

Perbedaan faktor risiko hipertensi pada wilayah prevalensi hipertensi tinggi dan rendah di Indonesia tahun 2013 (analisis data riskesdas 2013) = The difference of hypertension risk factor between high and low prevalence in Indonesia 2013 (data analysis riskesdas 2013)

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Abstrak

[ABSTRAK

Hipertensi disebut sebagai ?silent killer disease? atau ?penyakit pembunuh diam-diam? karena menyerang seseorang tanpa gejala. Sekitar satu miliar penduduk dunia menderita hipertensi dan setiap tahun terjadi 7,1 juta kematian terkait hipertensi. Sementara itu di Indonesia, hipertensi menduduki peringkat ketiga penyebab kematian utama untuk semua usia dengan proporsi (6,8%). Data Riset Kesehatan Dasar (2013) menyebutkan bahwa prevalensi hipertensi di Indonesia berkisar 25,8%. Penelitian ini membahas tentang perbedaan faktor risiko hipertensi pada wilayah prevalensi hipertensi tinggi dan rendah di Indonesia Tahun 2013. Hipertensi pada penelitian ini diambil dari hasil pengukuran tekanan darah pertama dimana responden hipertensi adalah yang mempunyai tekanan darah sistolik ≥ 140 mmHg dan atau diastolik ≥ 90 mmHg. Penelitian ini bersifat kuantitatif dengan menggunakan desain cross sectional, jumlah sampel sebanyak 62.371 anggota rumah tangga, di Bangka Belitung, Kalimantan Selatan, Bali dan Papua. Analisa hubungan dengan menggunakan uji chi square dan regresi logistik. Hasil analisis menunjukkan bahwa variabel yang berbeda dengan kejadian hipertensi pada wilayah prevalensi tinggi dan rendah di Indonesia adalah tingkat pendidikan. Pada wilayah prevalensi hipertensi tinggi, kejadian hipertensi dengan proporsi terbesar ada pada responden yang tidak/belum pernah sekolah (53,5%) sedangkan pada wilayah prevalensi hipertensi rendah ada pada tingkat pendidikan tidak Tamat SD/MI (25,3%). Oleh karena itu perlu diadakan penyuluhan secara rutin dan menyeluruh mengenai hipertensi.

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ABSTRACT

Hypertension is called the silent killer because most of patients are being attacked without any symptoms. Based on NHNES, in last two decades shows that there is increase of hypertension of adults around 29-31% in US.

In Indonesia, hypertension is the third rank leading cause of death for all ages and its proportion around 6.8%. Riskesdas 2013 has found the ranges about 25.8% of prevalence of hypertension in Indonesia. This study discusses the difference of hypertension risk factor between high and low prevalence 2013 at four provinces in Indonesia. The hypertension study described the results of first blood pressure

measurement of respondents who have hypertension about systolic blood pressure ≥ 140 mmHg and diastolic ≥ 90 mmHg. This research is quantitative using cross sectional design which has taken sample size around 62 371 household in four provinces (Bangka Belitung, Kalimantan Selatan, Bali and Papua). This study analysis used the chi square test and logistic regression. The result has figured out that incidence of hypertension between high and low prevalence at four regions in Indonesia because of education. High prevalence occurred to the largest proportion of respondents who do not go to school (53.5%). Meanwhile the lower region of prevalence occurred to respondents who have not completed elementary school (level SD/MI around 25.3%). Thus, there should be regular and comprehensive counseling about hypertension. It means the lower education respondent has, the higher hypertension happened.;Hypertension is called the silent killer because most of patients are being attacked

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