ABSTRACT

Hypertension is a disease that most commonly found in health-check on pilgrims in Surabaya embarkation. Pilgrims with hypertension had a higher risk for health problems ranging from mild to severe level in the form of target organ damage such as brain, heart and kidneys that can cause death. This research was an analytic observational study using case control design. The sample size in this study consisted of a sample of cases as many as 32 people and a control sample as many as 32 people so overall sample as many as 64 people. The sampling technique used in this study was simple random sampling. Data were analyzed using descriptive and inferential analysis, in which the inferential analysis used simple logistic regression and multiple logistic regression. The results of this study indicated that there were six variables as candidates for continued multiple logistic regression analysis; age (p value = 0.081), occupation (p value = 0.232), diabetes mellitus (p value = 0.004), cardiovascular (p value = 0.175), hypercholesterolemia (p value = 0.129) and smoking behavior (p value = 0.148). This index is expected to be considered and utilized as a measuring tool in helping health workers, especially the entire team of pilgrims-medical practitioner in undertaking screening on candidate pilgrims with hypertension who are at high risk for hospitalization during a pilgrimage in Saudi Arabia.

Keywords: Index, hospitalizations, hypertension, pilgrims, diabetes mellitus