

## **ABSTRACT**

**RELATIONSHIP OF CENTRAL OBESITY WITH EVENT  
HIPERTENSION IN CITRA MEDIKA SIDOARJO Hospital**

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One of the risk factors for hypertension that can be changed, modified and often found is obesity. Central obesity is more risky to health, because of the predominance of accumulation of body fat in the trunkal. This type of obesity is closely related to DM, hypertension, and cardiovascular disease than lower body obesity. The purpose of this study was to determine the relationship of central obesity with hypertension in Citra Medika Hospital Sidoarjo. Correlational analytic research design with cross sectional approach. The population of all hypertensive patients with obesity was 67 people and a sample of hypertensive patients with obesity was obtained on February 10 - March 7, 2020 that met the inclusion criteria of 42 people taken by consecutive sampling. The independent variable is central obesity and the dependent variable is the incidence of hypertension. Data was taken using a meter, observation sheet and tensimeter. After being collected, the data is processed and analyzed descriptively using cross tabulation. The results showed that most respondents experienced central obesity as many as 26 respondents (61.9%), most respondents suffered from hypertension I as many as 33 respondents (78.6%), and there was a relationship between central obesity and the incidence of hypertension, especially hypertension degree I. Obesity Central hypertension is more experienced by patients with first degree hypertension, in addition to the average hypertension sufferers are first degree hypertension sufferers, it is also caused by the fact that most men who have a higher risk of developing hypertension and central obesity, rarely consume fruits and vegetables, and rarely exercise when compared with patients with degree II hypertension.

Keywords: central obesity, hypertension

## **ABSTRAK**

### **HUBUNGAN OBESITAS SENTRAL DENGAN KEJADIAN HIPERTENSI DI RS CITRA MEDIKA SIDOARJO**

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Salah satu faktor risiko hipertensi yang dapat diubah, dimodifikasi dan sering ditemukan adalah obesitas. Obesitas sentral lebih berisiko terhadap kesehatan, karena adanya dominasi penimbunan lemak tubuh di trunkal. Tipe obesitas ini berhubungan erat dengan DM, hipertensi, dan penyakit kardiovaskuler daripada obesitas tubuh bagian bawah. Tujuan penelitian adalah mengetahui hubungan obesitas sentral dengan kejadian hipertensi di RS Citra Medika Sidoarjo. Desain penelitian analitik korelasional dengan pendekatan *cross sectional*. Populasinya seluruh pasien hipertensi dengan obesitas sebanyak 67 orang dan didapatkan sampel sebagian pasien hipertensi dengan obesitas pada tanggal 10 Februari – 7 Maret 2020 yang memenuhi kriteria inklusi sebanyak 42 orang yang diambil dengan *consecutive sampling*. Variabel independennya obesitas sentral dan variabel dependennya kejadian hipertensi. Data diambil menggunakan meteran, lembar observasi dan tensimeter. Setelah terkumpul dilakukan pengolahan dan analisis data secara deskriptif menggunakan tabulasi silang. Hasil penelitian menunjukkan sebagian besar responden mengalami obesitas sentral sebanyak 26 responden (61,9%), sebagian besar responden menderita Hipertensi I sebanyak 33 responden (78,6%), dan ada hubungan obesitas sentral dengan kejadian hipertensi, khususnya Hipertensi derajat I. Obesitas sentral lebih banyak dialami oleh penderita hipertensi derajat I, selain karena penderita hipertensi rata-rata adalah penderita hipertensi derajat I, juga disebabkan karena sebagian besar berjenis kelamin laki-laki yang memiliki risiko lebih tinggi mengalami hipertensi dan obesitas sentral, jarang mengonsumsi buah dan sayur, serta jarang berolahraga bila dibandingkan dengan penderita hipertensi derajat II.

**Kata kunci: obesitas sentral, kejadian hipertensi**