

## ABSTRAK

Hipertensi merupakan penyakit tidak menular yang seringkali muncul tanpa gejala (*warning sign*). Dikatakan hipertensi jika tekanan darah  $\geq 140/90$  mmHg. Data Dinas Kesehatan Provinsi Jawa Barat Tahun 2020, penderita hipertensi tertinggi dimana Kabupaten/Kota dengan prevalensi penderita hipertensi tertinggi berada di Kota Ciamis (49,62%), Kota Cianjur (48,09%), dan Kabupaten Kuningan (47,58%). Berdasarkan data dinas kesehatan Kabupaten Cianjur pada tahun 2021, jumlah estimasi penderita hipertensi berusia  $\geq 15$  tahun sebanyak 782.294 kasus dari 47 puskesmas yang terdapat di Kabupaten Cianjur. Penelitian ini ditujukan untuk mengetahui faktor yang berkontribusi terhadap kejadian hipertensi pada peserta prolans di wilayah kerja puskesmas Sindangkerta Kabupaten Cianjur. Jenis penelitian ini adalah observasional analitik dengan pendekatan *cross-sectional*. Sampel pada penelitian ini adalah seluruh peserta prolans di wilayah kerja puskesmas Sindangkerta Kabupaten Cianjur. Analisis data menggunakan uji chi-square dengan alternatif uji *fisher exact*. Hasil penelitian menunjukkan terdapat hubungan yang signifikan antara variabel usia ( $p=0,011$ ), jenis kelamin ( $p=0,001$ ), riwayat keluarga hipertensi ( $p=0,015$ ), status nutrisi (IMT) ( $p<0,001$ ), riwayat merokok ( $p=0,039$ ), aktivitas fisik ( $p=0,015$ ), riwayat konsumsi alkohol ( $p=0,010$ ), pola makan tinggi garam ( $p=0,022$ ) dan riwayat diabetes melitus ( $p=0,001$ ) dengan kejadian hipertensi pada peserta program pengelolaan penyakit kronis (prolanis) di wilayah kerja puskesmas Sindangkerta Kabupaten Cianjur.

**Kata kunci :** Hipertensi, faktor risiko, puskesmas, prolans

## **ABSTRACT**

*Hypertension is a non-communicable disease that often appears without symptoms (warning signs). It is considered to be hypertension if a person has an increase in blood pressure  $\geq 140/90$  mmHg. Data from the West Java Provincial Health Office in 2020, the highest number of people with hypertension where the districts/cities with the highest prevalence of people with hypertension are in Ciamis City (49.62%), Cianjur City (48.09%), and Kuningan Regency (47.58%). Based on data from the Cianjur Regency health office in 2021, the estimated number of people with hypertension aged  $\geq 15$  years was 782,294 cases from 47 community health centers in Cianjur Regency. This study aims to determine the factors that contribute to the incidence of hypertension in prolanis participants in the working area of the Sindangkerta Community Health Center, Cianjur Regency. This type research is analytic observational with a cross-sectional approach. The sample in this study were all prolanis participants in the work area of the Sindangkerta Community Health Center, Cianjur Regency. Data analysis used chi-square test with alternative fisher exact test. The results showed that there was a significant relationship between the variables of age ( $p=0.011$ ), gender ( $p=0.001$ ), family history of hypertension ( $p=0.015$ ), nutritional status (BMI) ( $p=<0.001$ ), smoking history ( $p=0.039$ ), physical activity ( $p=0.015$ ), history of alcohol consumption ( $p=0.010$ ), high salt diet ( $p=0.022$ ) and history of diabetes mellitus ( $p=0.001$ ) with the incidence of hypertension in chronic disease management program participants (prolanis) in Sindangkerta Community Health Center.*

**Keywords :** *Hypertension, risk factors, community health centers, prolanis*