

HUBUNGAN ANTARA OBESITAS DENGAN HIPERTENSI SERTA GAMBARAN PENGGUNAAN OBAT ANTIHIPERTENSI DAN OBAT TAMBAHAN PADA PASIEN HIPERTENSI DI PUSKESMAS CILAMAYA

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ABSTRAK

Hipertensi adalah kondisi medis di mana tekanan darah sistolik ≥ 140 mmHg dan/atau tekanan darah diastolik ≥ 90 mmHg, berdasarkan pengukuran berulang. Salah satu indikator dalam menilai faktor risiko hipertensi adalah berat badan, yang diklasifikasikan ke dalam kategori normal, kurang, kelebihan berat badan (overweight), dan obesitas. Tujuan penelitian ini adalah untuk mengetahui apakah terdapat hubungan antara obesitas dan kejadian hipertensi pada pasien hipertensi. Penelitian ini menggunakan desain kuantitatif dengan pendekatan cross sectional. Data diperoleh dari rekam medis pasien rawat jalan yang memenuhi kriteria inklusi dan eksklusi. Sampel diambil secara purposive sampling. Hasil penelitian menunjukkan bahwa sebagian besar responden berada dalam kategori usia 55–64 tahun dan berjenis kelamin perempuan. Hasil uji korelasi diperoleh nilai koefisien korelasi (ρ) = 0,338 dengan nilai signifikansi $p = 0,003$. Dalam interpretasi statistik, nilai $\rho = 0,338$ tergolong dalam kategori korelasi lemah hingga sedang. Meskipun termasuk dalam kategori korelasi lemah, hubungan ini tetap bermakna secara klinis dan epidemiologis.

Kata kunci: Obesitas, Hipertensi, Indeks Massa Tubuh

**THE RELATIONSHIP BETWEEN OBESITY AND
HYPERTENSION AND THE
USE OF ANTIHYPERTENSIVE DRUGS AND ADDITIONAL
DRUGS IN HYPERTENSIVE PATIENTS AT
CILAMAYA HEALTH CENTER**

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ABSTRACT

Hypertension is a medical condition in which systolic blood pressure is ≥ 140 mmHg and/or diastolic blood pressure is ≥ 90 mmHg, based on repeated measurements. One of the indicators in assessing risk factors for hypertension is body weight, which is classified into normal, underweight, overweight, and obese categories. The purpose of this study was to determine whether there is a relationship between obesity and the incidence of hypertension in hypertensive patients. This study used a quantitative design with a cross sectional approach. Data were obtained from medical records of outpatients who met the inclusion and exclusion criteria. Samples were taken by purposive sampling. The results showed that most of the respondents were in the age category 55-64 years and female. The correlation test results obtained a correlation coefficient (ρ) = 0.338 with a significance value of $p = 0.003$. In statistical interpretation, the value of $\rho = 0.338$ is classified in the weak to moderate correlation category. Although included in the weak correlation category, this relationship is still clinically and epidemiologically meaningful.

Keywords: Obesity, Hypertension, Body Mass Index