

# Hubungan diabetes melitus dengan hipertensi pada populasi obes di Indonesia: analisis data IFLS-5 tahun 2014 = Relationship between diabetes mellitus and hypertension in obesity populations in Indonesia: data analysis of IFLS-5 In 2014

Crysti Mei Manik, author

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## Abstrak

Prevalensi obes di dunia tinggi. Data 2016 menunjukkan bahwa prevalensi obes meningkat 3 kali lipat yakni lebih dari 650 juta orang. Pada populasi obes ditemukan banyak penderita DM dan hipertensi. Hal ini kemungkinan menunjukkan bahwa ada hubungan antara DM dengan hipertensi pada populasi obesitas. Penelitian ini bertujuan melihat apakah ada hubungan DM dengan hipertensi pada populasi obes di Indonesia dengan menggunakan data The Indonesian Family Life Survey kelima (IFLS-5) Tahun 2014. Desain penelitian cross sectional. Jumlah Sampel adalah 712 orang. Analisis data menggunakan cox regression. Kriteria inklusi adalah penduduk obes di Indonesia yang menjadi responden IFLS-5 tahun 2014 dan memiliki data tekanan darah diukur 3 kali serta memiliki data lengkap pada seluruh variable. Dari 712 orang obes, 12.1% menderita DM. Pada kelompok obes dengan DM terdapat 84.9% hipertensi. Pada kelompok obes tidak DM terdapat 61.7% hipertensi. Nilai Prevalensi Rasio (PR) 1.3 (95% CI; 1.007-1.684), artinya pada populasi obes dengan DM beresiko terjadi hipertensi sebesar 1.3 kali lipat jika dibandingkan dengan terjadinya hipertensi pada populasi obes tanpa DM setelah di kontrol oleh variabel umur dan jenis kelamin.

.....Obese prevalence in the world is high. 2016 data shows that the prevalence of obesity has increased 3-fold, which is more than 650 million people. In obese populations, there are many people with DM and hypertension. This might indicate that there is a relationship between DM and hypertension in obese populations. This study aims to look at the relationship between DM and hypertension in obesity populations in Indonesia by using the data of The Fifth Indonesian Family Life Survey (IFLS-5) in 2014. The design's study was cross sectional. The Total samples were 712 people. Data analysis used cox regression. The inclusion criteria were obese residents in Indonesia who were respondents in the 2014 IFLS-5 and had blood pressure data measured 3 times, meanwhile respondents who have complete data on all variables. From 712 obese people, 12.1% had DM. In the obese group with DM, there were 84.9% who had hypertension. In the obese group who didn't have DM there were 61.7% who had hypertension. Prevalence Ratio (PR) value were 1,3 (95% CI; 1,007-1,684), meaning that the obese population with DM is at risk for hypertension by 1,3 times if compared with the occurrence of hypertension in obese population without DM after being controlled by age and gender variables.