

## Faktor-faktor yang berhubungan dengan kejadian hipertensi pada mahasiswa remaja akhir = Factors related to hypertension in late adolescent college students / Yuli Mirani Tanjung

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### Abstrak

[<b>ABSTRAK</b><br>

Hipertensi merupakan faktor risiko terbesar penyakit kardiovaskuler yang mempengaruhi hipertensi pada remaja akhir. Penelitian metode cross sectional ini melibatkan 95 orang mahasiswa yang berusia 18-20 tahun yang diikutsertakan secara accidental. Hasil penelitian menunjukkan prevalensi kejadian hipertensi pada usia remaja akhir sebesar 11,6%. Hasil uji Chi Square menunjukkan bahwa hipertensi berhubungan secara signifikan dengan obesitas dan jenis kelamin ( $p < 0,005$  dan  $p < 0,046$ ;  $\#945; 0,05$ ). Hipertensi ditemukan lebih banyak pada remaja obesitas (33,3%) dan laki-laki (17,2%). Saran untuk penelitian selanjutnya agar memperluas faktor hipertensi lainnya yang mungkin ditemukan pada remaja, serta untuk mahasiswa usia remaja agar rutin memeriksakan tekanan darah dan memperbaiki gaya hidup.

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Hypertension is a major risk factor of cardiovascular disease which influences morbidity and mortality entire world. Recently, incidence of hypertension has increased in adolescence. Objective of this study was to identified the related factors of hypertension in late adolescents. This study applied cross sectional methodh involved 95 students aged 18-20 years who were enrolled accidentally. The prevalence of hypertension in this subjects was 11,6%. The results of Chi Square test showed that hypertension significantly related to obesity and gender ( $p < 0,005$  and  $p < 0,046$ ;  $\#945; 0,05$ ). Hypertension were found the greater prevalences in obese (33,3%) and male (17,2%) late adolescents. It is recommended for further research to extended the another factors of hypertension which may be found in adolescents and also suggested to the students for monitoring routinely blood pressure and changing lifestyle.;

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