

# HUBUNGAN MEROKOK AKTIF DENGAN DERAJAT HIPERTENSI PRIMER DI WILAYAH KERJA PUSKESMAS PATUK 1 GUNUNGGIDUL YOGYAKARTA

Catur Aris Kurniawan<sup>1</sup>, Agus Warseno<sup>2</sup>, Tri Prabowo<sup>3</sup>

## INTISARI

**Latar Belakang :** Prevalensi hipertensi di Indonesia yang didapat melalui pengukuran pada umur  $\geq 18$  tahun sebesar 25,8%. Merokok merupakan salah satu faktor risiko yang memicu timbulnya hipertensi. Hasil studi pendahuluan yang dilakukan di wilayah kerja Puskesmas Patuk 1 Gunungkidul didapatkan hasil 57 warga yang mempunyai riwayat hipertensi dan riwayat perokok 39 warga.

**Tujuan Penelitian :** Mengetahui hubungan antara jumlah rokok yang dikonsumsi per hari dengan derajat hipertensi primer di wilayah kerja puskesmas Patuk 1 Gunungkidul.

**Metode Penelitian :** Desain penelitian kuantitatif non eksperimen menggunakan pendekatan *cross sectional* dan jenis penelitian deskriptif korelasi. Sampel diambil dengan teknik *total sampling* yaitu 39 warga di wilayah kerja Puskesmas Patuk 1 Gunungkidul yang mempunyai riwayat merokok dan hipertensi primer. Instrumen yang di gunakan berupa kuesioner perilaku merokok dan spigmomanometer digital. Hasil penelitian dianalisis dengan uji *Kendal tau*.

**Hasil penelitian :** Jumlah rokok yang dikonsumsi per hari di wilayah kerja puskesmas Patuk 1 Gunungkidul sebagian besar terdapat pada kategori ringan. Derajat hipertensi primer di wilayah kerja puskesmas Patuk 1 Gunungkidul sebagian besar terdapat pada kategori Derajat 1. Hasil uji korelasi statistik diperoleh nilai p sebesar 0,001 ( $\tau=0,574$ ).

**Kesimpulan :** Semakin banyak jumlah rokok yang dikonsumsi per hari akan semakin tinggi derajat hipertensi.

**Kata kunci :** merokok, derajat hipertensi

---

<sup>1</sup> Mahasiswa Keperawatan Stikes Jenderal Achmad Yani Yogyakarta

<sup>2</sup> Dosen Keperawatan Stikes Jenderal Achmad Yani Yogyakarta

<sup>3</sup> Dosen Keperawatan Poltekkes Yogyakarta

# THE CORRELATION BETWEEN ACTIVE SMOKING AND PRIMARY HYPERTENSION DEGREE IN THE OPERATIONAL AREA OF PATUK 1 COMMUNITY HEALTH CENTER OF GUNUNGKIDUL

Catur Aris Kurniawan<sup>1</sup>, Agus Warseno<sup>1</sup>, Tri Prabowo<sup>1</sup>

## ABSTRACT

**Background** : The prevalence of hypertension figured out through measurement at the age of >\_18 years old is as much as 25,8%. Smoking is one of risk factors that may cause hypertension. Preliminary study conducted in the operational area of Patuk 1 community health center of Gunungkidul identified 57 residents with hypertension medical record and 39 others with smoking status.

**Objective** : To identify the correlation between the number of cigarettes smoked each day and primary hypertension degree in the operational area of Patuk 1 community health center of Gunungkidul.

**Method** : The study design was quantitative and non-experimental by using cross sectional approach and the type of this study was correlational descriptive. Samples were collected by applying total sampling technique as many as 39 residents in the operational area of Patuk 1 community health center of Gunungkidul with smoking status and primary hypertension medical records. Study instruments were questionnaires on smoking behavior and digital sphygmomanometer. The result of the study was analyzed with Kendall Tau test.

**Result** : The number of cigarettes smoked each day in the operational area of Patuk 1 community health center of Gunungkidul was mostly in low category. Primary hypertension degree in the operational area of Patuk 1 community health center of Gunungkidul was mostly in degree 1 category. The result of statistical correlation test figured out p value of 0,001 ( $=0,574$ ).

**Conclusion** : Higher number of cigarettes smoked each day will lead to higher hypertension degree.

**Keyword** : Smoking, Hypertension Degree.

---

<sup>1</sup>Student of Nursing Stikes Jenderal Achmad Yani Yogyakarta

<sup>2</sup>Lecturer of Nursing Stikes Jenderal Achmad Yani Yogyakarta

<sup>3</sup>Lecturer of Nursing Poltekkes Yogyakarta