

**ABSTRACT**

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***RISK FACTORS IN CONGESTIVE HEART FAILURE AT DR. SOEKARDJO  
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*Congestive Heart Failure (CHF) is a structural or functional disorder of the heart that causes the heart to fail to deliver oxygen to the body's tissues. RSUD dr. Soekardjo is a regional referral hospital with quite a lot of cases of congestive heart failure and increasing every year. There were 1534 cases recorded in 2022 and in the first quarter of 2023 there were 71 cases. The purpose of this study was to determine the risk factors for congestive heart failure at dr. Soekardjo City of Tasikmalaya. Observational analytic research with quantitative methods and a case control approach. The population in this study were outpatients at the cardiac polyclinic at RSUD dr. Soekardjo City of Tasikmalaya. The total sample was 213 patients, with a total sample of 71 cases using random sampling and the control group was taken twice as much so that there were 142 patients. The results of the study using the Chi-Square Test showed that there was a relationship between hypertension ( $p$  value = 0.044, OR = 2.310) and obesity ( $p$  value = 0.046, OR = 0.528) with the incidence of Congestive Heart Failure. Meanwhile, age ( $p$  value = 0.176), gender ( $p$  value = 0.357), family history ( $p$  value = 0.859) and smoking ( $p$  value = 0.265) had no relationship with heart failure at RSUD dr. Soekarjo. This research is expected so that patients can maintain and modify their lifestyle to be healthier by limiting salt intake, consuming nutritious food, maintaining normal body weight and doing physical activity. The hospital is expected to improve health promotion to patients and their families about congestive heart failure, physical activity and a healthy lifestyle in order to reduce the risks and complications of congestive heart failure.*

***Literature:*** 2010-2023

***Keywords:*** Congestive Heart Failure, Risk Factors