

# Hubungan Konsumsi Jamu Ber kandungan Kortikosteroid Dengan Hipertensi Sistolik Pada Penduduk Usia 45 Tahun Di Area Kerja Puskesmas Cigudeg Tahun 2023 = Relationship Consumption Of Herbs With Corticosteroid Toward The Incidence Of Systolic Hypertension In Population Age 45 Years In The Working Area Of The Puskesmas Cigudeg In 2023

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## Abstrak

Kortikosteroid adalah salah satu obat yang berpengaruh terhadap tekanan darah. Sementara di populasi umum masih terdapat jamu yang banyak mengandung bahan kimia obat (prednisone, dexametason, fenilbutazon) yang diyakini berpengaruh terhadap tekanan darah. Tujuan Penelitian ini adalah untuk mengetahui hubungan konsumsi jamu ber kandungan kortikosteroid dengan hipertensi sistolik pada penduduk usia 45 tahun di Area kerja Puskesmas Cigudeg. Metode penelitian menggunakan desain observasional dan rancang studi cross sectional. Penelitian ini menggunakan data primer yang didapatkan dengan teknik wawancara dan pengukuran serta data sekunder yang didapatkan dari data PIS-PK Puskesmas Cigudeg. Penelitian dilakukan pada Januari-Maret 2023 di Area kerja Puskesmas Cigudeg, Kabupaten Bogor. Teknik pengambilan sampel adalah simple random sampling, didapatkan 145 responden. Hasil penelitian menunjukkan prevalensi hipertensi penduduk 45 tahun sebesar 44,8%, angka konsumsi jamu penduduk 45 tahun sebesar 37,2%, angka konsumsi kopi sebesar 45,5%, angka merokok 46,2%, dan 16,6% memiliki riwayat penyakit kronis. Konsumsi jamu yang mengandung kortikosteroid berdampak terhadap kejadian hipertensi pada penduduk 45 tahun.

.....Corticosteroids are one of the drugs that affect blood pressure. While in the general population there are still herbs that contain lots of medicinal chemicals (prednisone, dexamethasone, phenylbutazone) which are believed to have an effect on blood pressure. The purpose of this study was to determine the relationship between the consumption of herbal medicine and the content of corticosteroids on the incidence of systolic hypertension in the aged population 45 years in the working area of the Cigudeg Health Center. The research method uses an observational design and a cross-sectional study design. This study used primary data obtained by interview and measurement techniques as well as secondary data obtained from the PIS-PK data at the Puskesmas Cigudeg. The research was conducted from January to March 2023 in the working area of the Puskesmas Cigudeg, Bogor Regency. The sampling technique is simple random sampling, obtained 145 respondents. The results showed the prevalence of hypertension in the population 45 years is 44.8%, the population's consumption of herbs 45 years old was 37.2%, coffee consumption was 45.5%, smoking was 46.2%, and 16.6% had a history of chronic disease. Consumption of herbal medicine containing corticosteroids has an impact on the incidence of hypertension in the population 45 years.