

ABSTRAK

Penyakit hipertensi mulai meluas menjadi masalah pada anak dan remaja. Salah satu faktor yang menginisiasi terjadinya hipertensi dimasa kanak-kanak atau remaja adalah status gizi berlebih yaitu *overweight* dan obesitas. Di Jawa Barat, prevalensi obesitas pada anak usia 6-14 tahun ialah 12% pada laki-laki dan perempuan. Tujuan penelitian ini adalah untuk mengetahui hubungan status gizi dengan tekanan darah pada pelajar SMPN 40 Bandung.

Penelitian ini menggunakan desain analitik observasional dengan metode *cross-sectional*. Sampel merupakan pelajar usia 12-15 tahun di SMPN 40 Bandung yang telah memenuhi kriteria inklusi dan diambil dengan menggunakan cara *consecutive sample*. Sampel diukur status gizi (berat badan, tinggi badan, indeks massa tubuh) dan tekanan darahnya. Uji statistika dengan menggunakan uji *chi-square*.

Hasil penelitian menunjukkan sebanyak 44% pelajar SMPN 40 Bandung mengalami gizi berlebih (*overweight*: 33%, *obese*: 11%). Sebanyak 55% pelajar mengalami peningkatan tekanan darah (prehipertensi: 22%, hipertensi: 33%). Pelajar laki-laki memiliki persentase *obese* dan *underweight* yang lebih dominan, sedangkan pelajar perempuan memiliki persentase gizi normal dan *overweight* yang lebih dominan.

Pada pelajar dengan status gizi berlebih, 79.54% mengalami peningkatan tekanan darah. Berdasarkan perhitungan statistika dengan menggunakan uji Chi-square, terdapat hubungan yang bermakna antara status gizi dan tekanan darah pada pelajar SMPN 40 Bandung ($P=0.000$).

Kesimpulan penelitian ini terdapat hubungan antara status gizi dengan tekanan darah, remaja dengan status gizi berlebih berpeluang 2.22 kali lebih tinggi mengalami tekanan darah tinggi dibandingkan dengan remaja yang tidak memiliki status gizi berlebih (PR: 2.22 IK: 1.520—3.263).

Kata kunci: status gizi, tekanan darah

ABSTRACT

Nowadays, hypertension has become a disease for children and adolescents. One of many factors that initiated hypertension in children and adolescents is overnutrition (overweight and obesity). In West Java, the prevalence of obesity in children from age 6-14 years is 12% for boys and girls. The purpose of this study is to find the relationship between nutritional status and blood pressure.

This was an analytic-observational studies that using cross-sectional methods. Sample was taken from population of student from age 12—15 years in SMPN 40 Bandung that meet the inclusion criteria, obtained by using consecutive sampling. Height, weight, and body mass index has been measured and implemented as nutritional status. Blood pressure was measured and implemented. Data were analyzed by using a chi-square test.

The result showed that 44% students were having overnutrition status (overweight: 33%, obese: 11%). It also found that 55% students were having high blood pressure (pre-hypertension: 22%, hypertension: 33%). The male students have a dominant obesity and underweight's percentages, while the female students have a normal and overweight's percentages as the dominant.

Among students who having overnutrition, about 79.54% were also having a high blood pressure. Based on statistical analysis using chi-square test, it has been found that there were significant relationship between nutritional status and blood pressure among students of SMPN 40 Bandung ($P=0.000$).

It is concluded that there is a relationship between nutritional status and blood pressure, students with overnutritional status tend to have 2.22 times higher probability of developing hypertension compare to students who don't (PR: 2.22 CI: 1.520—3.263).

Key words: *nutritional status, blood pressure*