

ABSTRAK

Latar Belakang: Penyakit tekanan darah tinggi ataupun hipertensi ialah kondisi ketika individu menderita kenaikan tekanan darah diatas normal dan dikenal juga dengan *the silent disease* dikarenakan penderita tak mengetahui dirinya menderita penyakit hipertensi. Terdapat 2 faktor yang menyebabkan hipertensi mencakup faktor yang bisa diubah beserta faktor yang tak bisa diubah. **Tujuan Penelitian:** Penelitian ini bertujuan guna mengetahui gambaran umur, jenis kelamin, IMT dan derajat hipertensi di Puskesmas Soreang. **Metode Penelitian:** Penelitian ini menggunakan penelitian deskriptif disertai populasi sejumlah 493 orang beserta sampel 221 orang, data terkumpul melalui data sekunder. **Hasil:** Hasil penelitian ini menunjukkan bahwa mayoritas penderita berumur >56 tahun, mayoritas penderita berjenis kelamin perempuan, mayoritas penderita dialami dengan IMT Normal, dan hampir setengahnya penderita mengalami hipertensi derajat I. **Kesimpulan dan saran:** Kesimpulannya, mayoritas responden mengalami hipertensi, disarankan responden dapat meningkatkan kesadaran agar mengurangi terjadinya risiko hipertensi dan diharapkan Puskesmas Soreang dapat mengendalikan faktor risiko hipertensi dengan mengharapkan angka kejadian hipertensi menurun.

Kata Kunci: Hipertensi, Jenis Kelamin, IMT, Umur, Derajat Hipertensi

Daftar Pustaka: 20 Jurnal (2010-2020)

3 Buku (2018-2021)

ABSTRACT

Background: When a person's blood pressure increases over normal, they are said to have high blood pressure, or hypertension. Because the patient is unaware that he has hypertension, it is also referred to as the silent disease. Hypertension is brought on by two factors: those that are changeable and those that are not. **Research Objectives:** This study's goal is to determine the description of age, gender, BMI and degree of hypertension at the Soreang Health Center. **Research Methods:** With a population of 493 and a sample of 221 individuals, this study employed descriptive research. Secondary data was used for data collection. **Results:** According to the study's findings, most of the patients were >56 years old, most of the patients were female, most of the patients had normal BMI, and almost half of the patients had grade I hypertension. **Conclusions and suggestions:** Conclusions in the study Most of the respondents experience hypertension, it is suggested that respondents can increase awareness in order to reduce the risk of hypertension and it is hoped that the Soreang Health Center can control hypertension risk factors by expecting the incidence of hypertension to decrease.

Keywords: Hypertension, Gender, BMI, Age, Degree of Hypertension

Bibliography: 20 Journals (2010-2020)

3 Books (2018-2021)