ABSTRACT

RELATED TO FACTOR ANALYSIS HYPERTENSION AT MIDDLE AGE IN CLASSIC BICYCLE COMMUNITY VILLAGE ROOMO MANYAR GRESIK REGENCY

Research Descriptive Correlational

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Hypertension is ranked fourth as the biggest risk factor to cardiovascular disease. Causative Factors did not change of blood pressure regulation at classic bicycle community in the Roomo Manyar Gresik Regency still needed explanation. Intention of this research was to analyze risk factor such as physical activity, cigarette, salt, saturated fat consumption, obesity, and stress with hypertension in this community. This research used a correlational descriptive method. The sample of this study consisted of 21 respondents, involved using total sampling technique. The data were collected using questionnaire and direct measurement and were analyzed using chi square test with significance $a \leq 0.05$. Chi square indicated that there was relation/link between physical activity duration ($p=0.11$) and frequency ($p=0.31$), salt consumption ($p=0.11$), saturated fat consumption ($p=0.15$), and obesity ($p=0.15$). Cigarette variable ($p=1.00$) and stress ($p=0.65$) were not releated with hypertension. This result of this study concluded that there was no correlation between smoking habit and stress. This case was related to exercise in common which could reduce level of stress. Smoking habit could be related to the environment. Respondents would be influenced to smoke if people around them did, but the influence of the environment in this study was not researched.

Keyword: Hypertension, Middle age, Cycling activity.