

**PENGARUH MODIFIKASI GAYA HIDUP TERHADAP
PENURUNAN TEKANAN DARAH PENDERITA
PRE-HIPERTENSI YANG BEKERJA SEBAGAI
KARYAWAN PABRIK**

Irma Yuliani, 2010

Pembimbing : (I) Doddy de Queljoe, (II) Franciscus Cahyo Kristianto

ABSTRAK

Hipertensi merupakan penyakit kronis yang dikenal sebagai “*silent killer*” karena seringkali tidak memiliki tanda-tanda klinis sampai munculnya komplikasi. Prevalensi hipertensi di Indonesia cukup tinggi yakni mencapai 20%, dan komplikasi yang dihasilkan merupakan penyebab kematian terbesar di Indonesia. Sebelum menderita hipertensi seseorang akan masuk ke tahap pre-hipertensi. Terapi yang dianjurkan untuk penderita pre-hipertensi adalah dengan memodifikasi gaya hidup. Telah dilakukan penelitian untuk melihat pengaruh modifikasi gaya hidup terhadap penurunan tekanan darah penderita pre-hipertensi dengan metode prospektif dimana peneliti mengunjungi dan memantau kondisi subyek penelitian setiap minggunya. Dari pengamatan selama 8 minggu didapatkan hasil berupa tekanan darah dan data pola hidup. Analisis data menggunakan metode *paired t-test* dengan program Microsoft excel 2007 menunjukkan hasil penurunan tekanan darah yang signifikan. Jadi, dapat disimpulkan bahwa modifikasi gaya hidup berpengaruh terhadap penurunan tekanan darah penderita pre-hipertensi.

Kata kunci: pre-hipertensi, modifikasi gaya hidup, tekanan darah, karyawan,

**THE INFLUENCE OF LIFESTYLES MODIFICATION ON BLOOD
PRESSURE REDUCTION INPRE-HYPERTENSION PATIENTS
WHICH WORK AS EMPLOYEE OF A FACTORY**

Irma Yuliani, 2010

Supervisors : (I) Doddy de Queljoe, (II) Franciscus Cahyo Kristianto

ABSTRACT

Hypertension is a chronic disease known as the "silent killer" because it often has no clinical signs until its complications occur. Hypertension prevalence in Indonesia is quite high which reached up to 20% of population, and the impact from its complications are the largest cause of death in Indonesia. Before someone suffering from hypertension usually they undergo pre-hypertension stage. The recommended therapy for pre-hypertension people are to modify their lifestyles. The objective of this study is to see the influence of lifestyles modification on the blood pressure reduction in pre-hypertension people. This study was conducted using prospective study design. To obtain the information of blood pressure and lifestyles changes within 8 weeks, the researcher visited, measured and monitored the conditions of the subjects every week. Data obtained then were analysed statistically by using paired t-test, with Microsoft excel 2007. The results showed that the blood pressure of the subjects reduce significantly after they modify their lifestyles. As a conclusion, lifestyles modifications have influenced the reduction of blood pressure of the pre-hypertension people.

Keywords: pre-hypertension, lifestyles modification, blood pressure, employee.