

ABSTRAK

FAKTOR-FAKTOR RISIKO *CARDIOVASCULAR DISEASE* (CVD) PADA MAHASISWA UNIVERSITAS BHAKTI KENCANA BANDUNG: STUDI DESKRIPTIF

LATIFATUL KHOIRUNNISA
211FK03098

Program Studi Sarjana Keperawatan, Fakultas Keperawatan
Universitas Bhakti Kencana

Cardiovascular Disease (CVD) merupakan penyebab kematian tertinggi di dunia, termasuk di Indonesia, dan kini menunjukkan peningkatan prevalensi pada kelompok usia muda. Gaya hidup tidak sehat menjadi salah satu pemicu utama peningkatan risiko CVD, bahkan di kalangan mahasiswa yang termasuk usia produktif. Padahal, mahasiswa kesehatan diharapkan memiliki kesadaran tinggi terhadap pencegahan penyakit, tetapi tetap dapat berisiko tinggi jika memiliki gaya hidup yang tidak sehat. Penelitian ini bertujuan untuk menggambarkan distribusi faktor-faktor risiko CVD pada mahasiswa Universitas Bhakti Kencana Bandung. Penelitian ini menggunakan desain deskriptif kuantitatif dengan pendekatan survei. Sebanyak 357 mahasiswa dipilih menggunakan teknik *random sampling*. Data dikumpulkan melalui kuesioner terstruktur yang telah diuji validitas dan reliabilitasnya, kemudian dianalisis secara univariat dalam bentuk distribusi frekuensi dan persentase. Hasil penelitian menunjukkan bahwa sebagian besar responden berusia 20–24 tahun (72,5%) dan berjenis kelamin perempuan (68,1%). Faktor risiko CVD yang ditemukan meliputi kebiasaan merokok (41,7%), kelebihan berat badan dan obesitas (17,7%), aktivitas fisik rendah (52,9%), serta pola makan tidak sehat seperti konsumsi makanan cepat saji (83,2%) dan makanan tinggi garam (85,3%). Hanya 0,3% responden yang mengonsumsi alkohol, dan 4,8% memiliki penyakit penyerta seperti hipertensi, diabetes melitus, dan hiperkolesterolemia. Temuan ini menunjukkan adanya prevalensi yang cukup tinggi terhadap faktor risiko CVD yang dapat dimodifikasi pada kalangan mahasiswa, sehingga diperlukan upaya deteksi dini lingkungan perguruan tinggi untuk mencegah risiko jangka panjang terhadap *Cardiovascular Disease* (CVD).

Kata Kunci: *Cardiovascular Disease*, Faktor Risiko, Gaya Hidup, Mahasiswa

Daftar Pustaka: 13 Buku

22 Jurnal

4 Artikel

ABSTRACT

RISK FACTORS OF CARDIOVASCULAR DISEASE (CVD) AMONG STUDENTS OF BHAKTI KENCANA UNIVERSITY BANDUNG: A DESCRIPTIVE STUDY

**LATIFATUL KHOIRUNNISA
211FK03098**

Bachelor of Nursing Program, Faculty of Nursing, Universitas Bhakti Kencana

Cardiovascular disease (CVD) is the leading cause of death worldwide, including in Indonesia. Although CVD is commonly associated with older adults, recent trends indicate a rising prevalence among younger populations, including university students. An unhealthy lifestyle—such as poor dietary habits, physical inactivity, smoking, and being overweight—is a major contributor to increased CVD risk. Ironically, health science students, who are expected to have a better understanding of disease prevention, are not immune to such risky behaviors. Yet, the college years are a crucial period for establishing long-term lifestyle habits that can significantly influence future health outcomes. Given this context, the present study aims to describe the distribution of CVD risk factors among students at Bhakti Kencana University in Bandung. This research used a descriptive quantitative design with a survey approach. A total of 357 students were selected through random sampling. Data were collected using a structured questionnaire that had been tested for validity and reliability, and then analyzed univariately in the form of frequency distributions and percentages. The results showed that the majority of respondents were aged 20–24 years (72.5%) and female (68.1%). Notable CVD risk factors included smoking habits (41.7%), overweight and obesity (17.7%), and low physical activity levels (52.9%). Unhealthy eating patterns were also prominent, with high consumption of fast food (83.2%) and high-sodium foods (85.3%). Although only 0.3% of respondents reported alcohol consumption and 4.8% had comorbidities such as hypertension, diabetes mellitus, or hypercholesterolemia, these findings indicate a significant prevalence of modifiable risk factors. Therefore, this study highlights the need for early detection and preventive measures within the university setting to reduce long-term CVD risk among young adults.

Keywords: *Cardiovascular Disease, Lifestyle, Risk Factors, University Students*

References: 13 Books

22 Journals

4 Article