HUBUNGAN RASIO LINGKAR PINGGANG PANGGUL DENGAN DERAJAT HIPERTENSI DI PUSKESMAS GAMPING 1 SLEMAN

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INTISARI

Latar Belakang : Indonesia merupakan 10 negara dengan prevalensi hipertensi tertinggi di dunia dengan prevalensi hipertensi sebesar 31,7%. Hipertensi dipengaruhi oleh faktor risiko tidak dapat dikontrol dan faktor risiko dapat dikontrol. Faktor yang tidak dapat dikontrol meliputi umur, jenis kelamin, suku dan faktor genetik, sedangkan faktor yang dapat dikontrol meliputi asupan garam, kebiasaan merokok, olahraga, stres, dan kelebihan berat badan. Pasien yang kelebihan berat badan lebih cenderung disertai dengan hipertensi, dan diabetes melitus dari pada orang kurus atau normal.

Tujuan Penelitian : Mengetahui hubungan antara rasio lingkar pinggang panggul dengan derajat hipertensi pada subjek usia dewasa.

Metode Penelitian : Jenis penelitian deskriptif korelasi dengan rancangan *cross sectional*. Sampel diambil dengan teknik *concecutive* sebanyak 51 pasien hipertensi usia dewasa Rawat Jalan Puskesmas Gamping 1 Sleman. Instrumen penelitian adalah lembar observasi. Hasil penelitian dianalisis dengan uji *Kendall's Tau*.

Hasil penelitian : Rasio lingkar pinggang panggul pada pasien hipertensi usia dewasa rawat jalan di Puskesmas Gamping 1 Sleman kategori obesitas sebanyak 31 responden (60,8%). Derajat hipertensi pada pasien hipertensi usia dewasa Rawat Jalan Puskesmas Gamping 1 Sleman kategori Derajat 1 sebanyak 25 responden (49,0%). Hasil uji *Kendall tau* diperoleh ρ = 0,001 dengan koefisien korelasi sebesar 0,407.

Kesimpulan : Ada hubungan antara rasio lingkar pinggang panggul dengan derajat hipertensi ditunjukkan dengan keeratan hubungan sedang.

Kata kunci   : rasio lingkar pinggang panggul, derajat hipertensi

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THE CORRELATION BETWEEN WAIST-HIP CIRCUMFERENCE RATIO AND HYPERTENSION DEGREE IN PUSKESMAS GAMPING 1 SLEMAN

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ABSTRACT

Background: Indonesia belongs to 10 countries with the highest hypertension prevalence in the world, with hypertension prevalence of 31.7%. Hypertension is influenced by uncontrollable and controllable risk factors. The uncontrollable factors include age, sex, tribe, and genetic factors, while the controllable factors include salt intake, smoking habit, sport, stress, and obesity. A patient with obesity tends to have hypertension and diabetes mellitus in thin or normal people.

Research Objective: Finding out the correlation between waist-hip circumference and hypertension degree in adult subject.

Research Method: The research was descriptive correlation in nature with cross sectional design. The sample was taken with *concecutive* technique as many as 51 adult out- patients with hypertension in Puskesmas Gamping 1 Sleman. The research instrument was observation sheet. The research result was analyzed with Kendall's Tau test.

Research Result: Waist-hip circumference ratio in adult out-patient with hypertension in Puskesmas Gamping 1 Sleman in obesity category was as many as 31 respondents (60.8%). The hypertension degree in adult out-patients with hypertension in Puskesmas Gamping 1 Sleman in Stage I HTN category was as many as 25 respondents (49.0%). The result of Kendall Tau was $\rho = 0.001$ with correlation coefficient of 0.407.

Conclusion: There was a relationship between waist-hip circumference ratio and hypertension degree shown by fair closeness relationship.

Keywords**:** waist circumference ratio, hypertension degree

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