

# Perbedaan proporsi prehipertensi dan hipertensi berdasarkan asupan natrium dan lemak serta faktor lainnya pada Siswa/i Usia 15-18 tahun di SMA Negeri 2 Cibinong Tahun 2024 = The Differences of prehypertension and hypertension based on sodium and fat intake, and other factors in students aged 15-18 years at SMAN 2 Cibinong 2024

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## Abstrak

Prehipertensi pada remaja didefinisikan sebagai tekanan darah sistolik dan/atau diastolik yang 90 persentil tetapi <95 persentil, sedangkan hipertensi pada remaja didefinisikan sebagai tekanan darah sistolik dan/atau diastolik 95th persentil hingga 99th persentil + 5 mmHg berdasarkan jenis kelamin, usia, dan tinggi badan. Berdasarkan penelitian terdahulu mengenai prehipertensi dan hipertensi remaja di Indonesia, prevalensi prehipertensi pada remaja mencapai 16,8%, sedangkan prevalensi hipertensi mencapai 2,6%. Penelitian sebelumnya mengenai prehipertensi remaja di salah satu SMA di Bogor, prevalensi prehipertensi mencapai 21,5%. Penelitian ini bertujuan untuk mengetahui perbedaan proporsi status prehipertensi dan hipertensi berdasarkan karakteristik individu, status gizi, asupan, dan gaya hidup pada siswa/i usia 15-18 tahun di SMA Negeri 2 Cibinong. Desain penelitian yang digunakan pada penelitian ini adalah cross-sectional dengan teknik pengambilan sampel consecutive sampling. Jumlah responden pada penelitian ini adalah 130 yang terdiri dari siswa/i kelas X dan XI SMA Negeri 2 Cibinong. Pengumpulan data dilakukan pada bulan Mei - Juni melalui pengisian kuesioner (g-form), wawancara recall 2x24-h, pengukuran berat badan, tinggi badan, dan tekanan darah. Hasil penelitian didapatkan sebanyak 29,2% responden mengalami prehipertensi dan 3,1% responden mengalami hipertensi tahap 1. Terdapat perbedaan proporsi prehipertensi dan hipertensi berdasarkan riwayat hipertensi keluarga (p-value=0,001; OR=4,020; 95% CI=1,765 - 9,159), asupan natrium (p-value=0,001; OR=19,091; 95% CI=5,91 - 61,61), asupan serat (p-value=0,001; OR=6,000; 95% CI=2,68 - 13,39), dan kebiasaan merokok (p-value=0,002; OR=10,118; 95% CI=2,044 - 50,091). Siswa/i dengan riwayat hipertensi keluarga, asupan natrium berlebih, asupan serat kurang, dan memiliki kebiasaan merokok lebih berisiko mengalami kejadian prehipertensi dan hipertensi. Berdasarkan hasil penelitian ini, diharapkan siswa/i dapat mulai memperhatikan tekanan darah dengan melakukan pengukuran tekanan darah rutin sebulan sekali, membatasi asupan natrium 2000 mg atau 1 sdt per hari, meningkatkan asupan serat 25 gr per hari, dan mengurangi/menghentikan kebiasaan merokok.

.....Prehypertension in adolescents is defined as systolic and/or diastolic blood pressure that is 90th percentile but <95th percentile, while hypertension in adolescents is defined as systolic and/or diastolic blood pressure of 95th percentile to 99th percentile + 5 mmHg based on gender, age, and height body. Based on previous research regarding prehypertension and adolescent hypertension in Indonesia, the prevalence of prehypertension in adolescents reached 16.8%, while the prevalence of hypertension reached 2.6%. Previous research on adolescent prehypertension in one high school in Bogor, the prevalence of prehypertension reached 21.5%. This study aims to determine differences in the proportion of prehypertension dan hypertension status based on individual characteristics, nutritional status, intake and lifestyle among students aged 15-18 years at SMA Negeri 2 Cibinong. The research design used in this study was cross-sectional with consecutive sampling technique. The number of respondents in this study was 130 consisting of

students from class X and XI of SMA Negeri 2 Cibinong. Data collection was carried out in May - June through filling out questionnaires (g-form), 2x24-h recall interviews, measuring body weight, height and blood pressure. The research results showed that 29.2% of respondents had prehypertension and 3.1% of respondents had stage 1 hypertension. There were differences in the proportion of prehypertension and hypertension based on family history of hypertension (p-value=0.001; OR=4.020; 95% CI=1.765 - 9.159), sodium intake (p-value=0.001; OR=19.091; 95% CI=5.91 - 61.61), fiber intake (p-value=0.001; OR=6.000; 95% CI=2.68 - 13.39) , and smoking habits (p-value=0.002; OR=10.118; 95% CI=2.044 - 50.091). Students with a family history of hypertension, excessive sodium intake, insufficient fiber intake, and smoking habits are more at risk of experiencing prehypertension and hypertension. Based on the results of this research, it is hoped that students can start paying attention to blood pressure by taking regular blood pressure measurements once a month, limiting sodium intake to 2000 mg or 1 tsp per day, increasing fiber intake to 25 grams per day, and reducing/stopping the habit of smoke.