

ABSTRAK

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THE RELATIONSHIP BETWEEN OBESITY AND THE INCIDENCE OF
HYPERTENSION IN MENOPAUSE AT THE PENELEH HEALTH CENTER
SURABAYA

vi + 58 Halaman + 7 Tabel + 4 Lampiran

Menopause tergolong masa alami yang terjadi dalam hidup wanita yang tandanya berupa perubahan hormon dan peningkatan risiko berbagai penyakit, termasuk hipertensi. Obesitas tergolong sebagai determinan utama yang memberikan kontribusi pada kejadian hipertensi yang menyerang wanita menopause. Tujuan dari dilakukannya penelitian ini digunakan dalam mengetahui hubungan obesitas dengan kejadian hipertensi pada menopause di Puskesmas Peneleh. Desain studi yang digunakan ialah observasional analitik dengan pendekatan *cross-sectional*. Sampel penelitian terdiri dari wanita menopause. Data dikumpulkan melalui pengukuran IMT sebagai penentu status obesitas dan pengukuran tekanan darah untuk menentukan kejadian hipertensi. Analisis data menggunakan uji *chi-square*. Hasil analisis univariat menggambarkan persentase hipertensi adalah 83,7% dan persentase obesitas adalah 94,6%. Hasil uji metode *cross sectional* menunjukkan terdapat hubungan antara obesitas dengan kejadian hipertensi ($p\text{-value}=0,001$; $r=0,391$). Didasarkan pada hasil, maka diperlukan upaya pencegahan melalui upaya kesehatan, pemantauan, berat badan, tekanan darah, serta intervensi non farmakologis. Kerja sama antara pemerintah, tenaga kesehatan, dan masyarakat diharapkan dapat membantu menekan angka kejadian obesitas dan hipertensi untuk peningkatan kualitas hidup wanita menopause.

Kata kunci : Menopause, Obesitas, Hipertensi

Daftar bacaan : 12 buku, jurnal, dan lain-lain (2018-2024)

ABSTRACT

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vii + 58 Pages + 7 Tables + 4 Appendices

Menopause is a natural period that occurs in a woman's life which is a sign of hormonal changes and an increased risk of various diseases, including hypertension. Obesity is classified as a major determinant that contributes to the incidence of hypertension in menopausal women. This study to determine the relationship between obesity and the incidence of hypertension in menopause at the Peneleh Health Center. The study design used was observational analysis using a cross-sectional approach. The study sample consisted of menopausal women. Data were collected through body mass index (BMI) measurements to determine obesity status and blood pressure measurements to determine the incidence of hypertension. Data analysis was carried out by statistical calculation in the form of a chi-square test. The results of the univariate analysis showed that the percentage of hypertension was 83.7% and the percentage of obesity was 94.6%. The results of the cross sectional method test showed that there was a relationship between obesity and the incidence of hypertension ($p\text{-value} = 0.001$; $r=0.391$). Based on the results, prevention efforts are needed through health efforts, monitoring, weight, blood pressure, and non-pharmacological interventions. Cooperation between the government, health workers, and the community is expected to help reduce the incidence of obesity and hypertension to improve the quality of life of menopausal women.

Keywords : Menopause, Obecity, Hypertension

References : 12 books, journal, etc. (2018-2024)