

ABSTRACT

Hypertension is the one of non-communicable diseases that interferes blood circulation system and quite disturbing the public's health. Globally, hypertension is estimated to causes 7,5 million deaths, about 12,8% of all deaths. Hypertension was at the second place of 10 most diseases in Surabaya at 2013, is equal to 13,6%. The purpose of this study is to analyze the correlation between exercise habit and Body Mass Index (BMI) with hypertension incidence beyond 45 years old in Puskesmas Kedurus Surabaya at 2015.

This research was observasional analytic study and used cross sectional design. It was conducted to 97 samples whom were selected by systematic random sampling. Interview and measurement of weight and height were done to get information about the variables in this study. The dependent variable in this study was hypertension. The independent variable were the status of exercise, frequency of exercise, duration of exercise and Body Mass Index (BMI). Data were analyzed by chi-square test.

The incidence of hypertension mostly suffered by respondents age 45 to 59 years old was equal to 52,8%, female (80,6%) and educational level was senior high school (26,4%). The crosstabulation with chi-square test showed that there was a significant correlation between status of exercise with hypertension incidence ($p=0,001$). Beside that, insignificant correlations are shown between frequency of exercise ($p=0,068$), duration of exercise ($p= 0,710$) and BMI ($p=0,493$) with hypertension beyond 45 years old.

From all variables which were studied, only status of exercise that had a significant correlation with hypertension incidence beyond 45 years old. Therefore, it is recommended especially for people beyond 45 years old to do regular blood pressure check and exercise to reduce the risk of hypertension.

Keywords : exercise habit, body mass index, hypertension, beyond 45 years old.