

ABSTRAK

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GAMBARAN FAKTOR RISIKO HIPERTENSI PADA MAHASISWA FAKULTAS KEPERAWATAN DI SATU UNIVERSITAS SWASTA DI INDONESIA BARAT

(xiv + 115 Halaman; 1 Bagan; 24 Tabel; 5 Lampiran)

Latar Belakang: Hipertensi adalah keadaan tekanan darah sistolik ≥ 140 mmHg dan diastolik ≥ 90 mmHg, dikenal sebagai *silent killer*, memiliki dua faktor risiko yaitu dapat diubah dan tidak dapat diubah. Prevalensi hipertensi tahun 2018 usia remaja akhir (18 - 24 tahun) menjadi 44,1% dari 25,8% tahun 2013 berkaitan dengan gaya hidup tidak sehat dan masih jarang diteliti sehingga pencegahan dini tidak dilakukan. **Tujuan Penelitian:** mengetahui gambaran faktor risiko hipertensi pada mahasiswa Fakultas Keperawatan di Satu Universitas Swasta di Indonesia Barat. **Metode Penelitian:** metode deskriptif kuantitatif *cross sectional*. Pengambilan sampel dengan *accidental sampling* yaitu 292 orang. Analisa data menggunakan univariat. **Hasil Penelitian:** responden mayoritas angkatan 2018 36%, jenis kelamin perempuan 79,1%, 50,6% mengalami stress, sering konsumsi makanan tinggi natrium seperti *mie instant* 61%, *snack* 58,3%, *soft drinks* 58,9%, *western fast food* 62,3%, *western soft drinks* 100%, *western ice cream* 100%, *fast food* tradisional 59%, makanan FJ 59,6%, dan penyedap rasa 68,1%. Tingkat aktivitas rendah 86,6%, IMT normal (63%) dan (59,6%) memiliki riwayat hipertensi dalam keluarga. **Kesimpulan:** faktor risiko hipertensi pada mahasiswa Fakultas Keperawatan di Satu Universitas Swasta di Indonesia Barat adalah stress, konsumsi makanan tinggi natrium, aktivitas fisik rendah, dan riwayat hipertensi dalam keluarga. **Saran:** Melakukan penelitian terkait perilaku mahasiswa dalam mengendalikan faktor risiko hipertensi sebagai upaya mencegah terjadinya hipertensi dan hubungan faktor risiko dengan kejadian hipertensi.

Kata kunci: faktor risiko hipertensi, faktor risiko yang dapat diubah, faktor risiko yang tidak dapat diubah .

Referensi : 83 (1996 – 2020)

ABSTRACT

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DESCRIPTION OF HYPERTENSION RISK FACTORS IN NURSING FACULTY STUDENTS IN ONE PRIVATE UNIVERSITY IN WEST INDONESIA

Background: Hypertension is a state of systolic blood pressure ≥ 140 mmHg and diastolic pressure ≥ 90 mmHg. Known as the silent killer, has two risk factors that can be changed and cannot be changed. Prevalence of hypertension in 2018 late teens 18 – 24 years 44,1% from 25,8% in 2013 related to unhealthy lifestyles and rarely investigated so early prevention not done. **Research Purposes:** To the description of the risk factor for hypertension in nursing faculty students at one private University in west indonesia. **Research Methods:** Using quantitative descriptive methods with approaches of cross sectional. Sampling by accidental sampling is 292 people. Data analysis using univariate. **Results:** Respondents in the dominance force in 2018 of 36%, female sex 79,1 %. 50,6 experiencing stress, often consuming high sodium food such as instant noodles 61%, snacks 58,3%, soft drinks 58,9, western fast food 62,3%, western soft drinks 100%, western ice cream 100%, traditional fast food 59%, FJ food 59,6%, and 68,1% flavoring. The level of activity is low 86,6%. BMI normal 63% and 59,6% had a history of hypertension in the family **Conclusion:** a risk factor for hypertension in nursing faculty students at one private University in west indonesia is stress, frequency of consumption of food high in sodium, the level of physical activity lower, and history of hypertension on the family. **Suggestions** conduct research related to student behaviour in controlling hypertension risk factors as an effort to prevent the occurrence of hypertension and the relationship of the risk factors with the incidence of hypertension.

Keywords: hypertension risk factors, risk factors that can be changed, risk factors that cannot be changed.

Reference : 83 (1996 – 2020)