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## LIFESTYLE RELATIONS WITH HYPERTENSIVE EVENTS IN DESA SERUNI RW 02 GEDANGAN SIDOARJO

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### ABSTRACT

Modernization usually changes the community's lifestyle to be more practical, such as eating ready meals, tend to high salt, less exercise, smoking. Such a lifestyle triggers hypertensive disease. The purpose of this research is to know the lifestyle relationship with hypertensive events in the village Seruni RW 02 Gedangan Sidoarjo. Research design is a cross sectional analytic and approach. The population in this study was a hypertensive sufferer of 117 respondents, samples of 90 respondents. Sampling uses Stratified Random Sampling technique. Independent variables are lifestyles and dependent variables are hypertension. This research instrument uses questionnaires and uses analog tensimeters to measure hypertension. Analysis of statistical research using correlation test Rank Spearman. The results showed that from 90 respondents were mostly (64.4%) has an unhealthy lifestyle and is largely (66.7%) suffer from Stage 1 hypertension. Test result Rank Spearman obtained  $\alpha = 0.05$  and  $\rho = 0.0029$  so  $\rho < \alpha$  can be deduced  $H_0$  rejected which means there is a relationship between lifestyle relationship with hypertensive events. There is a lifestyle relationship with the incidence of hypertension in the village Seruni RW 02 Gedangan Sidoarjo. It is expected for people with hypertension in the village Seruni RW 02 Gedangan Sidoarjo can set a healthier lifestyle such as reducing excess salt intake, regular exercise every morning, do not smoke and routinely checked his blood pressure to the service Nearest health care.

**Keywords :** lifestyle, hypertension

## **INTRODUCTION**

Generally, urban communities tend to choose ready-to-eat foods, tend to be high in salt, have less exercise habits, smoking, frequent alcohol consumption, and lack of rest. With this lifestyle, hypertension is the most frightening disease (Dalimartha, 2008). Nowadays, there are not very few people who suffer from hypertension and not a few hypertension sufferers handle it by taking medication but not interspersed with healthy lifestyles in society. But in reality people prefer practical activities ranging from food and activities daily – a day that makes them less motion and irregular lifestyles (Rudiarto, 2013).

The WHO Data in 2015 shows about 1.13 billion people in the world suffer from hypertension, meaning that 1 in 3 people in the world are diagnosed with hypertension, and only 36.8% of those who take medication. The number of hypertension sufferers in the world continues to increase annually, estimated at 2025 there will be 1.5 billion people affected by hypertension and estimated every year there are 9.4 million people died from hypertension and complications. Based on the survey conducted by researchers in October 2018 in RW 02 Village Sruni Gedangan Sidoarjo There are 20 people with hypertension obtained through a questionnaire 75% experienced an unhealthy lifestyle.

High blood pressure or hypertension is a disease characterized by an increase in blood pressure exceeding normal ( $> 140/90\text{mmHg}$ ). Hypertension often leads to dangerous conditions, the existence of many times not realized and often does not pose a meaningful complaint, until a time of complications of heart, brain, kidneys, eyes, blood vessels or organs-vital organs Other. However, hypertension is strongly influenced by food consumed by society. The traditional lifestyle changes to a detrimental modern lifestyle, such as smoking, consume a lot of foods that contain high in calories, salt, obesity (overweight), lack of physical activity of sports, drinking alcohol and eating food High levels of fat (especially saturated fats) and cholesterol, and behaviors that tend to cause psychosocial stress is also a detrimental lifestyle of health (Yundini, 2009).

## **METHODS**

Research design is a cross sectional analytics and approach that is a type of observational research where data retrieval is done at the same time. The study was conducted for one week in April 2019. Research conducted in Desa Seruni RW 02 Gedangan Sidoarjo. The population in this study was a hypertensive sufferer of 117 respondents, samples of 90 respondents. Sampling uses the Stratified Random Sampling technique which is a heterogeneous population divided – for in layers of (strata) mutually separated, and from each strata can be randomly sampled (Sugiyono, 2009). Independent variables are lifestyles and dependent variables are hypertension. This research instrument uses questionnaires and uses analog tensimeters to measure hypertension.

The research instrument uses a lifestyle questionnaire with the incidence of hypertension and measurement of blood pressure with sphygmomanometer. Determination of a statement from

a questionnaire with Yes given a score of 1 and not given a score of 0. Analysis of statistical research using correlation test Rank Spearman, with the value of the significance of  $\alpha = 0.05$  and obtained results  $\rho = 0.029$ .  $H_0 \rho (0.029) < \alpha = (0.05)$ , means  $H_0$  rejected or there is a relationship between lifestyle relations with hypertensive events in the village Seruni RW 02 Gedangan Sidoarjo.

## CONCLUSION

Based on the results of the study is known that:

1. Most hypertension sufferers in Desa Seruni RW 02 Gedangan Sidoarjo experienced an unhealthy lifestyle.
2. Most of the hypertension sufferers in Seruni village in Seruni RW 02 Gedangan Sidoarjo.
3. There is a lifestyle relationship with the incidence of hypertension in the village Seruni RW 02 Gedangan Sidoarjo

## RESULTS

### 1. General Data

#### A. Age

The posting age according to Depkes RI (2009), namely childhood (0-5 years), childhood (5-11 years), early adolescence (12-16 years), Late adolescence (17-25 Tahun), early adulthood (26-35 years), final adult period (36-45 years), the early age of the elderly (46-55 year), the end of the elderly (56-65 years), period of seniors (65 and above).

The research results of age characteristics are obtained as in Table 5.1 as follows:

Table 5.1 Frequency distribution of respondents by age in the village Seruni RW 02 Gedangan Sidoarjo. Year 2019

No	Age (year)	Frequensy	Persentase (%)
1.	36 – 45	14	15.6
2.	46 – 55	31	34.4
3.	56 – 65	39	43.3
4.	>65	6	6.7
Total		90	100.0

Source: Primary Data, June 2019

According to the table 5.1 shows that most (43.3%) Respondents aged 56 – 65 years.

#### A. Gender

Characteristics of respondents based on gender are obtained as in table 5.2 as follows:

Table 5.2 Frequency distribution of respondents based on gender in village Seruni RW 02 Gedangan Sidoarjo. Year 2019

No	Gender	Frequensy	Persentase (%)
1.	Male	43	47.8
2.	Female	47	52.2
Total		90	100.0

Source: Primary Data, June 2019

According to the table 5.2 shows that most (52.2%) Female-type respondents.

### 1. Special Data

Characteristics of respondents that include lifestyle, hypertension, and lifestyle relations with the incidence of hypertension in the village Seruni RW 02 Building Sidoarjo presented in the distribution table as follows:

#### A. Lifestyle

Characteristics of respondents based on lifestyle in hypertensive sufferers in the village Seruni RW 02 building Sidoarjo as in Table 5.3 as follows:

Table 5.3 Frequency distribution of respondents based on the lifestyle of hypertensive sufferers in the village Seruni RW 02 Gedangan Sidoarjo. Year 2019

No	Lifestyle	Frequensy	Persentase (%)
1.	Healthy	32	35.6
2.	Unhealthy	58	64.4
Total		90	100.0

Source: Primary Data, June 2019

According to the table 5.3 shows that most (64.4%) People with hypertension experience unhealthy lifestyles.

#### B. Hypertension level

Characteristics of respondents based on hypertension level in village Seruni RW 02 building Sidoarjo as in Table 5.4 as follows:

Table 5.4 Frequency distribution of respondents based on hypertensive events in the village Seruni RW 02 Gedangan Sidoarjo. Year 2019

No	Hypertension	Frequensy	Persentase (%)
1.	Degree Hypertension 1	60	66.7
2.	Degree Hypertension 2	30	33.3
3.	Degree Hypertension 3	0	0
Total		90	100.0

Source: Primary Data, June 2019

According to the table 5.4 shows that most (66.7%) Respondents suffered 1 degree hypertension.

### C. Lifestyle relations with hypertensive events in Desa Seruni RW 02 Building Sidoarjo

Table 5.5 The cross tabulation of lifestyle relations with hypertensive events in the village Seruni Rw 02 Gedangan Sidoarjo. Year 2019

No	Lifestyle	Hypertension		Total (%)
		Degree 1 (%)	Degree 2 (%)	
1.	Healthy	26(81.3)	6(18.8)	32(100)
2.	Unhealthy	34(58.6)	24(41.4)	58(100)
Total		60(66.7)	30(33.3)	90(100)
Uji Statistik – Rank Spearman			Sig (2-tailed) : 0.029	

Source: Primary Data, June 2019

Based on table 5.5 above from 90 respondents who experienced degree hypertension 1 most 34 people (58.6%) Experience an unhealthy lifestyle.

From statistical test results to lifestyle relations with hypertensive events in the village Seruni RW 02 Gedangan Sidoarjo through Test Rank Spearman with the value of the significance of  $\alpha = 0.05$  and obtained results  $p = 0.029$ .  $H_0 p (0.029) < \alpha = (0.05)$ , meaning  $H_0$  is rejected or there is a relationship between lifestyle relations with hypertensive events in Seruni village of RW 02 Gedangan Sidoarjo.

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