

ABSTRAK

Latar Belakang: Gaya hidup di era modern ini membuat beberapa orang kurang untuk melakukan aktivitas fisik, yang dapat menyebabkan terjadinya peningkatan berat badan. Berdasarkan Kemenkes, 2018 prevalensi obesitas pada tahun 2018 meningkat dibandingkan tahun 2013 sebesar 25,8%. Obesitas berkaitan erat dengan kadar lemak di area abdomen, yang menyebabkan peningkatan lingkaran pinggang. Seseorang yang mengalami obesitas memiliki risiko hipertensi yang tinggi.

Tujuan: Mengetahui hubungan indeks massa tubuh dan lingkaran pinggang dengan tekanan darah pada pegawai FK UISU Medan tahun 2022.

Metode: Penelitian ini merupakan penelitian analitik korelasional menggunakan pendekatan *cross-sectional*. Sampel penelitian ini berjumlah 66 sampel yang didapatkan dengan teknik *total sampling*.

Hasil: Didapatkan responden sebanyak 66 orang, sebanyak 41 orang (62,1%) laki-laki dan 25 orang (37,9%). Responden terbanyak berusia 36-45 tahun (dewasa akhir) 30 orang (45,5%). Kategori IMT terbanyak obesitas derajat 1 sebanyak 23 orang (34,8%). Kategori lingkaran pinggang terbanyak berlebih sebanyak 47 orang (71,2%). Kategori tekanan darah terbanyak yaitu tidak normal (pre-hipertensi, hipertensi derajat 1 dan 2) total 36 orang. Terdapat hubungan antara IMT dengan tekanan darah p (0,013). Terdapat hubungan antara lingkaran pinggang dengan tekanan darah p (0,023).

Kesimpulan: Terdapat hubungan antara IMT dengan tekanan darah dan terdapat hubungan antara lingkaran pinggang dengan tekanan darah.

Kata Kunci: Indeks Massa Tubuh, Lingkaran Pinggang, Tekanan Darah

ABSTRACT

Background: Lifestyle in this modern era makes some people less able to do physical activity, which can cause weight gain. Based on the 2018 Ministry of Health, the prevalence of obesity in 2018 increased compared to 2013 by 25.8%. Obesity is closely related to fat levels in the abdominal area, which causes an increase in waist circumference. Someone who is obese has a high risk of hypertension.

Objective: Knowing the relationship between body mass index and waist circumference with blood pressure in FK UISU Medan employees in 2022.

Methods: This research is a correlational analytic study using a cross-sectional approach. The sample of this research is 66 samples obtained by total sampling technique.

Results: There were 66 respondents, 41 people (62.1%) male and 25 people (37.9%). Most respondents aged 36-45 years (late adulthood) 30 people (45.5%). The most BMI category was obesity degree 1 as many as 23 people (34.8%). The highest waist circumference category was 47 people (71.2%). The highest blood pressure category was abnormal (pre-hypertension, grade 1 and 2 hypertension) a total of 36 people. There is a relationship between BMI and blood pressure p (0.013). There is a relationship between waist circumference and blood pressure p (0.023).

Conclusion: There is a relationship between BMI and blood pressure and there is a relationship between waist circumference and blood pressure.

Keyword: Body Masss Indeks, Waist Circumference, Blood Pressure