

Hubungan obesitas sentral dengan kejadian hipertensi berdasarkan rasio lingkaran perut tinggi badan pada penduduk dewasa di Pulau Jawa tahun 2013 (analisis data Riskesdas 2013) = Relations central obesity with hypertension based on waist to height ratio for adults in java indonesia data analysis riskesdas 2013

Yulestari, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20414742&lokasi=lokal>

Abstrak

[ABSTRAK

Hipertensi atau sering juga disebut the silent killer adalah suatu peningkatan tekanan darah arteri diatas normal dan menjadi penyebab kematian tertinggi di Indonesia. Hipertensi pada penduduk dewasa bisa berakibat rendahnya produktivitas dan kualitas hidup terkait dengan morbiditas. Obesitas sentral adalah salah satu faktor risiko hipertensi yang berhubungan dengan gaya hidup yang tidak sehat. Studi ini bertujuan untuk menilai hubungan obesitas sentral dengan kejadian hipertensi berdasarkan rasio lingkaran perut tinggi badan pada penduduk dewasa di Pulau Jawa Tahun 2013. Penelitian ini menggunakan data Riskesdas 2013 dengan disain penelitian cross sectional dan jumlah sampel 175.374 orang. Status obesitas sentral ditentukan dengan analisis kurva ROC untuk mencari cut off point rasio lingkaran perut tinggi badan terhadap hipertensi. Studi ini menggunakan uji statistik Regresi Cox. Hasil penelitian menemukan prevalensi hipertensi pada penduduk dewasa sebesar 27,8% dan hubungan obesitas sentral terhadap kejadian hipertensi lebih dipengaruhi oleh wilayah tempat tinggal. Penduduk umur 19-29 tahun yang obesitas sentral dan tinggal diperkotaan memiliki risiko 2,1 kali (95% CI:1,969-2,247) untuk menderita hipertensi setelah dikontrol umur, wilayah tempat tinggal, pendidikan, pekerjaan, status merokok, aktifitas fisik dan stres. Saran dari studi ini adalah memberikan intervensi berupa promosi kesehatan tentang pengetahuan tentang hipertensi dan faktor risikonya pada usia remaja terutama diperkotaan sebagai pencegahan dini dengan perilaku hidup sehat untuk menurunkan prevalensi hipertensi di masa mendatang.

<hr>

ABSTRACT

Hypertension, often called the silent killer is an increase in arterial blood pressure above normal and the cause of death in Indonesia. Hypertension in the adult population could be low productivity and influence quality of life associated with morbidity. Central obesity is risk factor for hypertension associated with an unhealthy lifestyle. This study aimed to assess the association of central obesity with hypertension based on waist-to-height ratio in the adult population in Java 2013. This study uses Riskesdas data 2013 with cross sectional study design and sample size 175.374 respondents. Central obesity status was determined by ROC

curve analysis to looking for the cut off point waist-to-height ratio to hypertension and used Cox regression multivariate statistical test. Results of the study found the prevalence of hypertension in the adult population was 27.8% and the relationship of central obesity with hypertension is more influenced by the region of residence. People aged 19-29 years old who live in urban and central obesity have a risk 2.1 (PR=2.1, 95% CI: 1.969 to 2.247) of developing hypertension after controlling for age, region of residence, education, occupation, smoking status, physical activity and stress. Suggestions of this study is to providing health promotion interventions in the form of knowledge about hypertension and its risk factors in adolescence especially in urban areas as early prevention with healthy lifestyle behaviors to decrease the prevalence of hypertension in the future., Hypertension, often called the silent killer is an increase in arterial blood pressure above normal and the cause of death in Indonesia. Hypertension in the adult population could be low productivity and influence quality of life associated with morbidity. Central obesity is risk factor for hypertension associated with an unhealthy lifestyle. This study aimed to assess the association of central obesity with hypertension based on waist-to-height ratio in the adult population in Java 2013. This study uses Riskesdas data 2013 with cross sectional study design and sample size 175.374 respondents. Central obesity status was determined by ROC curve analysis to looking for the cut off point waist-to-height ratio to hypertension and used Cox regression multivariate statistical test. Results of the study found the prevalence of hypertension in the adult population was 27.8% and the relationship of central obesity with hypertension is more influenced by the region of residence. People aged 19-29 years old who live in urban and central obesity have a risk 2.1 (PR=2.1, 95% CI: 1.969 to 2.247) of developing hypertension after controlling for age, region of residence, education, occupation, smoking status, physical activity and stress. Suggestions of this study is to providing health promotion interventions in the form of knowledge about hypertension and its risk factors in adolescence especially in urban areas as early prevention with healthy lifestyle behaviors to decrease the prevalence of hypertension in the future.]