

EKSPLORASI FAKTOR YANG MEMPENGARUHI PERILAKU PENCEGAHAN HIPERTENSI PADA MAHASISWA: Studi di Universitas Gadjah Mada

Anggeline Meike Qurnia Putri¹, Supriyati Supriyati², Heny Suseani Pangastuti³

INTISARI

Latar belakang: Prevalensi hipertensi terus meningkat termasuk pada usia muda karena gaya hidup tidak sehat. Meskipun Universitas Gadjah Mada (UGM) menerapkan konsep *Health Promoting University* (HPU), data menunjukkan 25,7% mahasiswa tingkat tiga mengalami hipertensi.

Tujuan: Untuk mengeksplorasi faktor-faktor yang memengaruhi perilaku pencegahan hipertensi pada mahasiswa.

Metode: Penelitian ini menggunakan desain *explanatory sequential mixed methods*. Tahap kuantitatif menggunakan pendekatan kuesioner dan didapatkan 460 mahasiswa sarjana UGM angkatan 2023 dan 2024 sebagai partisipan, kemudian dianalisis dengan statistik deskriptif serta regresi logistik. Tahap kualitatif menggunakan pendekatan fenomenologi dengan 12 partisipan FGD yang dipilih berdasarkan hasil kuantitatif. Analisis dilakukan secara tematik untuk memperdalam temuan kuantitatif.

Hasil: Hasil kuantitatif menunjukkan bahwa faktor yang memengaruhi perilaku pencegahan hipertensi meliputi riwayat hipertensi keluarga, asal fakultas, uang saku, dan niat. Niat menjadi faktor paling dominan terhadap perilaku, khususnya dalam aspek pemeriksaan tekanan darah. Meskipun pengetahuan responden tentang hipertensi tergolong tinggi, masih terdapat kesenjangan antara pengetahuan dan praktik nyata, terutama dalam menjaga pola makan sehat dan aktivitas fisik. Sebagian besar responden memiliki riwayat hipertensi keluarga, namun hal ini tidak selalu diikuti dengan peningkatan kesadaran atau upaya pencegahan. Secara kualitatif, tekanan akademik yang tinggi dan persepsi risiko yang rendah terhadap hipertensi menjadi hambatan yang memengaruhi perilaku pencegahan hipertensi. Keterbatasan akses makanan sehat di kantin kampus juga menjadi kendala dalam menjaga pola makan. Selain itu, kebijakan kampus yang belum sepenuhnya terintegrasi dan minimnya informasi program kesehatan juga memperlemah efektivitas dukungan lingkungan kampus.

Kesimpulan: Perilaku pencegahan hipertensi pada mahasiswa dipengaruhi oleh riwayat hipertensi keluarga, asal fakultas, uang saku, dan niat. Meskipun mahasiswa memiliki niat kuat, penerapan perilaku masih terhambat oleh beberapa faktor termasuk rendahnya persepsi risiko terhadap perilaku pencegahan hipertensi, keterbatasan akses makanan sehat di kantin kampus, serta minimnya informasi program kesehatan di kampus.

Kata kunci: perilaku pencegahan hipertensi, mahasiswa, *health promoting university*, *integrated behavioral model*

UNDERSTANDING THE FACTORS INFLUENCING HYPERTENSION PREVENTION BEHAVIOR AMONG UNIVERSITY STUDENTS: A Study at Universitas Gadjah Mada

Anggelin Meike Qurnia Putri¹, Supriyati Supriyati², Heny Suseani Pangastuti³

ABSTRACT

Background: The prevalence of hypertension has continued to increase, including among young adults, due to unhealthy lifestyles. Although Universitas Gadjah Mada (UGM) has implemented the Health Promoting University (HPU) concept, data showed that 25.7% of third-year students experienced hypertension.

Objective: To explore the factors influencing hypertension prevention behavior among college students.

Methods: This study employed an explanatory sequential mixed methods design. The quantitative phase utilized a questionnaire involving 460 undergraduate students from UGM class of 2023 and 2024, analyzed using descriptive statistics and logistic regression. The qualitative phase adopted a phenomenological approach through Focus Group Discussions (FGDs) with 12 participants selected based on the quantitative findings. Thematic analysis was conducted to deepen the quantitative results.

Results: The quantitative findings indicated that hypertension prevention behaviors among students were influenced by family history of hypertension, faculty of origin, allowance, and intention. Intention emerged as the most influential factor, particularly in blood pressure monitoring. Although respondents' knowledge of hypertension was relatively high, there was a noticeable gap between knowledge and actual practices, especially in maintaining a healthy diet and engaging in physical activity. Most respondents reported a family history of hypertension, yet this did not always translate into greater awareness or preventive efforts. Qualitative findings further revealed that high academic pressure and low risk perception acted as barriers to preventive behaviors. Limited access to healthy food in campus cafeterias also constrained students' ability to maintain a healthy diet. In addition, the absence of fully integrated campus policies and the limited visibility of health promotion programs weakened the effectiveness of environmental support.

Conclusion: Hypertension prevention behaviors among students were influenced by family history of hypertension, faculty of origin, pocket money, and intention. Although students demonstrated strong intentions, the actual adoption of preventive behaviors was hindered by several factors, including low risk perception, limited access to healthy food on campus, and insufficient dissemination of health promotion initiatives.

Keywords: hypertension prevention behavior, college students, health promoting university, integrated behavioral model