

---

## HUBUNGAN INDIKATOR STATUS GIZI DENGAN TEKANAN DARAH PADA REMAJA DI KELURAHAN KALICACING KOTA SALATIGA TAHUN 2020

Oktavia Yudhaningtyas<sup>1</sup>, Ike Wuri Winahyu Sari<sup>2</sup>, Novita Nirmalasari<sup>3</sup>  
Fakultas Ilmu Kesehatan, Universitas Jenderal Achmad Yani Yogyakarta  
Email: octavia.yudha@yahoo.co.id

### ABSTRAK

**Latar Belakang:** Peningkatan tekanan darah (TD) berhubungan dengan kelebihan berat badan dan obesitas. Obesitas dapat ditentukan melalui pengukuran antropometri seperti rasio lingkaran pinggang terhadap lingkaran panggul (RLPP), lingkaran pinggang terhadap tinggi badan (RLPTB), indeks massa tubuh (IMT), lingkaran pinggang (LiPi) dan baru-baru ini dikembangkan “A Body Shape Index” (ABSI).

**Tujuan:** Menganalisis hubungan indikator status gizi dengan TD pada remaja laki-laki dan perempuan.

**Metode:** Studi cross sectional di wilayah kerja Kelurahan Kalicacing Kota Salatiga pada 80 remaja usia 15-18 tahun yang dipilih secara *purposive* sampling. Pengukuran antropometri meliputi tinggi badan, berat badan, lingkaran pinggang dan panggul dan TD. Data dianalisis dengan uji Pearson dan perhitungan rasio prevalensi untuk mengetahui besar risiko.

**Hasil:** Terdapat 56,2% remaja mengalami pre hipertensi. Gizi lebih berdasarkan IMT 26,2%. Risiko tinggi berdasarkan LiPi 5%, RLPP 15%, RLPTB 8,8% dan ABSI 27,5%. Terdapat hubungan signifikan antara beberapa indikator status gizi dengan TD, LiPi dengan TDS ( $p < 0,05$ ,  $48 \pm 11,23$ ). RLPP memiliki hubungan signifikan dengan TDD ( $p < 0,05$ ,  $76,98 \pm 8,62$ ). Tidak terdapat hubungan antara ABSI dengan TDS dan TDD ( $p > 0,05$ ).

**Simpulan:** LiPi berhubungan dengan TDS. RLPP berhubungan dengan TDD. Tidak terdapat hubungan antara ABSI dengan TDS dan TDD.

**Kata kunci:** Tekanan darah, indikator obesitas, status gizi

---

<sup>1</sup>Student of Nursing Study Program Universitas Jenderal Achmad Yani Yogyakarta

<sup>2</sup>Lecturer of Nursing Study Program Universitas Jenderal Achmad Yani Yogyakarta

<sup>3</sup>Lecturer of Nursing Study Program Universitas Jenderal Achmad Yani Yogyakarta

---

**RELATIONSHIP OF NUTRITIONAL STATUS INDICATORS WITH  
BLOOD PRESSURE IN ADOLESCENTS IN KALICACING VILLAGE,  
SALATIGA CITY, 2020**

Oktavia Yudhaningtyas<sup>1</sup>, Ike Wuri Winahyu Sari<sup>2</sup>, Novita Nirmalasari<sup>3</sup>  
Fakultas Ilmu Kesehatan, Universitas Jenderal Achmad Yani Yogyakarta  
Email: octavia.yudha@yahoo.co.id

**ABSTRACT**

**Background:** *An increase in blood pressure (BP) is associated with overweight and obesity. Obesity can be determined through anthropometric measurements such as the ratio of waist circumference to hip circumference (RLPP), waist circumference to height (RLPTB), body mass index (BMI), waist circumference (LiPi) and the recently developed "A Body Shape Index" (ABSI).*

**Objective:** *To analyze the relationship between indicators of nutritional status and BP in adolescent boys and girls.*

**Methods:** *Cross sectional study in the working area of Kalicacing Village, Salatiga City, on 80 adolescents aged 15-18 years who were selected by purposive sampling. Anthropometric measurements include height, weight, waist and hip circumference and BP. Data were analyzed by using Pearson test and calculation of prevalence ratio to determine the amount of risk.*

**Results:** *There were 56.2% of adolescents experiencing pre hypertension. More nutrition based on BMI of 26.2%. High risk based on LiPi 5%, RLPP 15%, RLPTB 8.8% and ABSI 27.5%. There was a significant relationship between several indicators of nutritional status with BP, LiPi and TDS ( $p < 0.05$ ,  $48 \pm 11.23$ ). RLPP has a significant relationship with TDD ( $p < 0.05$ ,  $76.98 \pm 8.62$ ). There was no relationship between ABSI and TDS and TDD ( $p > 0.05$ ).*

**Conclusion:** *LiPi is related to TDS. RLPP is related to TDD. There is no relationship between ABSI and TDS and TDD.*

**Keywords:** *Blood pressure, obesity indicator, nutritional status*

---

<sup>1</sup>Student of Nursing Study Program Universitas Jenderal Achmad Yani Yogyakarta

<sup>2</sup>Lecturer of Nursing Study Program Universitas Jenderal Achmad Yani Yogyakarta

<sup>3</sup>Lecturer of Nursing Study Program Universitas Jenderal Achmad Yani Yogyakarta