

**FACTOR RELATED THE QUALITY OF LIFE OF LIFE
HYPERTENSION PATIENSION AT THE UMBAI BUKIT HEALTH
CENTER, PEKANBARU CITY**

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Abstract

The increasing cases of hypertension in various countries including Indonesia. bring various impacts on the quality of life of sufferers, Quality of life in hypertension sufferers tends to be poor due to blood pressure which causes various complications for sufferers in his research also explained that patients who experience poor quality of life in hypertension sufferers tend to have poor blood pressure control which increases the risk of cardiovascular complications, Low quality of life conditions in hypertension patients can usually be seen from several aspects. According to the World Health Organization (WHO) the prevalence of hypertension will continue to increase and it is predicted that in 2025 as many as 29% of adults worldwide suffer from hypertension in the world reaching around 1.13 billion individuals, taken from hypertension prevalence data World Health Organization (WHO), meaning that 1 in 3 adults in the world are diagnosed with hypertension is estimated. Will continue to increase to reach 1.5 billion individuals, with deaths reaching 9.4 million individuals, in the Asian region this disease has killed 1.5 million people each year According to Secondary Data from the Pekanbaru City Health Office in 2022, Rumbai Barat Data in 2022 was found to be 565. This study was conducted at the Rumbai Bukit Health Center This study is a quantitative study with an approach using a Cross Sectional design, the sample required was 83 respondents, the research instrument used was Quality of life measured using the WHOQOL-BREF scale, lifestyle questionnaires, and self-efficacy questionnaires, the results of the study using the chi-square statistical test obtained a p value of 0.465 0.05 which means Ho is accepted, there is no relationship between quality of life and self-efficacy at the Rumbai Bukit Health Center

Kkeywords: Hypertension, quality of life, lifestyle, self-efficacy

INTRODUCTION

According to the World Health Organization (WHO), the prevalence of hypertension will continue to increase, with a predicted increase of 29% of adults worldwide by 2025 (Linggariyana et al., 2023). Globally, hypertension affects approximately 1.13 billion individuals, according to World Health Organization (WHO) hypertension prevalence data. This means that 1 in 3 adults worldwide is estimated to be diagnosed with hypertension. This figure will continue to rise to 1.5 billion individuals, with deaths reaching 9.4 million. In Asia, this disease kills 1.5 million people annually (Garwahasada et al., 2023).

Lifestyle factors, including poor diet, such as consuming junk food, which is high in sodium, fat, and cholesterol, and low in fiber, are among the factors influencing quality of life in hypertension sufferers. This includes poor diet, such as consuming junk food, which is high in sodium, fat, and cholesterol, and low in fiber (Wahyudin, 2024). Lifestyle factors contribute to hypertension in productive-age individuals due to unhealthy lifestyles such as diet (salt consumption), lack of physical activity, and smoking, which contribute to a low quality of life

(Marlita et al., 2022). In addition to lifestyle factors, self-efficacy also significantly impacts the low quality of life in hypertension sufferers.

RESEARCH METHODS

This research is a quantitative research with an approach using a Cross Sectional design. This design aims to determine the relationship between variables where the independent variable and the dependent variable are

RESEARCH RESULTS

Tabel 1. Distribusi Frekuensi Responden Berdasarkan Usia

Kategori Usia	Frekuensi (<i>f</i>)	Presentase%
Dewasa Awal (26-35 Tahun)	17	20,7
Dewasa Akhir (36-45 Tahun)	49	59,8
Lansia Awal (46-55 Tahun)	12	14,6
Lansia Akhir (56-65 Tahun)	4	4,9
Total	82	100

Sumber: *Analisis Data Primer 2025*

Tabel 2. Distribusi Frekuensi Responden Berdasarkan Jenis Kelamin

Jenis Kelamin	Frekuensi (<i>f</i>)	Presentase%
Laki-laki	40	48,8
Perempuan	42	51,2
Total	82	100

Sumber: Analisis

Sumber: *Analisis Data Primer 2025*

DISCUSSION

Bivariate analysis was used to analyze the relationship between independent variables of lifestyle, self-efficacy and dependent variables of hypertension sufferers. The results of the chi-square statistical test obtained a p value of $0.465 > 0.05$ which means H_0 is accepted, there is no relationship between quality of life and self-efficacy in Rumbai Bukit Health Center from 79 respondents, good quality of life in the high range was 67 respondents (84.8%) and low was 12 respondents (15.2%). Of the 3 respondents, poor quality in the high range was 3 respondents (100.0%) and low was 0 respondents and lifestyle was 72 respondents (91.9%).

CONCLUSION

After conducting research on "Factors Related to Quality of Life of Hypertension Patients at the Rumbai Bukit Community Health Center in Pekanbaru City," the following conclusions can be drawn: The results of the study indicate that the majority of patients with hypertension have a good quality of life (96.3%). The results indicate that the majority have a good lifestyle (75.3%). The results indicate that the majority have a high self-efficacy (70.6%). The results show that the p-value is 0.465, < 0.05 . Therefore, H_0 is accepted, meaning there is no relationship between quality of life, lifestyle, and self-efficacy at the Rumbai Bukit Community Health Center.

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