

ABSTRAK

Iena Shopieana Putri Al Azhari

HUBUNGAN STATUS GIZI DENGAN KEJADIAN HIPERTENSI PADA SISWA
KELAS X SMAN 2 MAGETAN TAHUN 2025

xvi + 92 Halaman + 5 Tabel + 7 Lampiran

Hipertensi pada remaja menjadi masalah kesehatan yang semakin meningkat. Data Cek Kesehatan Gratis Kabupaten Magetan tahun 2025 menunjukkan 13,4% siswa mengalami prehipertensi, 7,0% hipertensi tingkat 1, dan 1,6% hipertensi tingkat 2. Di SMAN 2 Magetan ditemukan 28,7% siswa prehipertensi dan 13,1% hipertensi tingkat 1 dan 2,2% hipertensi tingkat 2, serta masalah status gizi berupa 29,3% gizi kurang, 8,9% *overweight*, dan 3,5% obesitas. Penelitian ini bertujuan menganalisis hubungan antara status gizi dengan kejadian hipertensi pada siswa kelas X SMAN 2 Magetan tahun 2025.

Penelitian ini menggunakan desain analitik observasional dengan pendekatan *cross-sectional*. Populasi penelitian berjumlah 313 siswa kelas X SMAN 2 Magetan dan sampel sebanyak 176 siswa yang dipilih menggunakan teknik *simple random sampling*. Variabel penelitian terdiri dari status gizi sebagai variabel bebas dan kejadian hipertensi sebagai variabel terikat. Pengumpulan data menggunakan data sekunder Program Cek Kesehatan Gratis Tahun 2025 dengan status gizi diukur menggunakan indeks massa tubuh (IMT), sedangkan kejadian hipertensi ditentukan dengan pengukuran tekanan darah. Analisis data menggunakan uji *Spearman Rank Correlation* dengan tingkat signifikansi $\alpha = 0,05$.

Hasil penelitian menunjukkan mayoritas siswa memiliki status gizi baik dan tekanan darah normal. Analisis menggunakan uji *Spearman Rank Correlation* menghasilkan nilai $r = 0,158$ dan $p = 0,037$ ($p < 0,05$), disimpulkan terdapat hubungan positif yang bermakna antara status gizi dan kejadian hipertensi pada siswa kelas X SMAN 2 Magetan dengan kekuatan korelasi sangat lemah.

Kesimpulan penelitian ini yaitu terdapat hubungan antara status gizi dengan kejadian hipertensi pada siswa kelas X SMAN 2 Magetan tahun 2025. Hasil penelitian ini diharapkan dapat mendukung upaya bagi sekolah dan tenaga kesehatan dalam mengembangkan program kesehatan yang lebih optimal untuk mencegah hipertensi sejak dini dan komplikasi jangka panjang pada remaja.

Kata Kunci: Status gizi, hipertensi, remaja

Daftar Bacaan : 7 buku (2008-2026)

ABSTRACT

Iena Shopieana Putri Al Azhari

THE ASSOCIATION BETWEEN NUTRITIONAL STATUS AND THE INCIDENCE OF HYPERTENSION AMONG GRADE X STUDENTS AT SMAN 2 MAGETAN IN 2025

xvi + 92 Pages + 5 Tables + 7 Appendices

Hypertension among adolescents had emerged as an increasingly prevalent public health concern. Data from the 2025 Free Health Check-Up Program conducted in Magetan Regency indicated that 13.4% of students were classified as pre-hypertensive, 7.0% had Stage 1 hypertension, and 1.6% had Stage 2 hypertension. At SMAN 2 Magetan specifically, 28.7% of students were identified as pre-hypertensive, 13.1% had Stage 1 hypertension, and 2.2% had Stage 2 hypertension. Nutritional status concerns were also identified, with 29.3% of students classified as undernourished, 8.9% as overweight, and 3.5% as obese. This study aimed to analyze the association between nutritional status and the incidence of hypertension among Grade X students at SMAN 2 Magetan in 2025.

This study employed an observational analytic design with a cross-sectional approach. The study population comprised 313 Grade X students at SMAN 2 Magetan, from which a sample of 176 students was selected through simple random sampling. Nutritional status served as the independent variable, while the incidence of hypertension was the dependent variable. Data were derived from secondary sources obtained through the 2025 Free Health Check-Up Program. Nutritional status was assessed using Body Mass Index (BMI), and hypertension was determined based on blood pressure measurements. Data analysis was performed using the Spearman Rank Correlation test at a significance level of $\alpha = 0.05$.

The majority of students demonstrated adequate nutritional status and normal blood pressure. The Spearman Rank Correlation test yielded a correlation coefficient of $r = 0.158$ with a p -value of 0.037 ($p < 0.05$), indicating a statistically significant positive correlation between nutritional status and the incidence of hypertension among Grade X students at SMAN 2 Magetan, with a very weak correlation strength.

A statistically significant association was identified between nutritional status and the incidence of hypertension among Grade X students at SMAN 2 Magetan in 2025. These findings may serve as a valuable evidence base for schools and healthcare professionals in developing more targeted and comprehensive health promotion programs aimed at preventing early-onset hypertension and its potential long-term complications in the adolescent population.

Keywords : Nutritional status, hypertension, adolescents

Reference : 7 books (2008-2026)