

## Risk Factors of hypertension in menopausal women in rejomulyo, Madiun

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### Abstrak

Faktor Risiko Hipertensi pada Wanita Menopause di Rejomulyo, Madiun. Hipertensi merupakan keadaan dimana tekanan darah >140 mmHg (sistolik) atau >90 mmHg (diastolik). Kejadian hipertensi pada wanita di Rejomulyo pada bulan Januari-November 2013 mencapai 28,4%, dimana 87% dari jumlah tersebut merupakan wanita menopause. Faktor risiko meningkat sejak periode awal menopause. Tujuan dari penelitian ini adalah untuk menganalisis faktor- faktor risiko hipertensi pada wanita menopause di Rejomulyo, Madiun. Analisis pengamatan dilakukan dengan desain studi cross-sectional. Sampel studi adalah 90 wanita menopause berusia 50-80 tahun yang dipilih dengan stratified random sampling. Analisis bivariat menunjukkan adanya hubungan antara obesitas ( $p=0,023$ ;CI: 1,4-116,8), obesitas abdominal ( $p=0,002$ ;CI: 1,8-24,9), riwayat keluarga dengan hipertensi ( $p=0,018$ ;CI: 1,2-7,1), usia lanjut ( $p=0,028$ ;CI: 1,2-12,9), tingkat stres yang tinggi ( $p = 0,001$ ;CI: 2,9-19,4), dan konsumsi natrium yang tinggi ( $p=0,001$  CI: 2,4-15,2). Analisis multivariat menunjukkan bahwa faktor risiko hipertensi adalah obesitas abdominal (POR adj=9,2;CI: 1,7-50,9), usia tua atau >65 tahun (POR adj=8,6;CI: 1,6-45,1), tingkat stres tinggi (POR adj=8,6;CI: 2,6-28,3) dan konsumsi natrium yang tinggi (POR adj=6,4;CI: 1,9-20,5). Studi ini menemukan bahwa faktor risiko hipertensi adalah obesitas abdominal, usia tua (>65 tahun), tingkat stres yang tinggi, dan konsumsi natrium yang tinggi. Pusat Kesehatan Tawangrejo harus bekerja sama dengan berbagai sektor relevan seperti PKK dan kader kesehatan.;

Hypertension is a state of blood pressure >140 mmHg (systolic) or >90 mmHg (diastolic). Incidence of women hypertension in Rejomulyo from January to November 2013 reached 28.4%, in which 87% were menopausal. Risk factors increased since early menopausal period. The aim of the study was to analyze risk factors of hypertension in menopausal women in Rejomulyo, Madiun. An observational analysis was conducted with cross-sectional study design. Samples were 90 menopausal women aged 50-80 years using stratified random sampling. Bivariate analysis showed association between obesity ( $p=0.023$ ;CI: 1.4-116.8), abdominal obesity ( $p=0.002$ ;CI: 1.8-24.9), family history suffering of hypertension ( $p=0.018$ ;CI: 1.2-7.1), elderly age ( $p =0.028$ ;CI: 1.2-12.9), high stress level ( $p=0.001$ ;CI: 2.9- 19.4) and often natrium consumption ( $p=0.001$ ;CI: 2.4-15.2). Multivariate analysis showed that risk factors of hypertension were abdominal obesity (POR adj=9.2 CI: 1.7-50.9), elderly age or >65 years old (POR adj=8.6;CI: 1.6- 45.1), high stress level (POR adj=8.6;CI: 2.6-28.3) and often natrium consumption (POR adj=6.4;CI: 1.9-20.5). This study found that risk factors of hypertension were abdominal obesity, elderly age (>65 years old), high stress level, and high natrium consumption. Tawangrejo Health Center should be in collaboration with relevant sectors such as the PKK and health cadres.

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