

ABSTRACT

Hypertension is one of the non-communicable diseases that remains a major public health problem in Indonesia, including among the productive-age population. The increasing number of hypertension cases in the working area of Sumbersari Public Health Center in 2024, which recorded 5,907 cases, indicates the need to analyze contributing risk factors, particularly lifestyle factors and stress levels. This study aimed to analyze the relationship between lifestyle factors and stress levels with the incidence of hypertension among the productive-age population at Sumbersari Public Health Center. This study employed a quantitative design with a cross-sectional approach. The sample consisted of 63 respondents selected using consecutive sampling technique. Data were analyzed using simple logistic regression and multiple logistic regression. The results of the multivariate analysis showed that dietary patterns (AOR = 6.693; 95% CI = 1.406–31.867; $p = 0.017$), smoking habits (AOR = 8.530; 95% CI = 1.492–48.748; $p = 0.016$), and sleep quality (AOR = 10.323; 95% CI = 1.669–63.849; $p = 0.012$) remained significantly associated with hypertension after controlling for other variables. Physical activity (AOR = 3.022; 95% CI = 0.747–12.218; $p = 0.121$) and stress levels (AOR = 1.453; 95% CI = 0.272–7.768; $p = 0.662$) were not significantly associated with hypertension ($p > 0.05$). In conclusion, the incidence of hypertension among the productive-age population in the working area of Sumbersari Public Health Center is more strongly influenced by lifestyle factors, particularly dietary patterns, smoking habits, and sleep quality. Therefore, it is recommended that Sumbersari Public Health Center strengthen education on healthy dietary practices, smoking cessation, and sleep quality in hypertension services for the productive-age population. Future researchers are advised to use larger sample sizes and standardized instruments to obtain more robust and accurate findings.

Keywords: *hypertension, lifestyle, stress, productive age*