

## Hubungan tingkat pengetahuan tentang faktor risiko hipertensi dengan perilaku berisiko hipertensi pada mahasiswa = Relationships between level of knowledge regarding risk factors of hypertension with hypertension risk behavior in college students

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Abstrak

### **ABSTRAK**

Hipertensi merupakan penyakit yang menyebabkan 1 dari 8 kematian di dunia. Penelitian ini bertujuan untuk melihat hubungan antara perilaku berisiko hipertensi dengan tingkat pengetahuan tentang faktor risiko hipertensi. Penelitian ini menggunakan desain analytical cross sectional dengan sampel sebanyak 394 mahasiswa di Universitas Indonesia. Tingkat pengetahuan tentang faktor risiko hipertensi dikaji menggunakan Hypertension Knowledge Questionnaire (HKQ). Penelitian menunjukkan mean skor mahasiswa sebesar 9.63 dari skor maksimal 12. Proporsi mahasiswa mengkonsumsi makanan cepat saji sebesar 90.1 %, aktivitas fisik kurang 67.3%, stress sebesar 49.7 %, merokok sebesar 22.1 %, BMI>25 sebesar 16.8 %, dan minum alkohol sebesar 12,2%. Berdasarkan uji Chi Square dua perilaku berisiko hipertensi terbukti berhubungan dengan tingkat pengetahuan, yaitu perilaku merokok  $p = 0,007 (p < 0,05)$  (OR) 2,0 (95% CI 1,2-3,2) dan mengkonsumsi minuman beralkohol  $p = 0,001 (p < 0,05)$  (OR) 3,7 (95% CI 1,9-7,1). Tingkat pengetahuan tentang faktor risiko hipertensi tidak berhubungan dengan perilaku mengkonsumsi makanan cepat saji dan aktivitas fisik. Penelitian selanjutnya diharapkan meneliti faktor lain yang mempengaruhi dua perilaku tersebut.

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Hypertension is a disease that causes 1 of 8 deaths in the world. This study aims to find the relationship between hypertension risk behavior and level of knowledge about hypertension risk factors among university students. This study used an analytical cross-sectional design with a 394 sample of respondents who were under graduate students at the Universitas Indonesia. Level of knowledge on hypertension risk factors was examined using a Hypertension Knowledge Questionnaire (HKQ). The results of knowledge score showed that a mean score of 9.63 out of 12. The proportion of students who had consumed fast food was 90.1%, less physical activity was 67.3%, experienced stress was 49.7%, smoking was 22.1%, BMI > 25 was 16.8%, and drinking alcohol was 12,2%. Two hypertension risk behaviors shown to have relationship with the level of knowledge, smoking behavior with  $p = 0.007 (p < 0.05)$  (OR=2.0) (95% CI 1.2 to 3.2) and consuming alcohol were  $p = 0.001 (p < 0.05)$  (OR=3.7) (95% CI 1.9 to 7.1). There was no relationship between level of knowledge on hypertension risk behaviors with fast food consuming and physical activity behaviors among the university students. Further study is expected to examine other risk behavior factors that might relate to these two behaviors.

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