

Prevalens dan faktor yang memengaruhi hipertensi pada remaja Siswa Sekolah Menengah Pertama di Jakarta Pusat = Prevalence and contributing factors of hypertension in adolescents in Junior High School in Central Jakarta

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Abstrak

Latar Belakang: Hipertensi merupakan salah satu faktor risiko kejadian penyakit kardiovaskular. Hipertensi pada remaja dapat terus berlanjut pada usia dewasa dan menyebabkan morbiditas dan mortalitas yang lebih tinggi. Faktor risiko hipertensi pada remaja multifaktorial.

Tujuan: Mengetahui prevalens dan faktor yang memengaruhi kejadian hipertensi pada remaja siswa Sekolah Menengah Pertama (SMP) di Jakarta Pusat.

Metode: Studi potong lintang pada 313 anak usia 12-18 tahun siswa SMP. Data riwayat hipertensi dalam keluarga, ras/suku, berat lahir, aktifitas fisis, merokok dan konsumsi alkohol diperoleh dari kuesioner. Pada subjek penelitian juga dilakukan pemeriksaan berat badan, tinggi badan dan tekanan darah. Kriteria hipertensi berdasarkan The Fourth Report of National High Blood Pressure Education Programme Working Group on High Blood Pressure in Children and Adolescent.

Hasil: Di antara 313 remaja dengan rerata usia $13,97 \pm 1,02$ tahun, prevalens hipertensi adalah sebesar 9,6%. Pada analisis bivariat didapatkan hubungan yang bermakna antara riwayat hipertensi dalam keluarga (ayah hipertensi; $p = 0,012$, IK 95% = 1,20-6,02) dan berat badan lebih/obesitas ($p < 0,001$; IK 95% = 2,99-14,42) dengan hipertensi. Hasil analisis multivariat menunjukkan bahwa berat badan lebih/obesitas mempunyai risiko enam kali mengalami hipertensi dibandingkan remaja dengan berat badan normal. (OR = 6,5; IK 95% = 2,99-14,43). Tidak terdapat hubungan bermakna antara jenis kelamin, berat lahir rendah, ras/suku, aktivitas fisis, dan merokok dengan hipertensi.

Simpulan: Prevalens hipertensi pada remaja dalam penelitian ini cukup tinggi. Terdapat hubungan yang bermakna antara riwayat hipertensi dalam keluarga dan berat badan lebih/obesitas dengan hipertensi. Pencegahan berat badan lebih atau obesitas diharapkan dapat menurunkan prevalens hipertensi pada remaja.

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Background: Hypertension in adolescent has been often associated with other cardiovascular risk factors. Contributing factors of hypertension in adolescent are multifactorial.

Objectives: To determine the prevalence of hypertension in Junior High School adolescents in Central Jakarta and its potentially associated factors, such as gender, family history of hypertension, race/ethnic, low birth weight, overweight/obesity, physical activity, smoking, and alcohol consumption.

Methods: A cross sectional study involved 313 children aged 12-18 years, where were randomly selected from Junior High Schools in Central Jakarta, during March ? May 2014. Information about family history, race/ethnic, birth weight, physical activity levels, smoking and consumption of alcohol was gathered by questionnaire. Body weigth, heigth and blood pressure were measured. Hypertension was defined according to The Fourth Report of National High Blood Pressure Education Programme Working Group on High Blood Pressure in Children and Adolescent.

Results: The study included 313 adolescents with mean age 13.97 ± 1.02 years. Prevalence of hypertension

was 9.6%. Bivariate analysis showed that family history of hypertension (parental hypertension; $p = 0.012$; CI 95% = 1.20-6.02) and overweight/obesity ($p < 0.001$; CI 95% = 2.99-14.42) were significantly associated with hypertension. The multivariate analysis indicated that overweight/obese adolescents displayed six times more chance of having hypertension than adolescents with light/normal weight (OR = 6.5; CI 95% = 2.99-14.43). Gender, low birth weight, race/ethnic, physical activity, and smoking were not significantly associated with hypertension.

Conclusions: The prevalence of hypertension in the sample studied was high. Overweight/obesity and family history of hypertension were significantly associated with hypertension. The prevention of overweight and obesity can decrease the prevalence of hypertension.