

# Studi Validasi Ukuran Antropometri dan Persen Lemak Tubuh terhadap Prehipertensi pada Siswa-Siswi SMA Insan Cendekia Madani Serpong Tangerang Selatan Tahun 2017 = Validation Study of Anthropometry and Body Fat Percentage for Prehypertension in Students of SMA Insan Cendekia Madani Serpong South Tangerang in 2017

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## Abstrak

Penelitian bertujuan untuk mengetahui ukuran pengganti yang memiliki validitas optimum dan mudah diaplikasikan untuk mendeteksi prehipertensi pada siswa/i kelas 10 dan 11 SMA Insan Cendekia Madani Tahun 2017. Design penelitian adalah cross sectional dengan total sampling. Penelitian menyimpulkan bahwa pada laki-laki, RLPP cut off 0,88 (sensitivitas 66,7%, spesifisitas 66,3% ) baik sebagai ukuran pengganti mendeteksi resiko prehipertensi sistolik, persen lemak BIA cut off 21,9% (sensitivitas 64,3%, spesifisitas 60,8%) cukup baik untuk prehipertensi diastolik, dan BIA cut off 21,9% (sensitivitas 63,6%, spesifisitas 62,2%) cukup baik untuk prehipertensi. Pada perempuan, RLPTB cut off 0,46 (sensitivitas 64,3%, spesifisitas 53,2%) cukup baik untuk mendeteksi resiko prehipertensi diastolik dan prehipertensi.

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This study aims to determine the validity of measurements that has optimum validity in detecting prehypertension. The study design was cross sectional with total sampling of 10th and 11th grade students SMA Insan Cendekia Madani Year 2017. This study concluded that in boys, waist to hip ratio (WHR) cut off 0.88 (sensitivity 66.7%, specificity 66.3%) is a good alternative measurement for detecting systolic prehypertension, while BIA fat percentage cut off 21.9% (sensitivity 64.3%, specificity 60.8%) is fair for diastolic prehypertension, BIA cut off 21.9% (sensitivity 63.6%, specificity 62.2%) is fair for prehypertension. In girls, waist to height ratio (WHtR) cut off 0.46 (64.3% sensitivity, specificity 53.2%) is fair for detecting diastolic prehypertension and prehypertension.