



OVERVIEW OF CHARACTERISTICS OF HYPERTENSION PATIENTS

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ABSTRACT

Hypertension is called "The Silent Killer", because it often has no symptoms, so sufferers are not aware of their condition before complications arise. According to Riskesdas in 2018 the number of hypertension sufferers in Indonesia was 34.11%. Hypertension can be triggered by several factors, namely age, gender, occupation, BMI, genetics, intake of salty foods and salt, consuming alcohol. Research Objective to determine the characteristics of hypertension sufferers in the working area of the Sumbul Community Health Center, Dairi District in 2024. The type of research is quantitative descriptive research carried out in January - May 2024. The population of this study is 221 people with hypertension, sampling technique used accidental sampling with a total sample of 44 respondents. The way to collect data is by distributing questionnaires. The data is analyzed using bivariate and univariate analysis. Then the data is processed using SPSS. the characteristics of hypertension sufferers are that the majority are aged ≥ 61 years and over, 59.09%, 56.82% are female, the majority of respondents work as farmers, 40.91%, the majority have a fat BMI, 56.82%, the majority do not have a family history of hypertension sufferers as much as 59.09%, the majority consume salty/salt every day as much as 47.73%, the majority did not consume alcohol as much as 59.09%, the majority did not smoke as much as 68.18%, the majority do exercise 3 times a week as much as 43.18%. It is hoped that community health center officers will provide education about hypertension to the community

Keywords: characteristics; hypertension; patients

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INTRODUCTION

Hypertension or high blood pressure is a very dangerous disease, a chronic condition characterized by increased blood pressure on the walls of the arteries. This condition causes the heart to work harder to circulate blood throughout the body through the blood vessels. Hypertension is often asymptomatic, so sufferers are not aware of their condition before complications arise, therefore, hypertension is called "The Silent Killer" Target organ damage due to complications. The symptoms in question are headaches, nosebleeds, migraines or headaches on one side, red face, dizzy eyes, sore neck, and fatigue (Susilo & Wulandari, 2018). Based on the Ministry of Health 2018, hypertension based on measurement results in the population aged >18 years was 32,944%, the highest incidence in West Java (121,153%), while the lowest incidence was in West Papua (2,163%). So from the data obtained age group, hypertension sufferers occur at the age of 18-24 years, nationally, the number of hypertension cases mostly occurs in the age group 65-74 years by 63.2% and age > 75 (69.53%) in 2018 which are spread across various districts. Based on information from the Ministry of Health in 2018, hypertension sufferers in Dairi Regency reached 6.89% of the population in Dairi

Regency. It is known that 47.70% routinely take hypertension medication, 5.78% do not routinely take medication and 6.97% of people who routinely measure blood pressure. The results of Amalia and Sjarqiah's 2020 study on the description of the characteristics of hypertension in elderly patients at the Jakarta Islamic Hospital Sukapura showed that the majority in the young elderly age group, namely 60-69 years as many as 37 people (45.8%), female as many as 45 people (54.9%), the most common type of hypertension is grade 2 hypertension as many as 57 people (68.7%). The cause of hypertension is uncertain in more than 90% of cases. As age increases, the likelihood of a person suffering from hypertension will also increase, triggering factors are being over 65 years old, consuming a lot of salt, being overweight, having a family history of hypertension, consuming too much alcohol (Anies. 2018). Hypertension will become a serious health problem if not controlled. Hypertension can cause dangerous and fatal complications such as stroke, coronary heart disease, and kidney failure, and other complications (Widyanto & Triwibowo, 2021). Risk factors for hypertension sufferers are divided into two, namely modifiable and non-modifiable risks. Modifiable risk factors are obesity, intake of salty and salty foods, smoking, stress, while non-modifiable factors are age, gender, and family history. The aim of this study is to describe the characteristics of hypertensive patients.

METHOD

The type of research used is a descriptive survey. It can also be defined as research conducted to describe or depict a phenomenon that occurs in society. In the field of public health, descriptive surveys are used to depict or photograph health problems and related issues. The population of this study is the total hypertensive patients in the Puskesmas Sumbul work area of a total of 221 people. If the population is greater than 100 people, then it can be taken 10-15% or 20-25% of the population. The data is analyzed using bivariate and univariate analysis.

RESULTS

Table 1.
 Characteristics of Hypertension Sufferers in the Working Region of Puskesmas Sumbul 2024
 Based on Gender Type, Age and Occupation

Age	f	%
31-40	1	2,27
41-50	4	9,09
51-60	13	29,55
>61	26	59,09
Gender		
Man	19	43,18
Woman	25	56,82
Work		
Farmer	18	40,90
Self Employed	9	20,45
ASN	6	13,63
IRT	6	13,63
Other	5	11,36

Based on the table 1, it can be seen that the characteristics of hypertension sufferers in the Sumbul Health Center work area based on age 31-40 years are 2.27%, age 41-50 is 9.09%, age 51-60 years is 29.55%, and age over 61 years is 59.09%. Based on the table above, we can see the characteristics of hypertension sufferers in the Sumbul Health Center work area in

2024 based on gender, male as many as 43.18%, and female as many as 56.82%. Based on the table above, it can be seen that the characteristics of hypertension sufferers in the Sumbul Health Center work area in 2024 based on occupation are farmers as many as 40.91%, Self-employed as many as 20.45%, ASN as many as 13.64%, Housewives as many as 13.64%, and others as many as 11.36%.

Table 2.
Characteristics of Hypertension Sufferers in the Working Region Based on Obesity

Obesity	f	%
IMT less	5	11,36
IMT normal	10	22,73
IMT fat	25	56,82
IMT obesity	4	9,09

Based on the table above, it can be seen that the characteristics of hypertension sufferers in the Sumbul Health Center work area in 2024 with a BMI of less than 11.36%, with a normal BMI of 22.73%, with an overweight BMI of 56.82%, and with an obese BMI of 9.09%.

Table 3.
Distribution of respondents based on family history of hypertension

Hypertension disease in the family	f	%
Yes	18	40,91
No	26	59,09

Based on the table above, it can be seen that the characteristics of hypertension sufferers in the Sumbul Health Center work area in 2024 based on a history of hypertension in the family were 40.91% and those who did not have a history of hypertension in the family were 59.09%.

Tabel 4.
Characteristics of Hypertensive Patients in the Working Region Based on Consumption of Salt Food and Alcohol

Consuming Salty Food	f	%
Every day	21	47,73
2-5 Times	5	11,36
1 Times	18	40,91
Consuming Alcohol		
Do Not Consume	26	59,09
>2 Glass	7	15,91
<2 Glass	11	25,00

Based on the table, it can be seen that the characteristics of hypertension sufferers in the Sumbul Health Center work area in 2024 based on salt consumption are known to consume salt every day as much as 47.73%, consume salty foods 2-5 times a week as much as 11.36%, and consume salt once a week as much as 40.91%. Do not consume alcohol as much as 59.09%, those who have a habit of consuming alcohol ≥ 2 glasses per day as much as 15.91%, and those who have a habit of consuming alcohol <2 glasses per day as much as 25.00%.

Table 5.
Characteristics of Hypertension Sufferers in the Working Region Based on History of Smoking

Smoking History	f	%
Do not smoke	30	68,18
Light Smoker	7	15,91
Moderate Smoker	5	11,36
Heavy Smoker	2	4,55

Based on the table above, the characteristics of hypertension sufferers in the Sumbul Health Center work area in 2024 can be seen based on non-smokers as many as 68.18%, light smokers as many as 15.91%, moderate smokers as many as 11.36%, and heavy smokers as many as 4.55%.

Table 6.
Characteristics of Hypertension Sufferers in the Working Region Based on Sports

Sport	f	%
Never	13	29,55
3x1 a week	19	43,18
Every day	12	27,27

Based on the table above, it can be seen that the characteristics of hypertension sufferers in the Sumbul Health Center work area in 2024 are never as many as 29.55%, 3x1 a week as many as 43.18%, and those who exercise every day as many as 27.27%.

DISCUSSION

According to the research results, it was found that the majority of hypertension sufferers were female, as many as 56.82%. The results of this study are the same as the study by Ningsih, Efendi, & Salim in 2020 regarding the characteristics of hypertension sufferers at the Telaga Dewa Health Center in Bengkulu City, which stated that the majority were female (61.7%). Based on the results of the study, the majority of hypertension sufferers work as farmers, as many as 40.91%. The results of this study are in line with the study by Suciana. F, Kusumaningrum. P, Zukhri. S, Mawardi in 2022 regarding the description of knowledge about a low-salt diet in hypertension sufferers in Batusari Hamlet, which stated that the majority work as farmers, as many as (72.0%) respondents. The results of this study are not in line with the research by Tumanggor. S. D, Aktalina. L, Yusria. Based on the results of the study, the majority of hypertension sufferers have an obese BMI of 56.82%. The results of this study are the same as the study by Amanda. D, Martini. S in 2018 regarding the relationship between characteristics and obesity status with the incidence of hypertension, the majority with an obese BMI (76.7%) respondents.

Based on the results of the study, the majority of hypertensive patients do not have a history of hypertension in the family as much as 59.09%. The results of this study are the same as the study of Mega, JS, Fitriani, V. Y., and Ibrahim, A. in 2015 regarding the characteristics of hypertensive patients and treatment strategies at the Wonorejo Health Center that the majority do not have a history of hypertension in their families (53.33%) respondents. Based on the results of the study, the majority of hypertensive patients consume salt every day as much as 47.73%. This study is in line with the study of Komalasari, V., Shalahudin, I., and Harun, H. in 2020 regarding the description of knowledge, attitudes, and behavior related to diet control in hypertensive patients in Garut that the majority have a habit of consuming salt (58.7%) respondents. Based on the results of the study, the majority of hypertensive patients do not consume alcohol as much as 59.09%. The results of this study are in line with the research of Aminuddin. M, Inkasari. T, Nopriyanto. D. in 2019 regarding the lifestyle description of hypertension sufferers in RT 17, Baqa Village, Samarinda Seberang, that the majority (91%) of respondents did not consume alcohol. Based on the results of the study, the majority of hypertension sufferers do not smoke as much as 68.18%. The results of this study are the same as the study by Baso F., Berek, PA, and Riwoerohi, ED.F. in 2019 regarding the life experiences of hypertension patients at the Atambau Selatan Health Center that the majority do not have a smoking habit (69.1%) of respondents. Based on the results, the majority of hypertension sufferers exercise 3 times a week as much as 43.18% do sports such as walking, cycling, jogging, and swimming for 30 to 45 minutes a day, 3 times a week. The results of

this study are in line with Fikriani's study. R in 2016 regarding factors suspected of being predictors of increased systolic blood pressure in hypertension sufferers, the majority of whom exercise (76.2%) of respondents. The results of this study are not in line with Kurnia's study.

Recent studies show that smoking is one of the risk factors that can be prevented in Indonesia. Smoking can be eliminated, especially in an effort to combat increased hypertension and cardiovascular disease in general. Blood pressure rises as smoking releases neuropinephrine from the adrenergic nerve endings, which is then triggered by nicotine. A person who smokes more than one pack of cigarettes a day becomes twice as susceptible to hypertension as those who do not smoke and who are frequently exposed to cigarette smoke will be more likely to develop hypertensive blood pressure. (Kurniadi & Nurrahmani, 2014). Excessive salt consumption can lead to hypertension. This is due to the fact that salts (NaCl) contain sodium, which has the ability to pull fluids outside the cell so that they are not excreted. As a result, accumulation of fluid in the body occurs. It can raise blood pressure that consuming more than 5 grams of salt or the equivalent of 2000 milligrams per day can cause blood pressure to rise (Sari,2017). If a person suffers from high blood pressure, it is recommended to do light exercises such as walking, cycling, relaxing running, and swimming for 30 to 45 minutes a day, three times a week. This is in line with a previous study conducted by Kuswando 2019 which found that the results of the study showed a link between sports behavior and hypertension.

CONCLUSION

The results of the study showed that the characteristics of hypertension sufferers in the work area of Sumbul Health Center, Sumbul District, Dairi Regency in 2024 with a total of 44 respondents. The majority were aged ≥ 61 years and over as many as 59.09%, female as many as 56.82%, the majority of respondents worked as farmers as many as 40.91%, the majority had an obese BMI as many as 56.82%, the majority did not have a history of hypertension in the family as many as 59.09%, the majority consumed salty / salt every day as many as 47.73%, the majority did not consume alcohol as many as 59.09%, the majority did not smoke as many as 68.18%, the majority exercised 3x1 a week as many as 43.18%.

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