

ABSTRAK

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Program Studi : Kedokteran
Judul : Hubungan antara Genetik (Riwayat Keluarga) dan Hipertensi pada Mahasiswa FK YARSI 2020 dan Tinjauannya Menurut Pandangan Islam

Latar Belakang: Prevalensi hipertensi pada remaja sekitar 1-5%. Hipertensi bersifat genetik. Remaja dengan riwayat keluarga hipertensi lebih beresiko tinggi untuk menderita hipertensi dibandingkan dengan remaja tanpa riwayat keluarga hipertensi. Dalam pandangan Islam genetik dan hipertensi sudah dikenal sejak jaman nabi Muhammad SAW. dan salah satu tatacara mengurangi hipertensi dengan berdzikir kepada Allah SWT. Tujuan penelitian ini untuk mengetahui hubungan antara genetik (riwayat keluarga) dan hipertensi pada mahasiswa FK YARSI 2020.

Metode: Jenis penelitian yang digunakan adalah deskriptif analitik dengan rancangan penelitian *cross sectional*. Penelitian ini dilakukan pada mahasiswa FK YARSI. Sampel dalam penelitian ini adalah 143 responden dan diolah dengan analisis bivariat. Data dalam penelitian ini diperoleh dari kuesioner *online* tentang genetik (riwayat keluarga) hipertensi dan faktor lain yang menyebabkan hipertensi.

Hasil: Pada penelitian ini dapatkan angka kejadian pre-hipertensi sebesar 20,3%. Dengan genetik hipertensi pada bapak (25,9%), ibu (10,5%), kakek (7%) dan nenek (5,6%). Berdasarkan hasil uji *Chi Square*, terdapat hubungan signifikan antara Genetik (Riwayat Keluarga) dan Hipertensi dengan *p-value* 0,016. Terdapat hubungan yang signifikan antara genetik bapak (OR=2,068, $p<0,05$, CI 95% = 0,868-4,929), genetik ibu (OR=2,167, $p<0,05$, CI 95% = 0,678-6,923), genetik kakek (OR=0,371, $p<0,05$, CI 95% = 0,046-3,026), genetik nenek (OR=3,172, $p<0,05$, CI 95% = 0,669-15,051).

Kesimpulan: Faktor genetik (riwayat keluarga) cukup berpengaruh (14,2%) terhadap timbulnya resiko hipertensi.

Kata Kunci : Genetik, riwayat keluarga, hipertensi, remaja

ABSTRACT

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Program Study : Medicine

Title :The Relationship between Genetics (Family History) and Hypertension in YARSI FK 2020 Students and Its Review According to the Islamic View

Background: *The prevalence of hypertension in adolescents is around 1-5%. Hypertension is genetic. Adolescents with a family history of hypertension are at higher risk of developing hypertension than adolescents without a family history of hypertension. In the view of Islam, genetics and hypertension have been known since the time of the prophet Muhammad SAW. and one of the procedures for reducing hypertension is by dhikr to Allah SWT. The purpose of this study was to determine the relationship between genetics (family history) and hypertension in 2020 YARSI FK students.*

Methods: *The type of research used is descriptive analytic with a cross sectional research design. This research was conducted on YARSI FK students. The sample in this study was 143 respondents and processed by bivariate analysis. The data in this study were obtained from an online questionnaire about genetics (family history) of hypertension and other factors that cause hypertension.*

Results: *In this study, the incidence of pre-hypertension was 20.3%. With genetic hypertension in father (25.9%), mother (10.5%), grandfather (7%) and grandmother (5.6%). Based on the results of the Chi Square test, there is a significant relationship between Genetics (Family History) and Hypertension with a p-value of 0.016. There was a significant relationship between father's genetics (OR=2.068, $p<0.05$, 95% CI = 0.868-4.929), maternal genetics (OR=2.167, $p<0.05$, 95% CI = 0.678-6.923), genetics grandfather (OR=0,371, $p<0,05$, 95% CI=0,046-3,026), genetic grandmother (OR=3,172, $p<0,05$, 95% CI=0,669-15,051).*

Conclusion: *Genetic factors (family history) are quite influential (14.2%) on the risk of hypertension.*

Keywords: *Genetics, family history, hypertension, adolescents*