

THE RELATIONSHIP BETWEEN SMOKING AND HYPERTENSION ON ELDERLY IN SUB-DISTRICT KASIHAN BANTUL YOGYAKARTA

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ABSTRACT

Background. Smoking is an important health problem in Indonesia, especially on elderly that often consumes smoking because it will result in various diseases including lung cancer, the upper part, cancer of the respiratory tract, heart disease, stroke and various other diseases even will cause death. There are toxins in cigarettes are nicotine and carbon monoxide which can cause constriction of blood vessels that give heavier work the heart and blood pressure increased and hypertension.

Objective. To identify relationship between smoking and hypertension on elderly in sub-district Kasihan Bantul Yogyakarta.

Method. This research is an observational analytic study with a cross sectional design. The samples were 100 people the elderly that living in sub-district Kasihan Bantul Yogyakarta. Research samples were taken with proportional stratified random sampling techniques. Data taken using a questionnaire and data analysis calculated using by chi-square test.

Result. There is relationship between smoking and hypertension on elderly, who smoke heavy with the hypertension incident as many as 35 people (77.8%), and elderly who smoke heavy with that is not hypertension as many as 10 people (22.2%). Smoking was with hypertension incident as many as 14 people (54.8%) and smoked being with no hypertension as many as 12 people (46.2%). Lightly smoked with hypertension incident about 10 people (34.5%) and lightly smoked with no hypertension 19 people (65.5%).

Conclusion. There is a relationship between smoking and hypertension incidence in elderly in sub-district Kasihan Bantul Yogyakarta, namely who smoke heavy with hypertension incident about 35 people (77.8%), smoking was with hypertension incident about 14 people (53.8%) and lightly smoking scene with hypertension as many as 10 people (34.5%). Based on statistics using by chi-square test obtained the value of significant 0,001 with first mistake 0.05 which means the value of p smaller than the first mistake, then H_a accepted and H_0 rejected which means there is relationship between smoking and hypertension on elderly in sub-district Kasihan Bantul Yogyakarta.

Keywords. The elderly, smoking, hypertension.

HUBUNGAN MEROKOK DAN HIPERTENSI PADA LANSIA DI KECAMATAN KASIHAN BANTUL YOGYAKARTA

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INTISARI

Latar Belakang:Merokok merupakan masalah kesehatan penting di Indonesia terutama pada lansia yang sering mengonsumsi rokok karena akan mengakibatkan berbagai penyakit diantaranya kanker paru, kanker saluran pernafasan bagian atas, penyakit jantung, stroke dan berbagai penyakit lainnya bahkan akan menyebabkan kematian. Dalam Rokok terdapat racun diantaranya nikotin dan karbon monoksida yang dapat menyebabkan penyempitan pembuluh darah yang memperberat kerja jantung sehingga tekanan darah meningkat dan terjadilah hipertensi.

Tujuan:Mengetahui hubungan merokok dan hipertensi pada lansia di Kecamatan Kasihan Bantul.

Metode penelitian:Penelitian ini bersifat analitik observasional dengan desain *cross sectional*. jumlah sampel yaitu 100 orang lansia yang tinggal di Kecamatan Kasihan Bantul Yogyakarta. Selanjutnya pengambilan sampel dilakukan dengan teknik *Proportional Stratified Random Sampling*. Instrumen penelitian yang digunakan adalah kuesioner. Pengolahan dan analisis data menggunakan *chi square*.

Hasil :Ada hubungan antara merokok dan hipertensi pada lansia, yang merokok berat dengan kejadian hipertensi sebanyak 35 orang (77.8%) dan lansia yang merokok berat dengan yang tidak hipertensi sebanyak 10 orang (22.2%). merokok sedang dengan kejadian hipertensi sebanyak 14 orang (54.8%) dan merokok sedang dengan yang tidak hipertensi sebanyak 12 orang (46.2%). merokok ringan dengan kejadian hipertensi sebanyak 10 orang (34.5%) dan merokok ringan dengan yang tidak hipertensi sebanyak 19 orang (65.5%).

Kesimpulan : Terdapat hubungan antara Merokok dengan kejadian Hipertensi pada lansia di Kecamatan Kasihan Bantul Yogyakarta, yakni yang merokok berat dengan kejadian hipertensi sebanyak 35 orang (77.8%) merokok sedang dengan kejadian hipertensi 14 orang (53,8%) dan merokok ringan dengan kejadian hipertensi sebanyak 10 orang (34,5%). Berdasarkan uji statistik menggunakan chi square diperoleh nilai signifikan 0,001 dengan taraf kesalahan 0,05 yang berarti nilai p lebih kecil dari pada taraf kesalahan, maka H_0 diterima dan H_a ditolak yang artinya ada hubungan antara merokok dan hipertensi pada lansia di Kecamatan Kasihan Bantul Yogyakarta

Kata kunci: Lansia, hipertensi, merokok