

ABSTRAK

Hubungan Perilaku Merokok dengan Kejadian Hipertensi pada Anggota Polri di Polda Bali

I Putu Herry Eka Prasetya¹, Ns. Ni Kadek Muliawati, S.Kep., M.Kes.², Ns. Ni Luh Putu Thrisna Dewi, S.Kep., M.Kep.³

Latar Belakang: Hipertensi merupakan faktor risiko utama penyakit kardiovaskular dan masalah kesehatan global. Merokok meningkatkan tekanan darah melalui vasokonstriksi dan kerusakan endotel. Anggota Polri di Polda Bali, dengan tekanan kerja tinggi, rentan terhadap hipertensi yang diperparah oleh merokok. Penelitian ini menganalisis hubungan perilaku merokok dengan kejadian hipertensi pada anggota Polri. **Metode:** Penelitian kuantitatif cross-sectional ini melibatkan 90 anggota Polri, dipilih dengan stratified random sampling. Data perilaku merokok dikumpulkan menggunakan kuesioner berdasarkan teori Smet (1994), dan tekanan darah diukur dengan sphygmomanometer digital. Analisis dilakukan secara deskriptif dan inferensial dengan uji *Chi-Square*. **Hasil:** Sebanyak 51,1% responden hipertensi; 32,2% perokok sedang, 25,6% perokok ringan, 12,2% perokok berat, dan 30,0% tidak merokok. Uji *Chi-Square* menunjukkan hubungan signifikan ($p < 0,001$), dengan 91,0% perokok berat hipertensi dibandingkan 11,1% non-perokok. **Kesimpulan:** Perilaku merokok berhubungan signifikan dengan hipertensi pada anggota Polri. Intervensi seperti edukasi dan program berhenti merokok diperlukan untuk menurunkan risiko hipertensi.

Kata Kunci: Hipertensi, Perilaku Merokok, Anggota Polri, Polda Bali, Tekanan Darah

ABSTRACT

Relationship between Smoking Behavior and Hypertension Incidence among Police Officers at Bali Regional Police

I Putu Herry Eka Prasetya¹, Ns. Ni Kadek Muliawati, S.Kep., M.Kes.², Ns. Ni Luh Putu Thrisna Dewi, S.Kep., M.Kep.³

Background: Hypertension is a major risk factor for cardiovascular diseases and a global health issue. Smoking is known to elevate blood pressure through vasoconstriction and endothelial damage. Police officers at Bali Regional Police, facing high work-related stress, are prone to hypertension, which may be exacerbated by smoking. This study aims to analyze the relationship between smoking behavior and hypertension incidence among these officers. **Methods:** This quantitative cross-sectional study involved 90 police officers selected via stratified random sampling. Smoking behavior data were collected using a structured questionnaire based on Smet's (1994) theory, and blood pressure was measured with a digital sphygmomanometer. Data were analyzed descriptively and inferentially using the Chi-Square test. **Results:** Of the respondents, 51.1% had hypertension; 32.2% were moderate smokers, 25.6% light smokers, 12.2% heavy smokers, and 30.0% non-smokers. The Chi-Square test showed a significant relationship ($p < 0.001$), with 91.0% of heavy smokers having hypertension compared to 11.1% of non-smokers. **Conclusion:** Smoking behavior is significantly associated with hypertension among police officers at Bali Regional Police. Interventions such as education and smoking cessation programs are needed to reduce hypertension risk.

Keywords: Hypertension, Smoking Behavior, Police Officers, Bali Regional Police, Blood Pressure