

ABSTRACT

THE RELATIONSHIP BETWEEN PULSE PRESSURE AS AN INDICATOR OF SUBCLINICAL CARDIOVASCULAR DISORDERS AND CENTRAL OBESITY IN MALE STUDENTS AT THE UNIVERSITY OF LAMPUNG

By

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Background: Central obesity is associated with increased blood pressure, although not all individuals with central obesity develop hypertension. Compared with conventional blood pressure, pulse pressure is considered a more sensitive indicator for detecting cardiovascular risk. Therefore, assessing pulse pressure in individuals with central obesity may provide early detection of subclinical cardiovascular disorders.

Methods: This was an observational cross-sectional study conducted among students aged 18-21 years. Central obesity was defined based on waist circumference according to the WHO Asia-Pacific criteria, while pulse pressure was obtained by calculating the difference between systolic and diastolic blood pressure measured using a manual sphygmomanometer. Bivariate analysis was performed using the chi-square test to assess the association between central obesity and pulse pressure.

Results: The results of the analysis showed no significant association between central obesity and pulse pressure ($p > 0.05$). However, descriptively, the mean pulse pressure in the central obesity group (38.89 mmHg) was lower than that in the non-central obesity group (40.77 mmHg).

Conclusions: : No significant association was found between central obesity and pulse pressure in the male student population at the University of Lampung. The lower mean pulse pressure observed in the central obesity group is likely influenced by the high prevalence of elevated blood pressure among the respondents.

Keywords: central obesity, pulse pressure, waist circumference.

ABSTRAK

HUBUNGAN TEKANAN NADI SEBAGAI INDIKATOR GANGGUAN KARDIOVASKULAR SUBKLINIS TERHADAP OBESITAS SENTRAL PADA MAHASISWA PRIA DI UNIVERSITAS LAMPUNG

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Latar Belakang: Obesitas sentral berhubungan dengan peningkatan tekanan darah, meskipun tidak semua penderitanya mengalami hipertensi. Dibandingkan dengan pengukuran tekanan darah, pengukuran tekanan nadi dinilai lebih sensitif dalam mendeteksi risiko kardiovaskular. Oleh karena itu, evaluasi tekanan nadi pada individu obesitas sentral berpotensi dalam deteksi dini gangguan kardiovaskular subklinis.

Metode: Penelitian ini merupakan studi observasional dengan desain *cross-sectional* yang dilakukan pada mahasiswa berusia 18-21 tahun. Saatuts obesitas snetral ditentukan berdasarkan lingkaran perut menurut kriteria WHO-Asia Pasifik, sedangkan tekanan nadi dihitung dari selisih antara tekanan darah sistolik dan diastolik yang diukur menggunakan sphygmomanometer manual. Analisis bivariat dilakukan menggunakan uji *Chi-Square* untuk menilai hubungan antara obesitas sentral dan tekanan nadi.

Hasil: Hasil analisis menunjukkan bahwa tidak terdapat hubungan yang signifikan antara obesitas sentral dan tekanan nadi ($p > 0,05$). Meskipun demikian, secara deskriptif rerata tekanan nadi pada kelompok obesitas sentral (38,89 mmHg) lebih rendah dibandingkan kelompok tanpa obesitas sentral (40,77 mmHg).

Kesimpulan: Tidak ditemukan hubungan yang signifikan antara obesitas sentral dan tekanan nadi pada populasi mahasiswa pria di Universitas Lampung. Adanya penurunan rerata tekanan nadi pada kelompok obesitas sentral kemungkinan besar dipengaruhi oleh tingginya prevalensi tekanan darah tinggi pada responden.

Kata Kunci: obesitas sentral, tekanan nadi, lingkaran pinggang.