***ABSTRACT***

***Corelations between Lifestyle and the Incidence of Hypertension in the Elderly at UPTD Puskesmas Abiansemal II Badung***

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***Introduction****: The prevalence of hypertension increases with age, with 1.28 billion adults aged 30-79 years suffering from hypertension globally by 2020. The increase in hypertension cases is due to various factors, especially related to unhealthy lifestyles such as lack of physical activity, unhealthy diet, lack of sleep, smoking and drinking coffee. The purpose of this study was to determine the relationship between lifestyle and the incidence of hypertension in the elderly at the UPTD Puskesmas Abiansemal II Badung.* ***Methods****: The research method used was correlation analytic research with a cross sectional approach. The study sample amounted to 113 elderly people who were recorded visiting the UPTD Puskesmas Abiansemal II Badung with purposive sampling technique. Data were collected by questionnaire and analyzed by Spearmans Ranks statistical test.* ***Results****: The results showed that the incidence of hypertension in the elderly out of 113 respondents, the majority of elderly people experienced mild hypertension (Stage I), namely 54 people (47.8%). There is a significant relationship between physical activity (p=0.001), diet (p=0.040), sleep pattern habits (p=0.001) and coffee drinking habits (p=0.002) with the incidence of hypertension in the elderly at UPTD Puskesmas Abiansemal II Badung, while there is no relationship between smoking behavior and the incidence of hypertension in the elderly at UPTD Puskesmas Abiansemal II Badung (p = 0.174).* ***Discussion****: Unhealthy lifestyles are proven to increase blood pressure in the elderly, so the implementation of the elderly posyandu movement is very important to be improved*.

***Keywords: Elderly, Hypertension, Lifestyle***