

**POLITEKNIK KESEHATAN TANJUNGPONOROK
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**HUBUNGAN USIA DAN OBESITAS TERHADAP KEJADIAN HIPERTENSI
PADA WANITA MENOPAUSE DI PUSKESMAS YOSOMULYO TAHUN 2025**

xvii + 64 halaman + 10 tabel + 3 gambar + 10 lampiran

ABSTRAK

Prevalensi hipertensi di Indonesia pada tahun 2023 berdasarkan pengukuran tekanan darah sebesar 30,8%. Prevalensi hipertensi di Lampung pada tahun 2023 sebesar 28,45%. dengan presentase penderita hipertensi yang mendapatkan pelayanan kesehatan sebesar 73,3%. Prevalensi hipertensi di Kota Metro pada tahun 2023 sebesar 26,41% dengan presentase penderita hipertensi yang mendapatkan pelayanan kesehatan sebesar 100%. Di Puskesmas Yosomulyo Kota Metro prevalensi hipertensi pada tahun 2023 sebesar 63,68% kejadian pada pria dan wanita. Berdasarkan data presurvey terdapat 460 wanita menopause dengan 182 wanita menopause mengalami hipertensi. Setelah dilakukan penelitian terdapat peningkatan dari 182 kasus menjadi 244 kasus. Hipertensi merupakan salah satu penyebab utama kematian dan kecacatan di dunia. Wanita menopause memiliki risiko lebih tinggi mengalami hipertensi akibat penurunan hormon estrogen. Penelitian ini bertujuan untuk mengetahui hubungan usia dan obesitas terhadap kejadian hipertensi pada wanita menopause di wilayah kerja Puskesmas Yosomulyo.

Penelitian ini menggunakan pendekatan kuantitatif dengan desain *case control*. Populasi adalah seluruh wanita menopause di wilayah kerja Puskesmas Yosomulyo tahun 2025 sebanyak 460 orang dengan penderita hipertensi sebanyak 244 orang. Berdasarkan perhitungan sampel menggunakan rumus analitik komparatif kategorikal tidak berpasangan yang diperoleh sampel sebanyak 78 responden (39 kelompok kasus dan 39 kelompok kontrol). Variabel independent: usia dan obesitas, variabel dependen: hipertensi pada wanita menopause. Teknik sampling menggunakan *accidental sampling*. Data dikumpulkan menggunakan kuesioner melalui wawancara, pengukuran tekanan darah, dan pengukuran antropometri. Analisis data menggunakan uji *Chi-Square* dan *Odds Ratio*.

Hasil penelitian menunjukkan proporsi dari 78 responden, di peroleh data dari 39 kelompok kasus sebagian besar berada pada kategori usia berisiko yaitu sebesar 79,5%, sedangkan dalam kategori usia tidak berisiko hanya sebesar 20,5%. Sebanyak 46,2% mengalami obesitas, sedangkan 53,8% tidak mengalami obesitas. Hasil Analisis bivariat ada hubungan usia $p\text{-value} = 0,001$ dan OR = 5,570, obesitas $p\text{-value} = 0,008$ dan OR = 3,918.

Simpulan: terdapat hubungan antara usia dan obesitas terhadap kejadian hipertensi pada wanita menopause di Puskesmas Yosomulyo. Saran: bagi tenaga kesehatan untuk meningkatkan edukasi, skrining dini hipertensi serta mempromosikan gaya hidup sehat bagi wanita menopause dan menggerakkan wanita menopause untuk rutin mengikuti skrining PTM di Puskesmas.

Kata Kunci : Usia, Obesitas, Hipertensi pada Wanita Menopause
Daftar Bacaan : 56 (2017–2024)

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THE RELATIONSHIP BETWEEN AGE AND OBESITY WITH THE INCIDENCE
OF HYPERTENSION IN MENOPAUSAL WOMEN AT YOSOMULYO PUBLIC
HEALTH CENTER IN 2025

xvii + 64 pages + 10 tables + 3 figures + 10 appendices

ABSTRACT

The prevalence of hypertension in Indonesia in 2023 based on blood pressure measurements was 30.8%. In Lampung Province, the prevalence was 28.45%, with 73.3% of hypertensive patients receiving healthcare services. In Metro City, the prevalence was 26.41%, with 100% of hypertensive patients receiving care. At Yosomulyo Public Health Center in Metro City, the 2023 prevalence of hypertension was 63.68% among both men and women. Based on presurvey data, there were 460 menopausal women, of whom 182 had hypertension. After further study, the number of cases increased to 244. Hypertension is one of the leading causes of death and disability worldwide. Menopausal women are at higher risk of developing hypertension due to decreased estrogen levels. This study aimed to determine the relationship between age and obesity with the incidence of hypertension in menopausal women at Yosomulyo Public Health Center.

This research employed a quantitative approach with a case-control study design. The population consisted of all menopausal women in the working area of Yosomulyo Public Health Center in 2025, totaling 460 individuals, with 244 diagnosed with hypertension. The sample was calculated using the formula for unpaired categorical analytic comparative studies, yielding 78 respondents (39 in the case group and 39 in the control group). The independent variables were age and obesity, while the dependent variable was hypertension in menopausal women. Accidental sampling was used as the sampling technique. Data were collected through questionnaires via interviews, blood pressure measurements, and anthropometric assessments. Data analysis used the Chi-Square test and Odds Ratio.

The results of the study showed that, out of 78 respondents, the majority of the 39 participants in the case group were in the high-risk age category (79.5%), while only 20.5% were in the low-risk age category. Additionally, 46.2% of respondents were classified as obese, while 53.8% were not obese. Bivariate analysis revealed a significant association between age and the incidence of hypertension ($p\text{-value} = 0.001$; $OR = 5.570$), as well as between obesity and hypertension ($p\text{-value} = 0.008$; $OR = 3.918$).

Conclusion: There is a significant relationship between age and obesity and the incidence of hypertension in menopausal women at Yosomulyo Public Health Center.

Recommendation: Health professionals are encouraged to enhance education, early screening for hypertension, promote a healthy lifestyle among menopausal women, and encourage regular participation in non-communicable disease (NCD) screenings at the health center.

Keywords : Age, Obesity, Hypertension in Menopausal Women
References : 56 (2017–2024)