan dengan prehipertensi (OR = 2,6; p = 0,052), dan juga hipertensi (OR = 1,758; p = 0,498). IMT berhubungan dengan hipertensi (OR = 3,354; p = 0,041), tetapi tidak berhubungan dengan prehipertensi (OR = 2,343; p = 0,099).

Kesimpulan: Prevalensi prehipertensi dan hipertensi cukup tinggi pada dewasa muda di pelayanan kesehatan dasar di daerah pedesaan. Intervensi untuk mencegah penyakit yang lebih lanjut perlu dilakukan sejak dini dengan modifikasi gaya hidup karena tekanan darah berhubungan dengan faktor risiko yang dapat diubah, seperti IMT dan aktivitas total.

Background: Prehypertension and hypertension were related with many complications of nearly every organ, but often neglected by young adults in rural area. This research was done to observe the prevalence of prehypertension and hypertension among young adult in a primary health care of rural area at Cicurug, Sukabumi District, West Java.

Methods: This cross-sectional study was done in Cicurug Public Health Center, Sukabumi District, West Java. The subjects were consecutively recruited from the outpatient clinic on Monday until Saturday in September 2012, 18-25 years old, not pregnant nor having shock. They were interviewed about their age, gender, physical activity, sitting hours, smoking habit, alcohol consumption, and family history and examined by trained health professionals (weight, height, body mass index [BMI], systolic and diastolic blood pressure).

Results: From 111 young adults, 34.2% had prehypertension and 17.1% had hypertension. Within sex groups, the prevalence of prehypertension was higher in females, whereas hypertension was occurred more in males. Neither of family history from mother nor father were associated with prehypertension and hypertension compared with normotension. Total activity was not associated with prehypertension (OR = 2.6; p = 0.052) and hypertension (OR = 1.758; p = 0.498). BMI was associated with hypertension (OR = 3.354; p = 0.041) and not associated with prehypertension (OR = 2.343; p = 0.099).

Conclusion: Prevalence of prehypertension and hypertension were relatively high among young adult in primary health care of rural area. Intervention to prevent further complications needs to be done early with lifestyle modification because blood pressure is associated with modifiable risk factors, such as BMI and total activity.