

ABSTRACT

THE RELATIONSHIP BETWEEN CHOLESTEROL LEVELS AND BLOOD PRESSURE AMONG HYPERTENSIVE PATIENTS IN THE WORKING AREA OF UPTD BANGSAL PUBLIC HEALTH CENTER, MOJOKERTO REGENCY

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Hypertension is a non-communicable disease with a high prevalence that can potentially trigger further health complications. One of the main predictors of vascular dysfunction affecting the increase in blood pressure is high cholesterol levels, or hypercholesterolemia. This study aimed to determine the relationship between cholesterol levels and blood pressure among hypertensive patients in the working area of UPTD Bangsal Public Health Center, Mojokerto Regency. This study utilized a correlational design with a quantitative approach. The sampling was conducted using a *Purposive Sampling* technique involving 30 respondents, specifically hypertensive patients participating in the PROLANIS program at Gayam Village, within the working area of UPTD Bangsal Public Health Center. The collected data were statistically analyzed using the Pearson correlation test. The results showed that the respondents' mean systolic blood pressure was 145.67 mmHg and the mean diastolic blood pressure was 84.00 mmHg. Based on the Pearson correlation test, there was a very strong and significant relationship between cholesterol levels and systolic blood pressure ($r = 0.861$; $p\text{-value} = 0.000$). Furthermore, there was also a strong and significant relationship between cholesterol levels and diastolic blood pressure ($r = 0.592$; $p\text{-value} = 0.001$). The conclusion of this study is that there is a significant relationship between cholesterol levels and both systolic and diastolic blood pressure among hypertensive patients in the area. Therefore, routine efforts to control cholesterol levels are essential to prevent the worsening of blood pressure in patients.

Keywords: Hypertension, Cholesterol Levels, Blood Pressure

ABSTRAK

HUBUNGAN KADAR KOLESTEROL DENGAN TEKANAN DARAH PASIEN HIPERTENSI WILAYAH KERJA UPTD PUSKESMAS BANGSAL KAB MOJOKERTO

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Hipertensi merupakan penyakit tidak menular dengan prevalensi tinggi yang berpotensi memicu komplikasi kesehatan lebih lanjut. Salah satu prediktor utama terjadinya disfungsi vaskular yang memengaruhi peningkatan tekanan darah adalah tingginya kadar kolesterol atau hiperkolesterolemia. Penelitian ini bertujuan untuk mengetahui hubungan antara kadar kolesterol dengan tekanan darah pada pasien hipertensi di Wilayah Kerja UPTD Puskesmas Bangsal Kabupaten Mojokerto. Penelitian ini menggunakan desain korelasional dengan pendekatan kuantitatif. Pengambilan sampel dilakukan menggunakan teknik *Purposive Sampling* yang melibatkan 30 responden, yakni pasien hipertensi peserta kegiatan PROLANIS di Balai Desa Gayam, wilayah kerja UPTD Puskesmas Bangsal. Data yang dikumpulkan kemudian dianalisis secara statistik menggunakan uji korelasi Pearson. Hasil penelitian menunjukkan bahwa rata-rata tekanan darah sistolik responden adalah sebesar 145,67 mmHg dan tekanan darah diastolik sebesar 84,00 mmHg. Berdasarkan hasil uji korelasi Pearson, ditemukan adanya hubungan yang sangat kuat dan signifikan antara kadar kolesterol dengan tekanan darah sistolik ($r = 0,861$; $p\text{-value} = 0,000$). Selain itu, terdapat pula hubungan yang kuat dan signifikan antara kadar kolesterol dengan tekanan darah diastolik ($r = 0,592$; $p\text{-value} = 0,001$). Kesimpulan dari penelitian ini adalah terdapat hubungan yang bermakna antara kadar kolesterol dengan tekanan darah sistolik maupun diastolik pada penderita hipertensi di wilayah tersebut. Oleh karena itu, upaya mengontrol kadar kolesterol sangat penting dilakukan secara rutin untuk mencegah perburukan tekanan darah pada pasien.

Kata Kunci: *Hipertensi*, Kadar Kolesterol, Tekanan Darah