

ABSTRAK

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Program Studi : Kedokteran Umum
Judul Skripsi : Faktor Risiko Kejadian Hipertensi di Kelurahan Ranai Kota, Kabupaten Natuna

Latar Belakang: Hipertensi merupakan peningkatan tekanan darah $\geq 140/90$ mmHg pada dua kali pengukuran. Prevalensi hipertensi di Kelurahan Ranai Kota serta dunia terus meningkat setiap tahunnya. Faktor risiko hipertensi dibagi menjadi faktor yang dapat dimodifikasi dan tidak dapat dimodifikasi. Penelitian ini bertujuan untuk mengetahui faktor risiko kejadian hipertensi di Kelurahan Ranai Kota, Kabupaten Natuna, dan tinjauannya dalam agama Islam.

Metodologi: Penelitian ini berjenis kuantitatif dengan desain *cross-sectional*. Sampel berjumlah 400 dan ditetapkan dengan teknik *convenience sampling*. Data diambil di Puskesmas Ranai menggunakan kuesioner, tensimeter digital, *stature meter*, dan timbangan digital. Analisa data menggunakan uji *Chi-Square* dengan menetapkan derajat kepercayaan 95%.

Hasil: Hasil penelitian dijumpai hubungan faktor risiko konsumsi garam (*p-value* $< 0,001$), obesitas (*p-value* $< 0,001$), kebiasaan merokok (*p-value* $< 0,001$), konsumsi kopi (*p-value* $0,006$), usia (*p-value* $< 0,001$), dan riwayat keluarga (*p-value* $< 0,001$) dengan kejadian hipertensi di Kelurahan Ranai Kota, Kabupaten Natuna.

Kesimpulan: Diketahui hubungan faktor risiko dapat dimodifikasi, yaitu konsumsi garam, obesitas, kebiasaan merokok, dan konsumsi kopi, serta tidak dapat dimodifikasi, yaitu usia dan riwayat keluarga dengan kejadian hipertensi di Kelurahan Ranai Kota, Kabupaten Natuna. Selain itu, diketahui hubungan faktor risiko hipertensi dan ajaran Islam dengan tidak berlebih-lebihan, menjauhi kemudharatan, dan berikhtiar.

Kata Kunci: Hipertensi, Faktor risiko, Ranai, Natuna

ABSTRACT

Name : Muhammad Fadhilah
Study Program : Medicine
Title : Risk Factors of Hypertension Incidence in Ranai Kota, Subdistrict, Natuna Regency

Background: *Hypertension is defined as an increase in blood pressure $\geq 140/90$ mmHg on two separate measurements. The prevalence of hypertension in Ranai Kota Subdistrict as well as globally continues to increase each year. Risk factors for hypertension are classified into modifiable and non-modifiable factors. This study aimed to identify the risk factors for hypertension in Ranai Kota Subdistrict, Natuna Regency, and to review them from an Islamic perspective.*

Methods: *This study employed a quantitative approach with a cross-sectional design. A total of 400 respondents were selected using a convenience sampling technique. Data were collected at Ranai Public Health Center using questionnaires, digital sphygmomanometer, stature meter, and digital scale. Data analysis was performed using the Chi-square test with a 95% confidence level.*

Results: *The results showed significant associations between hypertension and salt consumption ($p\text{-value} < 0.001$), obesity ($p\text{-value} < 0.001$), smoking habits ($p\text{-value} < 0.001$), coffee consumption ($p\text{-value} 0.006$), age ($p\text{-value} < 0.001$), and family history ($p\text{-value} < 0.001$) in Ranai Kota Subdistrict, Natuna Regency.*

Conclusion: *Modifiable risk factors, including salt consumption, obesity, smoking habits, and coffee consumption, as well as non-modifiable risk factors, namely age and family history, were significantly associated with the incidence of hypertension in Ranai Kota Subdistrict, Natuna Regency. In addition, this study is complemented by a normative review based on Islamic teachings to not excessive, avoidance of harmful behavior, and ikhtiar.*

Keywords: *Hypertension, Risk factors, Ranai, Natuna*