

## ABSTRAK

**Latar Belakang :** Hipertensi adalah suatu penyakit dimana tekanan darah di dalam tubuh meningkat hal tersebut jika di biarkan maka sangat berbahaya yang dapat mengganggu fungsi-fungsi organ di dalam tubuh terutama organ vital yaitu jantung dan ginjal. sehingga hipertensi menjadi salah satu faktor utama sebagai penyebab kematian nomor satu di dunia..**Tujuan :** Untuk mengetahui gambaran faktor-risiko pada pasien hipertensi di Puskesmas Banjarsari Kabupaten Bekasi Sehingga dengan kita mengetahui apa saja faktor-risiko pada pasien hipertensi kita dapat melakukan pencegahan terlebih dahulu sebelum terkena penyakit hipertensi.**Metode :** Penelitian ini adalah deskriptif kuantitatif dengan desain penelitian cross-sectional, menggunakan teknik total sampling dengan jumlah sampel 341 responden di Puskesmas Banjarsari Kabupaten Bekasi. Instrumen penelitian berupa rekam medis pasien hipertensi dan data dianalisis secara univariat. **Hasil :** Hasil penelitian pada Puskesmas Banjarsari Kabupaten dari periode januari 2025 – maret 2025 terdapat 341 kasus. Pada hasil penelitian didapatkan faktor-risiko hipertensi berdasarkan karakteristik usia tertinggi dikategori 51-60 dengan presentase 34,60%, faktor-risiko berdasarkan jenis kelamin yaitu Perempuan (74,2%), faktor-risiko berdasarkan riwayat keluarga yaitu 241 responden (70,7%), faktor-risiko berdasarkan merokok yaitu 24 responden (7,0%), faktor-risiko berdasarkan konsumsi garam berlebih yaitu 215 responden (63,0%), faktor-risiko berdasarkan tidak aktivitas fisik yaitu 187 responden (54,8%), faktor-risiko berdasarkan konsumsi alkohol yaitu 18 responden (5,3%). **Simpulan :** Berdasarkan hal tersebut dapat disimpulkan bahwa gambaran faktor-risiko yang berkontribusi terhadap penyakit hipertensi di puskesmas Banjarsari Kabupaten Bekasi adalah usia lanjut, jenis kelamin Perempuan, Riwayat keluarga, sering konsumsi garam berlebih dan tidak rutinya aktivitas fisik.

**Kata Kunci ;** Faktor-risiko Hipertensi,.

## ABSTRAK

**Background:** Hypertension is a disease where blood pressure in the body increases, if left untreated it is very dangerous and can disrupt the functions of organs in the body, especially vital organs, namely the heart and kidneys. so that hypertension becomes one of the main factors as the number one cause of death in the world. **Objective:** To find out the description of risk factors in hypertension patients at the Banjarsari Health Center, Bekasi Regency. So that by knowing what the risk factors are in hypertension patients, we can take preventive measures before getting hypertension. **Method:** This study is a quantitative descriptive study with a cross-sectional research design, using a total sampling technique with a sample size of 341 respondents at the Banjarsari Health Center, Bekasi Regency. The research instrument is a medical record of hypertension patients and the data is analyzed univariately. **Results:** The results of the study at the Banjarsari Health Center, Bekasi Regency from the period January 2025 - March 2025 there were 341 cases. The results of the study showed that the highest risk factors for hypertension based on age characteristics were in the 51-60 category with a percentage of 34.60%. Risk factors based on gender were female (74.2%), risk factors based on family history were 241 respondents (70.7%), risk factors based on smoking were 24 respondents (7.0%), risk factors based on excessive salt consumption were 215 respondents (63.0%), risk factors based on physical inactivity were 187 respondents (54.8%), and risk factors based on alcohol consumption were 18 respondents (5.3%). **Conclusion:** Based on this, it can be concluded that the description of risk factors contributing to hypertension in the Banjarsari Community Health Center, Bekasi Regency is elderly age, female gender, family history, frequent excessive salt consumption, and lack of regular physical activity.

**Keywords;** Risk Factors for Hypertension.