

ABSTRACT

Yusuf, Tria Alviyunita. 2014. Hypertension Risk Factors on Patients at North Limboto Puskesmas. Skripsi. Study Program of S1-Nursing, Faculty of Health and Sports Sciences, Universitas Negeri Gorontalo. The principal supervisor is dr. Zuhriana K. Yusuf, M.Kes, and the co-supervisor is Ns. Vik Salamanja, S.Kep, M.Kes.

Hypertension is the escalation of blood pressure cause symptoms to other organs such as stroke (brain), coronary heart disease (cardiovascular), and left ventricle hypertrophy (heart muscle). This research aimed at investigating risk factor of hypertension in North Limboto Puskesmas.

This is a correlational research using cross sectional approach. The population of this research is the hypertension patients in North Limboto Puskesmas. The sample consists of 54 respondents chosen by accidental sampling. The analysis test is by *Chi-Square*. The test is significant if *P Value* $\leq 0,05$. The result shows that there was a significant influence between age ($p=0.006$), sex ($p=0.000$), family history ($p=0.000$), fat consumption ($p=0.000$), exercise ($p=0.000$), and the hypertension. However, there was no significant relationship between natrium consumption ($p=0.785$) and the hypertension. According to the result, it can be concluded that age, sex, family history, fat consumption, and exercise are the risk factors of hypertension. Therefore, it is suggested to maintain a healthy life and dietary to avoid hypertension and other complications caused by hypertension.

Keywords: Hypertension

