

RISK FACTORS OF HYPERTENSION IN STUDENTS

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Hypertension is one of the public health problems around the world and the most common risk factor for cardiovascular disease. To reduce the prevalence of hypertension and prevent complications of hypertension in the community, it is necessary to prevent and control hypertension by reducing risk factors. This study aims to determine what factors influence hypertension in students at the Sultan Agung Islamic University Semarang.

Descriptive research design with cross sectional approach. The sample was taken by consecutive sampling technique which was 76 students. This research was conducted on the students of Sultan Agung Semarang University in September 2018 which met the inclusion criteria.

Chi Square test results of risk factors for family history were $p = 0.041$ with $OR = 4.1$ and risk factors for obesity were $p = 0.049$ with $OR = 1.5$.

From these results it can be concluded that there is a relationship of hypertension with risk factors for family history, obesity and fat consumption. Students with a family history of hypertension are at risk of developing hypertension 4.1 times ($p = 0.041$). Students with obesity are at risk of developing hypertension 1.5 times ($p = 0.049$).

Keywords: characteristics, students, hypertension