

# Hubungan Merokok dan Obesitas terhadap Prehipertensi pada Dewasa Muda di Indonesia = Association of Smoking and Obesity on Prehypertension in Young Adults in Indonesia

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## Abstrak

<p>Penelitian melaporkan terdapat efek jangka panjang dari berhenti merokok terhadap penambahan berat badan dan memperparah prehipertensi, tetapi efeknya belum jelas. Penelitian ini bertujuan untuk mengetahui hubungan merokok dan obesitas terhadap kejadian prehipertensi pada dewasa muda di Indonesia. Studi analitik <em>cross-sectional </em>ini menggunakan data sekunder Riskesdas 2018 dengan sampel berjumlah 17.698 orang dan dianalisis secara regres cox. Hasil penelitian menjelaskan prevalensi prehipertensi dewasa muda di Indonesia sebesar 52,61%. Dewasa muda yang tidak merokok dan mengalami obesitas memiliki risiko terbesar terkena prehipertensi yaitu sebesar 1,33 kali. Namun, ditemukan efek yang menurun pada kelompok merokok dan obesitas yaitu sebesar 1,17 kali, dan efek protektif pada mereka yang merokok dan tidak obesitas ( $PR=0,88$ ) terhadap prehipertensi karena adanya interaksi antagonis sebesar 3,42%. Perlunya pengecekan tekanan darah menggunakan aplikasi pada <em>smart watch</em> dan <em>smart phone </em>pada kelompok dewasa muda yang merokok dan berfokus kepada mereka yang obesitas ditambah peningkatan pelaksanaan Posbindu PTM di tempat umum dan promosi kesehatan melalui media sosial.</p><p></p><hr /><p>Research reports that there are long-term effects of quitting smoking on weight gain and exacerbating prehypertension, but the effect is unclear. This study aims to determine the relationship between smoking and obesity on the incidence of prehypertension in young adults in Indonesia. This cross-sectional analytic study used secondary data from the 2018 Riskesdas with a sample of 17,698 people and was analyzed using cox regression. The results of this study explain that the prevalence of prehypertension in young adults in Indonesia is 52.61%. Young adults who do not smoke and are obese have the greatest risk of developing prehypertension, which is 1.33 times. However, a decreasing effect was found in the smoking and obese group, which was 1.17 times, and a protective effect in those who smoked and were not obese ( $PR=0.88$ ) against prehypertension due to an antagonistic interaction of 3.42%. The need to check blood pressure using applications on smart watches and smart phones in groups of young adults who smoke and focus on those who are obese plus an increase in the implementation of Posbindu PTM in public places and health promotion through social media.</p>