

Ohorella, Dwi. Hubungan antara Lingkar Pinggang dan Tekanan Darah pada Siswa Overweight di SMA Muhammadiyah 3 Yogyakarta

Pembimbing:

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INTISARI

Overweight dan obesitas merupakan kondisi dimana berat badan lebih dari kriteria berat badan normal. Anak-anak dan remaja yang memiliki BMI lebih dari atau sama dengan persentil 95 dikategorikan sebagai *overweight*. *Overweight* dan obesitas pada remaja berhubungan dengan beberapa penyakit. Namun, beberapa penelitian mempertimbangkan bahwa distribusi jaringan lemak pada orang *overweight* merupakan factor yang bermakna terhadap morbiditas dan mortalitas dibandingkan BMI. Lingkar pinggang pada remaja berhubungan dengan tekanan darah seperti yang terjadi pada orang dewasa.

Tujuan penelitian ini adalah untuk menentukan adanya hubungan antara lingkar pinggang dan tekanan darah pada siswa *overweight* di SMA Muhammadiyah 3 Yogyakarta. Penelitian ini merupakan penelitian non-eksperimen dengan pendekatan *cross sectional*. Instrumen yang digunakan dalam penelitian ini adalah timbangan, *microtoise*, *sphygmomanometer*, *stethoscope*, grafik *BMI-for-age percentile*, pita ukur, dan lembar observasi. Hipotesis pada penelitian ini diuji menggunakan uji *Spearman*.

Hasil penelitian ini menunjukkan bahwa terdapat hubungan positif yang signifikan antara lingkar pinggang dan tekanan darah sistolik ($p = .001$; $r = .573$) serta tekanan darah diastolik ($p = .009$; $r = .468$). Hubungan antara lingkar pinggang dan tekanan darah pada remaja *overweight* harus diperhatikan dengan baik agar dapat mencegah tingginya angka mortalitas dan morbiditas dari berbagai macam komplikasi yang disebabkan oleh *overweight*.

Kata kunci: *overweight*, remaja, lingkar pinggang, tekanan darah

Ohorella, Dwi. Correlation between Waist Circumference and Blood Pressure among Overweight Student in SMA Muhammadiyah 3 Yogyakarta

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ABSTRACT

Overweight and obesity are both labels for ranges of weight that are greater than what is generally considered healthy for a given height. Children and adolescents who had BMI for age more than or equal to 95th percentile were considered to be overweight. Overweight or obesity in adolescent related to several diseases. However, research suggested that fat distribution may be a more important factor for morbidity and mortality than BMI. Waist circumference in overweight children and adolescents probably also had a correlation to blood pressure as what was happened in adult. There were just a few research in Indonesia describe this correlation

The purpose of this research was to discover the correlation between waist circumference and blood pressure among overweight students in SMA Muhammadiyah 3 Yogyakarta. This research was non-experimental with cross sectional design. 30 overweight students who matched inclusion and exclusion criteria had blood pressure and waist circumference measurements. Equal, microtoise, sphygmomanometer, stethoscope, BMI-for-age percentile chart, measuring tape, and observational page were used as research design. The hypothesis of the study was tested by using the Spearman correlation.

The finding of the study showed a statistically significant correlation between waist circumference and (p = .001 ; r = .573), also diastolic blood pressure (p = .009; r = .468). Correlation between waist circumference and blood pressure among overweight adolescents must be taken as detailed as possible in order to decrease the mortality and morbidity from its variety of complications.

Key words: overweight, adolescents, waist circumference, blood pressure