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HUBUNGAN ANTARA OBESITAS DENGAN KEJADIAN HIPERTENSI PADA SISWA SISWI DI SMK N 1 BAWEN

ABSTRAK

Latar Belakang : Obesitas pada remaja mengalami peningkatan secara global dan menjadi salah satu faktor risiko penyakit tidak menular, termasuk hipertensi. Kondisi kelebihan berat badan pada masa remaja berdampak terhadap kesehatan jangka panjang, salah satunya tekanan darah tinggi. Oleh karena itu, penting untuk mengetahui apakah terdapat hubungan antara obesitas dan kejadian hipertensi di kalangan remaja sekolah.

Metode : Penelitian ini menggunakan pendekatan kuantitatif analitik dengan desain cross sectional. Pengambilan sampel dilakukan secara acak (random sampling) terhadap 83 siswa kelas X di SMK N 1 Bawen. Data diperoleh melalui pengukuran Indeks Massa Tubuh (IMT) dan tekanan darah menggunakan alat digital yang telah divalidasi. Analisis statistik dilakukan menggunakan uji *Chi-Square* untuk mengetahui signifikansi hubungan antara variabel.

Hasil : Sebanyak 25,3% responden dikategorikan obesitas dan 47% mengalami hipertensi. Hasil analisis bivariat menunjukkan terdapat hubungan yang signifikan antara status gizi (IMT) dengan tekanan darah siswa ($p = 0,003$; $\tau = 0,282$). Semakin tinggi kategori status gizi, semakin besar kecenderungan mengalami hipertensi.

Simpulan : Terdapat hubungan positif dan signifikan antara kejadian obesitas dengan hipertensi pada siswa SMK. Temuan ini menekankan pentingnya intervensi preventif di sekolah untuk mengendalikan berat badan dan mencegah hipertensi sejak usia dini.

Kata Kunci: *Obesitas, hipertensi, remaja, status gizi, tekanan darah.*

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THE RELATIONSHIP BETWEEN OBESITY AND HYPERTENSION AMONG STUDENTS AT SMK N 1 BAWEN

ABSTRACT

Background : Adolescent obesity has shown a global increase and is considered a major risk factor for non-communicable diseases, including hypertension. Excess body weight during adolescence may affect long-term health, particularly blood pressure. Therefore, it is essential to examine the relationship between obesity and hypertension among high school students.

Methods : This study used a quantitative analytic design with a cross-sectional approach. A total of 83 tenth-grade students from SMK N 1 Bawen were selected through random sampling. Data collection included measurements of Body Mass Index (BMI) and blood pressure using validated digital instruments. Statistical analysis was conducted using Chi-Square test to assess the significance of the association between variables.

Results : A total of 25.3% of respondents were categorized as obese, while 47% were identified as hypertensive. The bivariate analysis showed a statistically significant relationship between nutritional status (BMI) and blood pressure ($p = 0.003$; $\tau = 0.282$). Higher BMI categories were associated with an increased likelihood of elevated blood pressure.

Conclusion : There is a significant and positive relationship between obesity and hypertension among students at SMK N 1 Bawen. These findings highlight the importance of school-based preventive interventions to manage weight and reduce the risk of hypertension from an early age.

Keywords : *Obesity, hypertension, adolescents, nutritional status, blood pressure.*