

INTISARI

Latar Belakang – Tekanan darah tinggi atau hipertensi merupakan kondisi dimana didapatkan tekanan darah yang lebih tinggi dari 140/90 mmHg. Beberapa mekanisme terjadinya hipertensi antara lain terjadinya perubahan anatomi dan fisiologi pembuluh darah, peningkatan kerja RAAS (*Renin Angiotensin Aldosteron System*), dan peningkatan sistem saraf simpatis. Masing-masing mekanisme tersebut memiliki jaras tersendiri, tetapi ketiganya saling berhubungan dan pada akhirnya menimbulkan vasokonstriksi sistemik sehingga terjadi hipoksia jaringan yang kemungkinan akan mengakibatkan sensasi nyeri kepala. Nyeri kepala yang dirasakan dapat memiliki karakteristik yang berbeda pada setiap orang, tetapi berdasarkan patofisiologi nyeri kepala diketahui keadaan hipertensi mempunyai hubungan paling dekat dengan nyeri kepala tegang atau *Tension-Type Headache* (TTH).

Tujuan – Mengetahui apakah terdapat hubungan antara hipertensi dengan angka kejadian TTH.

Metode – Jenis penelitian yang digunakan pada penelitian ini adalah observasional atau survey analitik dengan desain penelitian *cross sectional*. Penetapan sampel dilakukan dengan teknik *purposive sampling*. Diagnosis TTH ditegakkan berdasarkan *International Classification of Headache Disorders* edisi III tahun 2013.

Hasil – Penelitian ini mengamati 55 subjek hipertensi dengan 29 subjek diantaranya terdiagnosis TTH dan 26 subjek lainnya tidak terdiagnosis TTH. Hasil perhitungan statistik didapatkan nilai $p = 0,364$ ($p > 0,05$) yang berarti tidak terdapat hubungan antar variabel.

Kesimpulan – Hipertensi tidak memiliki hubungan dengan angka terjadinya *tension-type headache*.

Kata Kunci: Hipertensi – Nyeri kepala – *Tension-Type Headache* – *International Classification of Headache Disorders*

ABSTRACT

Background – High blood pressure or hypertension is a condition where the blood pressure is higher than 140/90 mmHg. The mechanisms of hypertension as known are changes in anatomy and physiology of the vessels, increasing of RAAS (Renin Angiotensin Aldosterone System) mechanism, and increasing of sympathetic nervous system. Each mechanisms as mentioned has its own paths, but all of them is somehow connected and at the end together it would cause systemic vasoconstriction and would be followed by systemic hypoxia therefore it probably caused headache sensation. The headache's characteristic could be vary and different to each person, but based on headache's pathophysiology it is known that hypertension has the closest connection to Tension-Type Headache (TTH).

Purpose – Find out is there any connection between hypertension and the frequency of TTH.

Methods – This research uses the observational or analytic survey research with cross sectional approach. Sample is determined by purposive sampling technique. The diagnose of TTH is made based on International Classification of Headache Disorders the 3rd edition, year 2013.

Results – The number of samples in this research contains 55 subjects who has hypertension with 29 of them are diagnosed by TTH and 26 of them are not diagnosed by TTH. The significance value is $p = 0,364$ ($p > 0,05$) for both variables that means there is no correlation between the two variables.

Conclusions – Hypertension does not has a correlation with the frequency of tension-type headache.

Keywords: *Hypertension – Tension-Type Headache – International Classification of Headache Disorders*