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| DURATION OF HORMONAL CONTRACEPTIVE USE AND LIFESTYLE WITH THE INCIDENCE OF HYPERTENSION IN WOMEN AGED 35-45 YEARS  (Study at BPM Siti Khatijah S.ST. M. Kes Kab Bangkalan)  Ernawati, Eny Susanti M.Keb) |
| ***ABSTRACT***  *The incidence of hypertension is influenced by various factors that are divided into two, namely hormonal disorders and unhealthy lifestyle factors. Based on the results of the preliminary study, the achievement of active hormonal family planning participants in the last 3 months of 2019 at BPM sittihotijahS.ST.,M.MKes from 48 acceptors who followed hormonal kb 29 (60.42%) people who had hypertension. The purpose of this study is to analyze the relationship between duration of hormonal contraceptive use and lifestyle with the incidence of hypertension in women aged 35-45 years at BPM SitiKhatijah S.ST. M. KesKabBangkalan.*  *This study was an analytical study with a cross sectional approach. The independent variable of this study was duration of hormonal contraceptive use and lifestyle, the dependent variable was hypertension in women aged 34-45 years. The population used were 48 people and a sample of 43 hormonal contraceptive acceptors aged 35-45 years was obtained at BPM SitiKhatijah S.ST. M. KesKabBangkalan with a simple random sampling. Data collection using questionnaires and cohorts. The results of the study were tabulated and then bivariate analysis was carried out with the statistical test of the lambda test.*  *The results showed that almost all (83.7%) of the used of hormonal contraceptive acceptors> 2 years old, almost all (46.5%) had poor lifestyle habits, and almost all (69.8%) women aged 35- 45 years experienced hypertension. Lambda analysis (ρ = 0.009 <α = 0.05 and ρ = 0.038 <α = 0.05) means that there was an influence of the duration of hormonal contraceptive use and lifestyle with the incidence of hypertension in women aged 35-45 years.*  *It is recommended for mothers to increase knowledge about family planning and healthy lifestyle so as to avoid hypertension, and midwives notify mothers of long-term use of hormonal family planning through posyandu activities and group counseling.* |
| ***Keywords: Hormonal contraception, lifestyle, hypertension*** |