

ABSTRAK

Juli Asnita Maharaja: Hubungan Rasio Lingkar Pinggang Panggul dan Aktivitas Fisik dengan Hipertensi di Puskesmas Sebangar Kabupaten Bengkalis. Skripsi. Program Studi Gizi. Pendidikan Kesejahteraan Keluarga. Fakultas Teknik Universitas Negeri Medan. 2025

Hipertensi merupakan kondisi medis yang serius yang dapat meningkatkan penyakit jantung, otak, ginjal dan penyakit lainnya. Salah satu faktor dari resiko hipertensi yaitu kurang aktivitas fisik dan berat badan. Prevalensi hipertensi di Riau tahun 2023 pada usia ≥ 18 tahun yaitu sebanyak 25,6%. Untuk mengetahui Hubungan Rasio Lingkar Pinggang Panggul dan Aktivitas Fisik dengan Hipertensi di Puskesmas Sebangar Kabupaten Bengkalis. Desain penelitian ini adalah observasional dengan pendekatan *cross sectional*, sampel diambil dengan Teknik *purposive sampling* sebanyak 66 orang. Teknik pengumpulan data dilakukan dengan wawancara kuisioner GPAQ, pengukuran lingkaran pinggang, pengukuran lingkaran pinggul, dan pengukuran tekanan darah. Analisis dilakukan secara univariat, bivariat dan multivariat. Analisis bivariat dilakukan dengan uji *chi-square*.

Berdasarkan hasil penelitian menunjukkan kategori umur tertinggi responden yaitu pada umur 36-40 tahun sebesar 44 %, kategori jenis kelamin responden laki-laki sebesar 36,4 % dan responden perempuan sebesar 63,6 %, kategori Pendidikan terakhir responden sebanyak 56,1% yaitu tamat SLTA/MA, kategori pekerjaan terbanyak yaitu IRT sebanyak 53%, kategori pendapatan responden terbanyak yaitu pendapatan tinggi sebanyak 63,6%, kategori riwayat keluarga dengan jawaban tidak sebanyak 42,4% dan jawaban ya sebanyak 57,6%, kategori RLPP beresiko sebanyak 65,2% dan RLPP normal sebanyak 34,8%, kategori aktivitas fisik memenuhi sebanyak 36,4% dan aktivitas fisik tidak memenuhi sebanyak 63,6%, kategori tekanan darah terkontrol sebanyak 51,5% dan tekanan darah tidak terkontrol sebanyak 48,5%. Hasil analisis yang didapatkan tidak terdapat hubungan antara rasio lingkaran pinggang pinggul dengan hipertensi ($p = 0,141 > 0,05$) dengan nilai *R-Square* 0,181, dan nilai OR 2,16 kali. Sedangkan untuk aktivitas fisik dengan hipertensi memiliki hubungan dengan nilai signifikansi sebesar 0,006 ($p = 0,006 < 0,05$) dan nilai *R-Square* 0,338, dan nilai OR 4,37 kali. Analisis multivariat tidak dilakukan dalam penelitian ini karena dalam hasil analisis multivariat dilakukan dengan lebih dari satu variabel yang berhubungan signifikan, dalam penelitian ini hanya terdapat satu variabel yang berhubungan sehingga tidak dilakukan analisis multivariat. Tidak terdapat hubungan antara rasio lingkaran pinggang pinggul dengan hipertensi di Puskesmas Sebangar Kabupaten Bengkalis. Namun, Terdapat hubungan antara aktivitas fisik dengan hipertensi di Puskesmas Sebangar Kabupaten Bengkalis Provinsi Riau.

ABSTRACT

Juli Asnita Maharaja: The Relationship between Waist Hip Circumference Ratio and Physical Activity with Hypertension at Sebangar Health Center, Bengkalis Regency. Thesis. Nutrition Study Program. Family Welfare Education. Faculty of Engineering, State University of Medan. 2025

Hypertension is a serious medical condition that can increase heart, brain, kidney and other diseases. One of the risk factors for hypertension is lack of physical activity and body weight. The prevalence of hypertension in Riau in 2023 at the age of ≥ 18 years is 25.6%. To determine the Relationship between Waist Hip Circumference Ratio and Physical Activity with Hypertension at Sebangar Health Center, Bengkalis Regency. The design of this study is observational with a cross-sectional approach, samples were taken using a purposive sampling technique of 66 people. Data collection techniques were carried out by interviewing the GPAQ questionnaire, measuring waist circumference, measuring hip circumference, and measuring blood pressure. The analysis was carried out univariately, bivariately and multivariately. Bivariate analysis was carried out using the chi-square test.

Based on the research results, it shows that the highest age category of respondents is 36-40 years old at 44%, the category of male respondents' gender is 36.4% and female respondents are 63.6%, the category of respondents' last education is 56.1%, namely graduating from high school / MA, the largest job category is housewife as much as 53%, the largest income category of respondents is high income as much as 63.6%, the family history category with the answer no as much as 42.4% and the answer yes as much as 57.6%, the category of RLPP at risk as much as 65.2% and normal RLPP as much as 34.8%, the category of physical activity meets as much as 36.4% and physical activity does not meet as much as 63.6%, the category of controlled blood pressure as much as 51.5% and uncontrolled blood pressure as much as 48.5%. The results of the analysis obtained showed no relationship between the waist-hip circumference ratio and hypertension ($p = 0.141 > 0.05$) with an R-Square value of 0.181, and an OR value of 2.16 times. While for physical activity with hypertension there is a relationship with a significance value of 0.006 ($p = 0.006 < 0.05$) and an R-Square value of 0.338, and an OR value of 4.37 times. Multivariate analysis was not performed in this study because the results of the multivariate analysis were performed with more than one significantly related variable, in this study there was only one related variable so that multivariate analysis was not performed. There is no relationship between the waist-hip circumference ratio and hypertension at the Seabangar Health Center, Bengkalis Regency. However, there is a relationship between physical activity and hypertension at the Sebangar Health Center, Bengkalis Regency, Riau Province.