Risiko Obesitas, Kebiasaan Merokok, dan Konsumsi Garam terhadap Kejadian Hipertensi pada Usia Produktif

Abstrak :

Hypertension is the root cause of morbidity and mortality becoming especial risk of stroke, heart failure and coronary heart. Blood pressure of human beings fluctuate all day long caused increase by aging, indisposed life habit like eat pattern, daily activity and stress. This research is aim to learn the risk factors towards the coming of hypertension disease with productive age (18≤-60 years) at public hospital of Nganjuk resident. The instrument of this research is case control. The case sample of this research are the patients of hypertension in productive age (18≤-60 years) about 32 person and the control sample are the person who is not the patient of hypertension in productive age (18≤-60 years) about 32 person. Sample is taken randomly. The data was analyze by using odds ratio (OR) at Î± = 0.05 to find out the risk factors towards the coming of hypertension disease. The result of research achieve characteristic that is risky towards hypertension is age, the habit that is risky towards hypertension is smoking, consumption salt , health status that is risky towards hypertension is obesity and overweight is higher than the normal. It is suggested is early increase vigilance of self towards to happened of hypertension disease. Besides that, give information for society about hypertension disease and the effect of it is needed.

Keyword :

obesity, smoking habit, salt consumption, hypertension