Merokok, aktivitas fisik dan diet dengan penyakit jantung dan pembuluh darah : analisis data Riskesdas 2013 = Smoking, physical activity and diet with cardiovascular disease : data analysis Riskesdas 2013

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Abstrak

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Skripsi ini membahas mengenai faktor risiko perilaku (merokok, aktivitas fisik dan diet) dengan penyakit jantung dan pembuluh darah (penyakit jantung koroner dan stroke) pada usia ≥40 tahun di Indonesia tahun 2013. Berdasarkan data estimasi WHO, 17,5 juta orang meninggal di dunia karena penyakit kardiovaskuler (7,4 juta karena penyakit jantung koroner dan 6,7 juta akibat stroke pada tahun 2012). Perilaku memegang peranan penting dalam mempengaruhi kejadian penyakit jantung dan pembuluh darah. Tujuan penelitian ini adalah untuk menilai pengaruh faktor risiko perilaku (merokok, aktivitas fisik dan diet) dengan kejadian penyakit jantung dan pembuluh darah pada usia ≥40 tahun. Penelitian bersifat kuantitatif, dengan desain studi cross sectional, menggunakan data sekunder Riskesdas Tahun 2013. Sampel penelitian ini adalah semua individu yang berusia ≥40 tahun yang menjadi responden dalam Riskesdas 2013. Hasil penelitian menunjukkan bahwa perilaku merokok dan aktivitas fisik memiliki hubungan dengan penyakit jantung dan pembuluh darah, sedangkan diet tidak sehat memiliki risiko yang lebih rendah. Faktor yang berperan besar terhadap penyakit jantung koroner adalah merokok (yang merokok dibandingkan dengan yang tidak merokok, pada laki-laki OR: 1,32 dan perempuan OR: 1,63). Sedangkan untuk stroke, faktor aktivitas fisik yang memiliki risiko yang lebih besar terhadap kejadian stroke (yang berperilaku kurang gerak dibandingkan dengan yang beraktivitas fisik cukup, pada laki-laki OR: 2,01 dan perempuan OR: 2,60). Oleh sebab itu, memulai gaya hidup sehat akan sangat membantu dalam mencegah ketiga penyakit ini begitupun penyakit lainnya.<hr>
ABSTRACT<b>This thesis discusses the behavioral risk factors (smoking, physical activity and diet) with heart and blood vessel disease (coronary heart disease and stroke) at age ≥40 years in Indonesia in 2013. According to the WHO estimates, 17.5 million people died in world as cardiovascular disease (7.4 million due to coronary heart disease and 6.7 million from stroke in 2012). Behavior plays an important role in influencing the incidence of heart disease and blood vessels. The purpose of this study was to assess the effects of behavioral risk factors (smoking, physical activity and diet) and the incidence of heart disease and blood vessels at age ≥40 years. The research is quantitative, with cross sectional study design, using secondary data Riskesdas 2013. The sample was all individuals aged ≥40 years who were respondents in Riskesdas 2013. The results showed that smoking behavior and physical activity linked to heart disease and blood vessels, whereas

an unhealthy diet have a lower risk. Factors that played a major role against coronary heart disease is smoking (smoking compared with non-smokers, in men OR: 1,32 and women OR: 1.63). As for stroke, physical activity factors that have a greater risk for stroke (which behaves less movement compared with sufficient physical activity, in men OR: 2,01 and women OR: 2.60). Therefore, start a healthy lifestyle will be very helpful in preventing this disease as well as the three other diseases.;This thesis discusses the behavioral risk factors (smoking, physical activity and diet) with heart and blood vessel disease (coronary heart disease and stroke) at age ≥40 years in Indonesia in 2013. According to the WHO estimates, 17.5 million people died in world as cardiovascular disease (7.4 million due to coronary heart disease and 6.7 million from stroke in 2012). Behavior plays an important role in influencing the incidence of heart disease and blood vessels. The purpose of this study was to assess the effects of behavioral risk factors (smoking, physical activity and diet) and the incidence of heart disease and blood vessels at age ≥40 years. The research is quantitative, with cross sectional study design, using secondary data Riskesdas 2013. The sample was all individuals aged ≥40 years who were respondents in Riskesdas 2013. The results showed that smoking behavior and physical activity linked to heart disease and blood vessels, whereas an unhealthy diet have a lower risk. Factors that played a major role against coronary heart disease is smoking (smoking compared with non-smokers, in men OR: 1,32 and women OR: 1.63). As for stroke, physical activity factors that have a greater risk for stroke (which behaves less movement compared with sufficient physical activity, in men OR: 2,01 and women OR: 2.60). Therefore, start a healthy lifestyle will be very helpful in preventing this disease as well as the three other diseases.;This thesis discusses the behavioral risk factors (smoking, physical activity and diet) with heart and blood vessel disease (coronary heart disease and stroke) at age ≥40 years in Indonesia in 2013. According to the WHO estimates, 17.5 million people died in world as cardiovascular disease (7.4 million due to coronary heart disease and 6.7 million from stroke in 2012). Behavior plays an important role in influencing the incidence of heart disease and blood vessels. The purpose of this study was to assess the effects of behavioral risk factors (smoking, physical activity and diet) and the incidence of heart disease and blood vessels at age ≥40 years. The research is quantitative, with cross sectional study design, using secondary data Riskesdas 2013. The sample was all individuals aged ≥40 years who were respondents in Riskesdas 2013. The results showed that smoking behavior and physical activity linked to heart disease and blood vessels, whereas an unhealthy diet have a lower risk. Factors that played a major role against coronary heart disease is smoking (smoking compared with non-smokers, in men OR: 1,32 and women OR: 1.63). As for stroke, physical activity factors that have a greater risk for stroke (which behaves less movement compared with sufficient physical activity, in men OR: 2,01 and women OR: 2.60). Therefore, start a healthy lifestyle will be very helpful in preventing this disease as well as the three

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