

ABSTRAK

Di Jawa Barat tahun 2018 ditemukan kasus Hipertensi (39,60%) terhadap jumlah penduduk ≥ 18 tahun, prevalensi hipertensi pada perempuan (36,85%) lebih tinggi dari laki-laki (31,34%), di Puskesmas Garuda tahun 2018 terdapat 1,835 kasus Hipertensi. Tujuan penelitian ini untuk mengetahui hubungan aktivitas fisik dan cek kesehatan rutin dengan kejadian hipertensi di posbindu Kelurahan Maleber. Jenis penelitian ini menggunakan cross sectional, populasi pada penelitian ini adalah yang berkunjung ke posbindu kelurahan maleber yang berjumlah 234 orang dengan jumlah sampel sebanyak 76 sampel. Teknik pengumpulan data dengan *Stratified random sampling*, kartu data posbindu dan lembar ceklis. Analisa yang digunakan univariat dan bivariat dengan uji *Chiesquare*. Hasil penelitian ini menunjukkan Ada hubungan antara aktivitas fisik dengan kejadian hipertensi ($P\text{-value} = 0,000 < \alpha 0,05$), Ada hubungan cek kesehatan rutin dengan kejadian hipertensi ($P\text{-value} = 0,025 < \alpha 0,05$). Berdasarkan hasil penelitian, perlunya peningkatan penyuluhan yang dilakukan oleh petugas kesehatan terhadap pasien di posbindu agar senantiasa selalu menjaga kesehatannya dan selalu rutin melakukan cek up kesehatan dan perlunya peningkatan program germas agar masyarakat hidup sehat dalam menurunkan angka kejadian hipertensi di tempat penelitian.

Kata Kunci : Hipertensi, aktivitas fisik, cek kesehatan rutin

Daftar Pustaka : 17 buku, 5 Jurnal (Tahun 2009-2018)

ABSTRACT

In West Java 2018, there were cases of hypertension (39.60%) on the population of ≥ 18 years, the prevalence of hypertension in women (36.85%) was higher than men (31.34%), there were 1,835 cases of hypertension in Garuda Puskesmas (community health center) 2018. The purpose of this study was to determine the relationship of physical activity and routine health check-up with the incidence of hypertension in Posbindu, Maleber Village. This type of research used cross sectional, the population in this study were those visiting the Posbindu in Maleber village, which numbered 234 people with 76 samples. Data collection technique was stratified random sampling, posbindu data cards and checklist sheets. The analysis used univariate and bivariate with Chiesquare test. The results of this study indicated that there was a relationship between physical activity and the incidence of hypertension ($P\text{-value} = 0,000$) $< \alpha 0.05$, There was a relationship between routine health check-up and the incidence of hypertension ($P\text{-value} = 0.025$) $< \alpha 0.05$. Based on this research, there was the need for increased counseling conducted by health workers towards patients in Posbindu in order to maintain their health and always routinely check up on their health and the need to increase germas program so that people live healthily in reducing the incidence of hypertension at the study site.

Keywords: Hypertension, physical activity, routine health check-up

References: 17 books, 5 journal (2009-2018)