

HUBUNGAN OBESITAS DENGAN KEJADIAN HIPERTENSI PADA LANSIA DI PUSKESMAS BATU AJI KOTA BATAM TAHUN 2024

Basalina Br Aritonang

Sarjana Keperawatan Dan Pendidikan Profesi Ners
Institut Kesehatan Mitra Bunda

Dosen Pembimbing

Ns. Afif D Alba, M.Kep¹

Ns. Ditte Ayu Suntara, M.Kep²

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Intisari

Menurut *World Health Organization* (WHO) prevalensi hipertensi di dunia mencapai 22 % dengan prevalensi tertinggi pada daerah Afrika sebesar 27%,diikuti Mediterania Timur 26%,Asia Tenggara 25%,Eropa 23%,Pasifik Barat 19% dan Amerika 18%. Data yang didapatkan dari Dinas Kesehatan Kota Batam yang paling tinggi yaitu Batam sebanyak 235.689 kasus. Penelitian ini bertujuan untuk mengetahui apakah ada hubungan obesitas dengan kejadian hipertensi pada lansia di Puskesmas Batu Aji Kota Batam Tahun 2024. Jenis penelitian ini menggunakan metode observasi analitik dengan rancangan penelitian Cross Sectional. Responden dalam penelitian ini sebanyak 64 lansia,menggunkan teknik random sampling. Teknik pengumpulan data dalam penelitian ini dengan cara penyebaran kuesioner dan pemeriksaan langsung pada lansia dari November sampai Desember 2023. Didapatkan sebagian besar mengalami obesitas sebanyak 36 lansia (56,3%) dengan hipertensi sebanyak 36 lansia (56,3). Maka disimpulkan ada Hubungan Obesitas Dengan Kejadian Hipertensi Pada Lansia Di Puskesmas Batu Aji Kota Batam Tahun 2024 dengan nilai p -value 0,03. Diharapkan pada lansia agar melakukan pengecekan tekanan darah secara rutin untuk mengontrol hipertensi pada lansia tersebut.

**RELATIONSHIP BETWEEN OBESITY AND
THE INCIDENCE OF HYPERTENSION FOR THE ELDERLY
AT THE PUSKESMAS BATU AJI BATAM CITY YEARS 2024**

Basalina Br Aritonang

Bachelor of Nursing and Nurse Professional Education
Institut Kesehatan Mitra Bunda

Instructor

Ns. Afif D Alba, M.Kep¹
Dr.Ns.Ditte Ayu Suntara,M.Kep²

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Abstract

According to the World Health Organization (WHO), the prevalence of hypertension in the world reaches 22% with the highest prevalence in Africa at 27%, followed by the Eastern Mediterranean 26%, Southeast Asia 25%, Europe 23%, the Western Pacific 19% and the Americas 18%. The data obtained from the Batam City Health Office is the highest in Batam with 235,689 cases. This study aims to find out whether there is a relationship between obesity and the incidence of hypertension in the elderly at the Batu Aji Health Center, Batam City in 2024. This type of research uses an analytical observation method with a Cross Sectional research design. The respondents in this study were 64 elderly, using random sampling techniques. The highest number of exclusive breastfeeding coverage in the Riau Islands according to the Regency or City is Batam with 75.1%. This research is an observational analytic study on two groups of variables with quantitative methods and with a crosssectional approach to determine the relationship between husband support and exclusive breastfeeding in infants. The sampling technique used was probability sampling with simple random sampling technique taken randomly with a lottery system. The data collection technique in this study was by distributing questionnaires and direct examinations to the elderly from November to December 2023. It was found that most of them were obese as many as 36 elderly people (56.3%) with hypertension as many as 36 elderly people (56.3). Therefore, it was concluded that there was a relationship between obesity and the incidence of hypertension in the elderly at the Batu Aji Health Center, Batam City in 2024 with a p-value of 0.03. It is expected that the elderly will check blood pressure regularly to control hypertension in the elderly.

