

***Analysis of Primary Hypertension (I10) Risk Factors in Outpatients at  
Kendalkerep Health Center Malang  
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**ABSTRACT**

*Hypertension is a condition in which a person's blood pressure reaches or exceeds 140/90 mmHg. Based on a preliminary study at Kendalkerep Health Center in Malang, primary hypertension ranked highest among the ten major diseases from 2021 to 2023. The purpose of this study was to analyze risk factors associated with primary hypertension including age, gender, family history, obesity, smoking habits, alcohol consumption, and lack of physical activity. The research method employed was observational analytics with a case-control approach. Data were collected through questionnaires and medical record observations. The study sample consisted of 53 cases and 53 controls, selected using an accidental sampling technique. Data were analyzed univariately and bivariately using the chi-square test. The results showed that factors associated with the incidence of primary hypertension included age  $\geq 46$  years ( $p$ -value = 0.000, OR = 9.465), a history of obesity ( $p$ -value = 0.019, OR = 2.740), a history of smoking ( $p$ -value = 0.005, OR = 3, 548) and lack of physical activity ( $p$ -value = 0.032, OR = 2.522). In contrast, unrelated factors were gender ( $p$ -value = 0.241), family history ( $p$ -value = 0.557), and alcohol consumption habits ( $p$ -value = 1.000). It was concluded that age  $\geq 46$  years, having a history of obesity, having a history of smoking and lack of physical activity were associated with the incidence of primary hypertension. Suggestions to the health center are to carry out health promotion by providing counseling to patients regarding primary hypertension triggers, namely age  $\geq 46$  years, a history of obesity, smoking habits, and low physical activity. As well as encouraging people to lead a healthy lifestyle such as eating foods with balanced nutrition and avoiding salty and fatty foods, quitting smoking, not consuming alcohol, and actively doing physical activity to reduce the risk of developing primary hypertension.*

**Keywords :** Risk Factors, Primary Hypertension, Lifestyle