

Lifestyle analysis to incident hypertension in the work area health center Lallowaru Subdistrict North Moramo

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Abstract

Background: Hypertension is a condition the occurrence improvement pressure blood that gives symptom continues to a target organ of the body so that arise damage more heavy such as stroke (occurs in the brain and results in high mortality).

Methods: Type research used is analytical in nature observational use design study *Cross Sectional* with *Chi-square* For analysis bivariate and regression test logistics for analysis multivariate. Population from study this is all over patient hypertension in the workplace health center the last one with technique taking sample use *random samplings* the sample totaled 212 people. Write capital letters after other than the dot write italic

Results: Research results show that smoking, activity physical, pattern eating, salt consumption and examination health influential in a way significant to incident hypertension whereas consumption alcohol No influential to incident hypertension in coastal and rural areas health center the last one subdistrict Moramo north. Delete activity physical and pattern eating

Conclusion: Variables salt consumption is the most influential variables in coastal areas to incident hypertension with OR value = 8.553. And the variable inspection health is the most influential variables in rural areas to incident hypertension with OR value = 11.062

Keywords: Hypertension; Consumption Salt; Smoking; Examination health

1. Introduction

Pressure blood tall or hypertension is a condition Where somebody experience improvement pressure blood above normal [1]. Hypertension is also a common diseases happen along with improvement age Where can cause death of someone who suffers hypertension [2]. Hypertension considered as *the silent killer* that makes the sufferer No realize the condition Alone before existence inspection to service health [3]. Hypertension is one of the the most common disease suffered at the age of productive, the cause diverse, one of reason main disease No infectious including hypertension is pattern alive [4]. Write capital letters after other than the dot write italic, please fix it

Based on data from WHO (2023), It is estimated that in the world there are case hypertension in adults reached 1.28 billion with age 30-79 years. WHO also mentioned that there is as many as 42 % of adults have diagnosed hypertension and already treated. Whereas for adults with hypertension controlled reached 21%. The global target for 2010 to 2030, namely control hypertension up to 33% with method reduce incident hypertension in the world. [3]

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Health Center Lalowaru is one of center health public of the 23 health centers in Konawe south. Profile data health center the last one show that in 2021 there were 422 cases. In 2022 there were 428 cases. Then in 2023 it increased to 451 cases. Based on data on profile health center the make hypertension is one of the disease that is in 10 magnitudes diseases that need to be watched out for.

Health Center Lalowaru located in the Regency South Konawe, which is located in the sub-district Lalowaru Subdistrict North Moramo. Distance from Mother city regency more less than 82 km and from Mother city province more less than 23 km. If reviewed from location, work area boundaries Health Center Lalowaru Adjacent north, bordering with Kendari City, Next to south, bordering with subdistrict moramo, Next door east, bordering with sea banda, west, bordering with Konda sub-district. Work Area, Village / Sub-district Status and Population Density Population Area of work area Health Center Lalowaru North Moramo District is ± 189.05 Km² (BPS, 2017). The area of this area covering area state forests. Number village / sub-district entirely in the work area Health Center Lalowaru that is consists of from 9 (nine) villages that is Fasting, village Cape Oysters, village Wawatu, village Sanggula, village Mekar Jaya, Lamokula, Mata Lamokula village and the village Lombok and 1 (One) Sub-district that is Ward Lalowaru as Mother city subdistrict with density resident which is 42 million people /km². Capital letter writing

Vision health center Lalowaru, Making Health Center Lalowaru as a Quality, Equitable, Independent and Affordable Paripuma Basic Health Service Center and Making center Development and development with a Public Health perspective in effort realize Subdistrict North Moramo is Healthy. While Mission Health Center Lalowaru Do planning more directed in carry out service health which includes promotive, preventive, curative and rehabilitative. Carrying out proactive service and provisioncomprehensive and more services quality for the community. Capital letter writing

2. Methods

Research design This is observational analytic with design cross sectional research using chi square test and regression logistics. Population from study This is all over patient hypertension in the environment Work health center lalowaru totaling 451 people. Sample in study This totaling 212 people with retrieval techniques sample namely simple random sampling. Capital letter writing

3. Results

3.1. Analysis Influence salt consumption, smoking and examination health to incident hypertension

Table 1 Analysis influence salt consumption, smoking, examination health to incident hypertension In coastal areas

Variables	Degrees Hypertension				Total		p-value
	Degree 1		Degree 2				
	n	%	n	%	N	%	
Salt consumption							0.010
Enough	31	81.5	7	18.5	38	100	
Excessive	37	54.4	31	45.5	68	100	
Total	68	64.1	38	35.9	106	100	
Smoke							0.029
Smoke	32	54.3	27	45.7	59	100	
No Smoke	36	76.6	11	23.4	47	100	
Total	68	64.2	38	35.8	106	100	
Medical examination							0.018
Routine	25	83.3	5	16.7	30	100	
No Routine	43	58.5	33	43.5	76	100	
Total	68	64.1	38	35.9	106	100	

Source: Primary December, 2024

Table 2 Analysis Influence salt consumption, smoking, examination health to incident hypertension In rural areas

Variables	Degrees Hypertension				Total		p-value
	Degree 1		Degree 2				
	n	%	n	%	N	%	
Salt consumption							0.047
Enough	31	81.5	4	22.3	18	100	
Excessive	37	54.4	42	47.7	88	100	
Total	68	64.1	46	43.4	106	100	
Smoke							0.049
Smoke	31	48.4	33	51.6	64	100	
No Smoke	29	69.0	13	31.0	42	100	
Total	60	56.6	46	43.4	106	100	
Medical examination							0.035
Routine	10	90.9	1	9.1	11	100	
No Routine	50	52.6	45	47.4	95	100	
Total	60	56.6	46	43.4	106	100	

Source: Primary December, 2024

3.2. Analysis Results Multivariate

Table 3 Analysis Results Multivariate Coastal Area

No	Variables	Wald	Sig.	Exp (B)
1	Salt Consumption	13,080	0.001	8,553
2	Smoke	8.302	0.004	5.015
3	Medical examination	12,963	0,000	.622

Source: Primary December, 2024

Table 4 Analysis Results Rural Area Multivariate

No	Variables	Wald	Sig.	Exp (B)
1	Salt Consumption	5,077	0.024	.311
2	Smoke	6,337	0.012	6.123
3	Medical examination	7,472	0.006	11,062

Source: Primary December, 2024

4. Discussion

Consumption of salt or the amount sodium content in food consumed by the community is one of reason hypertension. Sodium absorbed to in vessels blood that comes from from high salt consumption result in existence water retention, so that blood volume increased [5]. The effect of sodium on hypertension happen through increased plasma volume, volume heart, and pressure blood. Condition This will followed by an increase excretion excess salt so that back to the state normal hemodynamics, in patients hypertension mechanism This disturbed. Excessive sodium consumption cause sodium composition in fluid extracellular increased [6]. Based on the regression test logistics obtained p-value on variable salt consumption on the coast = $0.001 < 0.05$ while in rural areas = $0.047 < 0.05$, so that salt consumption has an effect to incident hypertension in coastal and rural areas health center lalowaru. Salt consumption is also a the most

dominant variable influence incident hypertension in coastal areas with The exp(B) value is 8,553. This is caused by habit consume more salt from recommended limit (5 grams/1 tsp), such as cooking fish or vegetable depends deep water conditions cuisine Where the more a lot of water volume then the more Pour lots of salt in cooking. Habits Eat foods that are salted and also contain coconut milk become factor trigger the occurrence hypertension in the region.

Smoke is a bad habits health. Habits This sometimes difficult stopped Because existence effect dependence caused by nicotine [7]. Smoke is one of behavior that is generally happened at the time teenagers and adults, things This in accordance with stage its marked development with increased frequency and intensity smoking, and finally result in dependence nicotine. Nicotine can cause addictive, both in smokers active or on smoking passive [8]. People with habit smoke own risk attacked hypertension compared to people who don't smoking, thing This show that habit smoke is one of reason the occurrence disease hypertension [9]. Based on the regression test logistics obtained p-value on variable smoking on the coast = $0.029 < 0.05$ while in rural areas = $0.049 < 0.05$, so that smoke influential to incident hypertension in coastal and rural areas health center lalowaru. This is caused by the average respondent smoke more from 20 sticks cigarette per day so that smoke become influencing factors to incident hypertension. Capital letter writing

Inspection health routine For hypertension is very important For detect early and manage condition This. Because of routine work every day, society often ignored health and not do check-up at the center health society. In fact, the disease generative can detected in a way early along with increase age society. One of the a disease that often occurs happen is hypertension, which can measured with tool special. Disease This can cause disability permanent, death sudden and fatal. Therefore that, effort prevention and control hypertension need done with increase awareness society and change pattern life become more healthy [10]. Based on regression test results logistics obtained p-value of variable inspection health on the coast = $0.018 < 0.05$ while in rural areas = $0.035 < 0.05$, so that inspection health influential to incident hypertension in coastal and rural areas health center lalowaru. Inspection health is the most dominant variable that influences incident hypertension in rural areas with exp(B) value is 11,062. This is due to lack of awareness Respondent do inspection health routine in service health so that Respondent No realize that pressure blood they No in normal limits, namely hypertension. Capital letter writing

5. Conclusion

There is influence salt consumption, smoking and examination health to incident hypertension in coastal and rural areas health center lalowaru. Variables salt consumption is the most dominant variable in coastal areas whereas variable inspection health is variable dominant in rural areas

Suggestion

Party health center specifically power promotion health conduct educational programs based on counseling to public Good in a way direct and through social media such as facebook or tiktok about factor risk hypertension among them excessive salt consumption, smoking and medical examination health that is not routine

Compliance with ethical standards

Disclosure of conflict of interest

No conflict of interest to be disclosed.

Statement of informed consent

Informed consent was obtained from all individual participants included in the study.

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