

## BAB 7

### SIMPULAN DAN SARAN

#### 7.1. Simpulan

1. Hubungan antara tingkat hipertensi dengan kejadian mikroalbuminuria pada anak obesitas dengan hipertensi pada populasi yang diteliti adalah tidak bermakna
2. Kejadian hipertensi dengan obesitas pada populasi anak usia 12 – 14 tahun adalah 6,7 %. Rerata tekanan sistolik adalah 139,0 (SD=5,95) mmHg, rerata tekanan diastolik adalah 139 84,9 (SD 5,90) mmHg.
3. Berdasarkan kategori tekanan darah, pada anak obesitas dengan hipertensi, kejadian hipertensi sistolik bermakna adalah 80.8 %, hipertensi sistolik berat 19.2%, hipertensi diastolik bermakna adalah 61.5%.
4. Sebagian besar kadar albuminurin adalah dibawah nilai ambang 20 ug/mg kreatinin Rerata kadar albumin urin adalah 6,96 (SD=5,57) µg/mg kreatinin, kejadian mikroalbuminuria dijumpai pada 2 anak (7,7%).

#### 7.2. Saran

1. Perlu dilakukan penelitian untuk mengetahui ekskresi albumin urin (3 kali dalam tenggang waktu 3 bulan) pada anak usia 12-14 tahun yang telah menderita hipertensi selama > 5 tahun dengan mengukur kadar HDL, LDL, trigliserida, gula darah.

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