

## ABSTRACT

**Background:** Hypertension is called a "silent killer," which makes people unaware that they suddenly have hypertension because they do not have the signs and symptoms they feel. Lack of physical activity, poor food consumption behavior, sodium consumption, smoking behavior, and secondhand smoking will be the modified factors of hypertension. Increased blood pressure can occur when a person experiences poor mental health, such as stress, anxiety or depression.

**Objective:** This study aimed to identify lifestyle and mental health as risk factors for hypertension among young adults.

**Methods:** This was a case-control study design involving 94 participants who had been diagnosed with hypertension by a physician and had taken hypertension medication, and 94 participants were people who had never been diagnosed with hypertension by a physician or had never taken hypertension medication. This study used the Semi-Quantitative Food Frequency Questionnaire (SQFFQ) to measure sodium consumption. The physical activity variable was measured using International Physical Activity Questionnaire (IPAQ). Mental health variable was measured using the Depression, Anxiety and Stress Scales-21 (DASS) questionnaire. A logistic regression model was conducted to examine lifestyle and mental health as the risk factors for the incidence of hypertension.

**Results:** The findings of the logistic regression model showed that secondhand smoking ( $p=0.009$ ; AOR, 2.947; 95% CI, 1.303-6.665), sodium consumption ( $p<0.001$ ; AOR, 5.036; 95% CI, 2.173-11.674), physical activity ( $p=0.001$ ; AOR, 0.169; 95% CI, 0.060-0.472), anxiety ( $p<0.001$ ; AOR, 8.455; 95% CI, 2.635-27.131) and depression ( $p=0.001$ ; AOR, 3.503; 95% CI (1.227-10.003) were significantly related to the incidence of hypertension among young adults.

**Conclusion:** Poor lifestyle and mental health status were related to the risk of hypertension.

**Keywords:** lifestyle, secondhand smoking, sodium consumption, physical activity, mental health, anxiety, depression.