

ABSTRACT

RELATIONSHIP BETWEEN BODY MASS INDEX (BMI) AND HYPERTENSION DEGREE IN HYPERTENSION PATIENTS IN THE WORK AREA OF PALAS PUBLIC HEALTH CENTER, SOUTH LAMPUNG REGENCY

By

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Background: Hypertension is a serious condition that is the leading cause of early death in worldwide. South Lampung Regency included in the regencies have highest prevalence of hypertension in Lampung Province. Various studies have shown that BMI is the one of risk factor for hypertension and the degree of hypertension. The aim of this study was to find out the relationship between BMI and hypertension degree of hypertension patients in the Palas Health Center work area, South Lampung Regency in March 2023-December 2024.

Method: This study was performed in March 2023-December at the Palas Health Center using observational cross-sectional analysis with total sampling and was approved by ethics. Data collection was carried out by taking medical records. There were 103 medical records of respondents that fit by inclusion and exclusion criteria.

Results: The largest number of hypertension patients aged 46-54 years, as many as 45 people. There were 74 female patients and 29 male patients with hypertension. The average BMI was 26.37 kg/m². The results of the Pearson correlation analysis showed that there was a significant relationship (*p-value*=0,003, *r*=0,799) between BMI and hypertension degree of hypertension patients in the Palas Health Center work area, South Lampung Regency.

Conclusion: There is a noteable relationship between BMI and hypertension degree of hypertension patients in the Palas Health Center work area, South Lampung Regency.

Keywords: Body Mass Index, Degree of Hypertension

ABSTRAK

HUBUNGAN INDEKS MASA TUBUH (IMT) DENGAN DERAJAT HIPERTENSI PADA PENDERITA HIPERTENSI DI WILAYAH KERJA PUSKESMAS PALAS KABUPATEN LAMPUNG SELATAN

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Latar Belakang: Hipertensi adalah penyakit serius yang menjadi sebab utama mortalitas dini di seluruh dunia. Kabupaten Lampung Selatan ialah salah satu kabupaten dengan prevalensi hipertensi tertinggi di Provinsi Lampung. Berbagai penelitian menunjukkan IMT menjadi faktor risiko terjadinya hipertensi dan derajat hipertensi. Tujuan penelitian ini adalah untuk mengetahui hubungan IMT terhadap derajat hipertensi pada penderita hipertensi di wilayah kerja Puskesmas Palas Kabupaten Lampung Selatan bulan Maret 2023-Desember 2024.

Metode: Penelitian ini dilakukan pada Maret 2023-Desember 2024 di Puskesmas Palas. Analisis yang dipakai ialah analisis observasional *cross sectional* dengan total sampling serta telah disetujui etik. Pengumpulan data dilakukan dengan mengambil rekam medis. Terdapat 103 rekam medis responden yang memenuhi kriteria inklusi dan eksklusi.

Hasil: Penderita hipertensi terbanyak pada umur 46-54 tahun sejumlah 45 orang. Penderita hipertensi sebanyak 74 pasien perempuan dan 29 pasien laki-laki. Rata-rata IMT didapatkan 26,37 kg/m². Hasil analisis korelasi pearson menunjukkan terdapat hubungan bermakna ($p\text{-value}=0,003$, $r=0,799$) antara IMT dan derajat hipertensi pada penderita hipertensi di wilayah kerja Puskesmas Palas Kabupaten Lampung Selatan.

Kesimpulan: Terdapat hubungan bermakna IMT dan derajat hipertensi pada penderita hipertensi di wilayah kerja Puskesmas Palas Kabupaten Lampung Selatan.

Kata Kunci: Derajat Hipertensi, Indeks Massa Tubuh