

ABSTRAK

Aan Syah Khusnan

HUBUNGAN INDEKS MASA TUBUH (IMT) DAN KADAR KOLESTEROL
DENGAN KEJADIAN HIPERTENSI DI WILAYAH KERJA PUSKESMAS
WONOAYU

xvii + 57 Halaman + 10 Tabel + 1 Bagan+14 Lampiran

Hipertensi masih menjadi perhatian dalam bidang kesehatan masyarakat dengan angka kejadian selalu bertambah seiring berjalannya waktu di Indonesia, termasuk di dalam lingkup wilayah kerja wilayah kerja Puskesmas Wonoayu, Kabupaten Sidoarjo. Faktor risiko seperti Indeks Massa Tubuh (IMT) yang berada di luar rentang normal serta berada di kategori kadar kolesterol tinggi diketahui berkontribusi dalam hubungannya dengan hipertensi. Penelitian ini dilakukan guna melihat korelasi antara IMT dan kadar kolesterol dengan kejadian hipertensi.

Penelitian ini menggunakan metode kuantitatif dengan desain cross-sectional. Jumlah sampel pada penelitian ini berjumlah 46 responden yang dipilih menggunakan teknik total sampling. Data diperoleh dari hasil pengukuran langsung serta wawancara, kemudian dilakukan analisa dengan uji Chi-Square.

Mayoritas responden memiliki status IMT obesitas (28,3%) dan kadar kolesterol tinggi (41,3%). Tingkat Hipertensi paling sering terjadi pada kategori hipertensi krisis (33%) dan hipertensi tahap 1 (28%). Setelah dilakukan analisa data menggunakan uji Chi-Square diketahui adanya korelasi yang berarti antara IMT dengan kejadian hipertensi ($p = 0,018$) serta antara kadar kolesterol dengan kejadian hipertensi ($p = 0,002$). Peningkatan IMT serta kadar kolesterol berbanding lurus dengan derajat hipertensi. Penumpukan lemak dan plak aterosklerotik dapat memperburuk regulasi tekanan darah. Oleh karena itu, edukasi kesehatan tentang pengendalian berat badan dan manajemen kolesterol perlu ditingkatkan sebagai upaya preventif terhadap hipertensi.

Kata Kunci: Hipertensi, IMT, Kolesterol

Daftar bacaan : 16 buku (2019-2024)

ABSTRACT

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THE RELATIONSHIP BETWEEN BODY MASS INDEX (BMI) AND CHOLESTEROL LEVELS WITH THE INCIDENCE OF HYPERTENSION IN THE WORKING AREA OF PUSKESMAS WONOAYU

xvii + 57 Pages + 10 Tables + 1 Chart + 14 Appendices

Hypertension remains a major concern in the field of public health, with the incidence rate continuously increasing over time in Indonesia, including within the working area of Wonoayu Public Health Center, Sidoarjo Regency. Risk factors such as Body Mass Index (BMI) outside the normal range and high cholesterol levels are known to contribute to the occurrence of hypertension. This study was conducted to examine the correlation between BMI and cholesterol levels with the incidence of hypertension.

This research employed a quantitative method with a cross-sectional design. The total sample consisted of 46 respondents, selected using the total sampling technique. Data were obtained through direct measurement and interviews, then analyzed using the Chi-Square test.

The majority of respondents had obese BMI status (28.3%) and high cholesterol levels (41.3%). The most common hypertension levels were hypertensive crisis (33%) and stage 1 hypertension (28%). After data analysis using the Chi-Square test, a significant correlation was found between BMI and the incidence of hypertension ($p = 0.018$) as well as between cholesterol levels and the incidence of hypertension ($p = 0.002$). An increase in BMI and cholesterol levels is directly proportional to the degree of hypertension. Fat accumulation and atherosclerotic plaque formation can worsen blood pressure regulation. Therefore, health education regarding weight control and cholesterol management needs to be enhanced as a preventive effort against hypertension.

Keywords: Hypertension, Body Mass Index, Cholesterol

References : 16 books (2019-2024)