ABSTRAK

Latar Belakang : Pengendalian tekanan darah dapat dilakukan dengan mengendalikan bentuk tubuh yang dapat dinilai dengan beberapa indikator obesitas seperti lingkar pinggang, rasio lingkar pinggang panggul (RLPP) dan indeks massa tubuh (IMT).

Tujuan : Penelitian ini bertujuan untuk mengetahui hubungan IMT, lingkar pinggang, lingkar panggul, rasio lingkar pinggang panggul dengan tekanan darah pada mahasiswa FK UISU dengan Metode pada penelitian ini merupakan penelitian analitik kuantitatif dengan desain *Cross Sectional Study* yang berjumlah 77 orang. Pada penelitian ini menggunakan metode *Simple Random Sampling*.

Hasil : Hasil uji statistik *spearman* diperoleh ($P < 0,05$) yang mana hubungan antara IMT terhadap Tekanan darah Sistolik terdapat nilai pvalue 0.001, hubunganantara IMT terhadap Tekanan darah Diastolik terdapat nilai pvalue 0.002, hubunganantara Lingkar Pinggang terhadap Tekanan darah Sistolik terdapat nilai pvalue 0.001, hubungan antara Lingkar Pinggang terhadap Tekanan darah Diastolik terdapat nilai pvalue 0.002, hubungan antara Lingkar Panggul terhadap Tekanan darah Sistolik terdapat nilai pvalue 0.001, hubungan antara Lingkar Panggul terhadap Tekanan darah Diastolik terdapat nilai pvalue 0.001, hubungan antara RLPP terhadap Tekanan darah Sistolik terdapat nilai pvalue 0.008, hubungan antaraRLPP terhadap Tekanan darah Diastolik terdapat nilai pvalue 0.007, jadi dapat disimpulkan bahwa terdapat Hubungan yang signifikan Antara IMT, Lingkar Pinggang Lingkar Panggul dan Rasio Lingkar Panggul terhadap Tekanan Darah Mahasiswa FK UISU

Kesimpulan : Terdapat Hubungan yang signifikan Antara IMT, Lingkar Pinggang, Lingkar Panggul dan Rasio Lingkar Panggul terhadap Tekanan Darah Mahasiswa FK UISU.

Kata Kunci: IMT, Lingkar Panggul, Lingkar Pinggang, Rasio lingkar Pinggang Panggul dan Tekanan Darah Diastolik dan Sistolik

ABSTRACT

Background: *Controlling blood pressure can be done by controlling body shape which can be assessed by several indicators of obesity such as waist circumference, waist-to-hip ratio (RLPP) and body mass index (BMI).*

Purpose: *This study aims to determine the relationship between BMI, waist circumference, hip circumference, ratio of waist-to-hip circumference with blood pressure in diastolikic and systole in UISU FK students with methods in this research is a quantitative analytic study with a Cross Sectional Study design. totaling 77 people. In this study using the Simple Random Sampling method.*

Results: *spearman statistical test results obtained (P <0.05) in which the relationship between BMI and systolic blood pressure has a pvalue of 0.001, the relationship between BMI and diastolikic blood pressure has a pvalue of 0.002, the relationship between waist circumference and systolic blood pressure has a pvalue of 0.001 , the relationship between waist circumference and diastolikic blood pressure has a pvalue of 0.002, the relationship between hip circumference and systolic blood pressure has a pvalue of 0.001, the relationship between hip circumference and diastolikic blood pressure has a pvalue of 0.001, the relationship between RLPP and systolic blood pressure has a pvalue 0.008, the relationship between RLPP and Diastolikic blood pressure has a p-value of 0.007, so it can be concluded that there is a significant relationship between BMI, Waist Circumference Hip Circumference and Ratio of Hip Circumference to Blood Pressure in UISU FK Students.*

Conclusion: *There is a significant relationship between BMI, waist circumference, hip circumference and the ratio of hip circumference to blood pressure in UISU FK students.*

Keywords: BMI, Hip Circumference, Waist Circumference, Waist Hip Circumference Ratio and Diastolikic and Systolic Blood Pressure