

Rudy Anggara (2014). Hubungan Obesitas Dengan Kejadian Hipertensi Pada Mahasiswa Fakultas Kedokteran dan Ilmu Kesehatan Universitas Muhammadiyah Yogyakarta.

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INTISARI

Latar Belakang: Obesitas merupakan salah satu masalah yang sering ditemukan di masyarakat. Salah satu masalah kesehatan yang sering ditimbulkan akibat obesitas adalah hipertensi. Risiko hipertensi meningkat dengan berkembangnya obesitas, terutama pada perempuan.

Tujuan Penelitian: Mengetahui hubungan obesitas dengan kejadian hipertensi pada mahasiswa Fakultas Kedokteran dan Ilmu Kesehatan Universitas Muhammadiyah Yogyakarta.

Metode Penelitian: Jenis penelitian ini adalah penelitian kuantitatif korelasi. Teknik pengambilan sampel *cross sectional*. Sampel dalam penelitian adalah mahasiswa obesitas berjumlah 38 sampel. Teknik sampling menggunakan total sampling. Analisa data menggunakan uji *Spearman*.

Hasil penelitian: terdapat mahasiswa obesitas I sebanyak 12 orang (68,4%), obesitas II sebanyak 8 orang (21,1%), dan obesitas III sebanyak 4 orang (10,5%). Sedangkan yang menderita hipertensi sebanyak 12 orang (31,6%) dan yang tidak hipertensi sebanyak 26 orang (68,4%). Di dapatkan hasil hubungan obesitas dengan kejadian hipertensi dengan uji *Spearman* ($p = 0,004 < 0,05$). Nilai r adalah 0,460 yang menunjukkan arah korelasi positif dengan hubungan yang kuat.

Kesimpulan: Semakin tinggi tingkat obesitas seseorang maka risiko untuk menderita hipertensi semakin besar.

Kata Kunci: Obesitas dan Kejadian Hipertensi.

Rudy Anggara (2014). *Relationship of Obesity With The Incidence of Hypertension In Medical School Students And Health Sciences, University Of Muhammadiyah Yogyakarta.*

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ABSTRACT

Background: *Obesity is one of the problem that found in the community. One of the health problem caused by obesity is hypertension. Risk of hypertension increased with development of obesity, especially happened to women.*

Purpose: *The study used correlational design with croos-sectional approach. The sample in this research were 38 students of the Faculty of Medicine and Health Sciences, University of Muhammadiyah Yogyakarta.*

Methodology: *This research is quantitative correlation research. The sampling technique is cross sectional. Sampel in this research is student obesity number are 38. Sampling technique using total sampling. Data were analyzed using Spearman test.*

Research Method : *The results of the study found that students with the first obesity were 12 people (68.4%), the second obesity were 8 people (21.1%), and the third of obesity were 4 people (10.5%). While as many as 12 people suffering from hypertension (31.6%) and hipertension were not as many as 26 people (68.4%). There is relationship between obesity with hypertension incidence with Spearman's test ($p=0.004<0.05$). r value (0,0460) show to the positive correlation with strong relationship.*

Conclusion : *the higher levels of obesity, the risk of a person suffering from hypertension getting bigger.*

Key Word: *Obesity and Hypertension.*