

ABSTRACT

Overweight and obesity are one of the risk factors that increasing blood pressure. The risk of hypertension also increases with weight gain according to the Framingham study, every 10% of weight gain will occur increasing 6,5 mmHg of blood pressure. This study aimed to examine the relation of blood pressure in hypertension patient with body mass index(BMI).

This study was conducted to 128 respondents with categorised in terms of hypertension and body mass index. Body Mass Index was determined from weight (kg) and height (m). Hypertension was determined from blood pressure (mmHg). This study was analytical cross-sectional design with consecutive sampling method.

There was 128 respondents consisted of 69 (53,9%) men and 59 (46,1%) woman. The average age was 63,37 years old. There was 68 (53,1%) respondents with controlled hypertension and 60 (46,9%) respondents with uncontrolled hypertension. According to Body Mass Index, there was 4 (3,1%) respondents with underweight, 27 (21,1%) respondents with normal, 42 (32,8%) respondents with overweight and 55 (43%) respondents with obesity. Based on hypothesis test, it showed $p=1.000$ ($p>0.05$). This study shows that there is no significant relation of body mass index with blood pressure control of hypertension.

Keyword : Hypertension, Body Mass Index, Blood Pressure

ABSTRAK

Overweight dan obesitas merupakan salah satu faktor risiko peningkatan tekanan darah. Risiko hipertensi juga meningkat dengan penambahan berat badan sesuai dengan studi Framingham setiap kenaikan berat badan 10% akan terjadi peningkatan tekanan darah 6,5 mmHg. Penelitian ini bertujuan untuk menguji hubungan indeks massa tubuh terhadap pengendalian tekanan darah pasien hipertensi di Puskesmas Sepatan Tangerang.

Penelitian ini dilakukan pada 128 responden dengan mengategorikan hipertensi dan indeks massa tubuh. Indeks Massa Tubuh ditentukan berdasarkan berat badan (kg) dan tinggi badan (m). Hipertensi ditentukan berdasarkan tekanan darah (mmHg). Penelitian ini merupakan studi *cross-sectional* analitik dengan teknik pengambilan sampel secara *consecutive sampling*.

Responden berjumlah 128 pasien dengan 69 (53,9%) laki-laki, 59 (46,1%) perempuan dengan rata-rata usia 63,37 tahun. 68 (53,1%) responden mengalami hipertensi terkontrol dan 60 (46,9%) responden hipertensi tidak terkontrol. Indeks Massa Tubuh responden terdapat 4 (3,1%) IMT *underweight*, 27 (21,1%) IMT normal, 42 (32,8%) IMT *overweight*, dan 55 (43%) IMT obesitas. Berdasarkan uji hipotesis, didapatkan nilai $p=1.000$ ($p>0,05$). Penelitian ini menunjukkan bahwa tidak terdapat hubungan Indeks Massa Tubuh terhadap pengendalian tekanan darah pasien hipertensi.

Kata kunci : Hipertensi, Indeks Massa Tubuh, Tekanan Darah