CHAPTER V

CONCLUSSION AND SUGGESTION

A. Conclusions

1. Level of systolic blood pressure among overweight students is 128 in average, and diastolic blood pressure is 88 in average.

2. Prevalence of overweight in SMA Muhammadiyah 3 Yogyakarta is less.

3. There is a significant and positive correlation between waist circumference and both systolic and diastolic blood pressure among overweight students in SMA Muhammadiyah 3 Yogyakarta

B. Suggestions

1. Nursing practice

Nurse as educator must inform the impact of excess body weight to the students and help them to reduce the excess body weight properly.

2. School

School must provide regular anthropometry and blood pressure measurements in Unit Kesehatan Sekolah (UKS) properly in order to be early detection of health problems related to overweight.

3. Student

School must provide education related to overweight and its complications

measurements in Unit Kesehatan Sekolah (UKS) properly in order to be early detection of health problems related to overweight if possible.

4. Further researcher

Further researches must be conducted with better methods in measuring blood pressure. Measurement blood pressure must be done frequently in order to manage the confounding variables. Further researches also must describe detailed correlation of weight circumference and alteration blood pressure.

C. Research Strengths and Weaknesses

1. Research Strengths

This research controlled some confounding variable well, so bias of research result could be limited as good as possible. This research also enriches the references overweight-related diseases in Indonesia, since there were just a few researches discussed about correlation of waist circumference and blood pressure in overweight adolescents.

2. Research Weaknesses

Weaknesses of this research is that no frequent measurements of blood pressure. Blood pressure was only taken once. The better way to determine blood pressure is when the measurements done in several times in a day. That will controlled confounding variables such as activity better than once measurement. Moreover, the number of research sample, specifically in female subjects, was too small. This might influence the result of this study.