

**ABSTRACT****THE ANALYSIS OF RISK FACTORS WHICH CORRELATE WITH  
HYPERTENSION OCCURRENCE ON ELDERLY AT PUSKESMAS  
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Hypertension still become major health problem on elderly at Indonesia. Hypertension can lead to stroke, heart attack, heart failure, and chronic renal failure. Hypertension arises due to the interaction of various risk factors. The aim of this research was to analyze factors which correlate with hypertension on elderly.

Design used was correlational with cross-sectional approach. Population were alderly at Psuskesmas Mulyorejo to 44 respondents, taken by purposive sampling technique. The independent variables studied in this research is a factor of stress, diet, and physical activity. The dependent variables was the incidence of hypertension. Data were collected by using structured interview and physical examination in the form of blood pressure measurement. Analysis using Spearman's Rho correlation test with significance level  $\alpha < 0,05$ .

The results showed that there were correlation between stres ( $p=0,000$  ;  $r=0,543$ ), dietary patten ( $p=0,000$ ;  $r=0,614$ ), and physical activity ( $p=0,000$ ;  $r=0,587$ ) with hypertension on elderly.

It can be concluded that stress, dietary factors and physical activity has been correlated with hypertension in the elderly. So that, nurses should provide health education related to hypertension in the elderly. Particularly in the handling of stress as always positive minded, listen to music, walks, etc.

**Keywords:** *stress, diet, physical activity, hypertension, elderly.*