



## THE RELATIONSHIP BETWEEN SEX AND STROKE PREVENTION BEHAVIOR TO HYPERTENSION SUFFERER IN WORKING REGION OF JATIBARANG PUBLIC HEALTH CENTER, INDRAMAYU

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### Abstract

Objective: One of the complications that often occurs due to hypertension is a stroke. Stroke can be prevented by positive behavior. Sex contributes to a person's behavior. The purpose of this research is to determine the relationship between sex and stroke prevention behavior in hypertension sufferer. Method: This research used descriptive with a cross-sectional study. Its samples were taken by doing a purposive sampling technique out of 246 respondents. Its instrument was a questionnaire and its data analysis was bivariate analysis with Chi-square test. Result: The results showed that 128 (52%) respondents had good behavior in preventing stroke, 118 (48%) respondents had bad behavior in preventing stroke, those number was taken from as many as 63 (25.6%) male respondents and 183 female respondents. The result between Sex and stroke prevention behavior in patients with hypertension with a *p value* = 0.001 (<0.05). Conclusion: There is a relationship between sex and stroke prevention behavior to hypertension sufferers.

**Keywords:** Hypertension, Sex, Behavior

### Introduction

Hypertension is a condition in which a person has an increase in systolic blood pressure, reaching 140 mmHg or more and a diastolic pressure of 90 mmHg or more<sup>(1,2,3,4)</sup>. Frequent complication due to hypertension is stroke. There are approximately 80% of cases of hemorrhagic strokes that are resulted from hypertension. Stroke sufferers often experience death, disabilities so that they are difficult to do any daily activities such as bathing, walking, moving places<sup>(5,6)</sup>.

Until now, there is no effective and efficient treatment for stroke sufferers because of its multicausal nature (due to many factors). Some efforts can be done to prevent stroke is to change the hypertension sufferers' lifestyle. Sex is one of the factors of behavior that can contribute to their change.

Based on data taken from the Indramayu District Health Officials, it was found that the highest hypertension cases was around the Jatibarang Public Health Center. There were

638 hypertension sufferers in 2018 with average number as many 53 patients permonth. Based on the description above, the researcher is interested in researching the "Relationship between sex and Stroke Prevention Behavior in Hypertension Sufferers around Jatibarang Public Health Center, Indramayu".

### Method

This research is a quantitative research with a descriptive approach. The research design was *cross sectional study*. Its population, were hypertension sufferers who lived in the working area of the Jatibarang Public Health Center, Indramayu. They were able to communicate well and were willing to be respondents. Sampling was done by purposive sampling technique of 246 respondents.

Before conducting the research, the researcher gave informed consent to respondent who were willing to become research subject. After obtaining approval from the respondents, the researcher conducts research by paying attention to the ethics of the research,

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including: Right to self determination, Right to privacy, Right to anonymity and confidentiality, Right to fair treatment and Right to protection from discomfort and harm.

Its instrument was sheets of questionnaire. The stroke prevention behavior questionnaire includes: avoiding obesity, preventing stress, avoiding alcohol consumption, quitting smoking, medication adherence, low salt diet, low fat diet, physical activity, fruits and vegetables consumption, and regular health checks. The data analysis was bivariate analysis.

The research was conducted in the working area of Jatibarang Public Health Center from July 21st to August 28th, 2020. Jatibarang Public Health Center covers 8 villages. They are Bulak Lor, Bulak, Jatibarang, Jatibarang Baru, Kebulen, Pilang Sari, Pawidean and Sukalila.

## Results

### Univariate Analysis

**Table 1**  
**Sex frequency distribution of hypertension sufferers in the working area of the Jatibarang Public Health Center (n = 246)**

Sex	n	%
Male	63	25.6
Female	183	74.4
Total	246	100

**Tabel 2**  
**Stroke prevention behavior frequency distribution in hypertensive sufferers in the work area of the Jatibarang Public Health Center (n = 246)**

Behavior	n	%
Good	128	52
Bad	118	48
Total	246	100

### Bivariate Analysis

**Table 3**  
**Sex and Stroke Prevention Behavior Frequency Distribution in**

## Hypertension Sufferers in the Working Area of the Jatibarang Public Health Center (n = 246)

Category	Sex		P Value
	Male N	Female n %	
<b>Behavior</b>			
Good	21	33.3	107
Bad	42	66.7	76
Total	63	100	183
			246

## Discussion

Based on Table 1, there are more women who suffer from hypertension as much as 183 (74.4%) compared to men. This is due to the influence of female hormones. This fact is appropriate to Rinawang's research<sup>7</sup> that women who are female suffer more hypertension than men, especially elder people with hypertension. Postmenopausal women have the same effect on the hypertension. Postmenopausal women experience hormonal changes that cause weight gain and high blood pressure to become more reactive to sodium consumption, and to increase in blood pressure<sup>8</sup>.

Based on Table 2, it was found that out of 246 respondents, it was found that 128 (52%) of respondents had good behavior in preventing stroke and 118 (48%) of respondents had bad behavior in preventing stroke.

Based on Table 3, it is found that out of 246 respondents, it was found that as many as 21 (33.3%) male respondents had good behavior in preventing stroke. A total of 107 (58.5%) female respondents have good behavior in preventing stroke.

Sex has a relationship to stroke prevention behavior in hypertensive sufferers as calculated from *p value*  $0.001 < 0.05$ . This means that there is a relationship between sex and stroke prevention behavior in hypertensive sufferers.



### Conclusion

1. More women suffer from hypertension than men.
2. More good behavior is done by respondents than bad behavior in making efforts to prevent stroke.
3. There is a relationship between sex and stroke prevention behavior in hypertensive sufferers

### Acknowledgement

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Public Health Center

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