

ABSTRAK

Hubungan Indeks Massa Tubuh Dengan Tekanan Darah Pada Orang Dewasa di Desa Rowokembu Kabupaten Pekalongan

Risma Amanda Putri, Wiwiek Natalya

Latar Belakang: Kejadian hipertensi pada penduduk umur ≥ 18 tahun di Indonesia sebesar 30,8% dimana mayoritas adalah orang dewasa. Penelitian ini bertujuan untuk mengetahui hubungan indeks massa tubuh dengan tekanan darah pada orang dewasa.

Metode: Penelitian kuantitatif dengan desain korelasi, menggunakan pendekatan *cross sectional*. Teknik sampel *cluster random sampling*. Sampel penelitian sejumlah 87 orang dewasa di Desa Rowokembu Kabupaten Pekalongan. Alat ukur penelitian menggunakan alat ukur tinggi badan, timbangan berat badan, dan alat *sphygmomanometer* digital. Analisis data menggunakan uji *spearman rank*.

Hasil: Hasil penelitian menunjukkan rata-rata indeks massa tubuh sebesar 22,890, rata-rata tekanan darah sistolik 119,24 dan rata-rata tekanan darah diastolik 81,33. Hasil uji *spearman rank* menghasilkan nilai *p-value* $0,000 < \alpha (0,05)$ pada hubungan indeks massa tubuh dengan tekanan darah sistolik sedangkan hubungan indeks massa tubuh dengan tekanan darah diastolik nilai *p-value* $0,003 < \alpha (0,05)$. Maka ada hubungan indeks massa tubuh dengan tekanan darah pada orang dewasa di Desa Rowokembu Kabupaten Pekalongan.

Simpulan: Ada hubungan indeks massa tubuh dengan tekanan darah pada orang dewasa di Desa Rowokembu Kabupaten Pekalongan. Disarankan petugas kesehatan memberikan penyuluhan pentingnya berat badan ideal untuk mencegah tekanan darah tinggi.

Kata Kunci: Indeks Massa Tubuh, Tekanan Darah, Orang Dewasa

ABSTRACT

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The Correlation between Body Mass Index and Blood Pressure in Adults in Rowokembu Village, Pekalongan Regency

Introduction: The prevalence of hypertension among people aged ≥ 18 years in Indonesia is 30.8%, with the majority being adults. This study aimed to determine the correlation between body mass index and blood pressure in adults.

Methods: This was a quantitative study with a correlational design using a cross-sectional approach. The sample consisted of 87 adults in Rowokembu Village, Pekalongan Regency, selected by cluster random sampling. The measurement tools consisted of a stadiometer, a weighing scale, and a digital sphygmomanometer. Data analysis was performed using the Spearman rank test.

Results: The findings showed that the mean body mass index was 22.890, the mean systolic blood pressure was 119.24, and the mean diastolic blood pressure was 81.33. The Spearman rank test showed a p-value of $0.000 < \alpha (0.05)$ for the correlation between body mass index and systolic blood pressure, while the correlation between body mass index and diastolic blood pressure produced a p-value of $0.003 < \alpha (0.05)$. These results indicate a significant correlation between body mass index and blood pressure in adults in the village.

Conclusion: There is a correlation between body mass index and blood pressure in adults in Rowokembu Village, Pekalongan Regency. Health workers are advised to provide counselling on the importance of maintaining an ideal body weight to prevent high blood pressure.

Keywords: *adults, blood pressure, body mass index*