

BEBERAPA FAKTOR DETERMINAN YANG BERHUBUNGAN DENGAN  
TEKANAN DARAH SISTOLIK PADA LAKI-LAKI DEWASA DI KOTA  
SEMARANG (STUDI DI KOMPLEKS BINA MARGA SEMARANG TAHUN 2008)

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(2008 - Skripsi)

Pembangunan yang dilaksanakan di Indonesia di satu sisi meningkatkan taraf hidup dan kualitas hidup, namun di sisi lain berdampak negatif yaitu meningkatnya morbiditas penyakit pembuluh darah seperti hipertensi akibat gaya hidup. Faktor risiko hipertensi antara lain obesitas yang dipengaruhi oleh asupan makanan dan kebiasaan olahraga. Penelitian ini bertujuan untuk menganalisis hubungan rasio lingkaran pinggang-panggul (RLPP), indeks massa tubuh (IMT), kebiasaan olahraga, asupan lemak, asupan natrium, asupan serat, asupan kalium dan asupan kalsium dengan tekanan darah sistolik. Jenis penelitian ini adalah survei dengan pendekatan *cross sectional*. Populasi penelitian adalah laki-laki dewasa berumur 40 - 60 tahun yang tinggal di kompleks Bina Marga Semarang, sedangkan sampel diambil secara *puposive* sebanyak 32 orang. Pengambilan data dilakukan dengan wawancara, *recall* 2 x 24 jam tidak berturut-turut, pengukuran antropometri dan tekanan darah. Analisis data menggunakan korelasi *pearson product moment* dan regresi linier berganda. Hasil penelitian menunjukkan responden memiliki RLPP kemungkinan berisiko (3,1%), memiliki IMT normal (43,8%), kebiasaan olahraga kurang (56,3%), asupan lemak kurang (89,4%), asupan natrium kurang (87,5%), asupan serat kurang (53,1%), asupan kalium kurang (81,3%), asupan kalsium baik (56,3%), dan tekanan darah yang normal (53,1%). Hasil analisis statistik menunjukkan ada hubungan antara kebiasaan olahraga, asupan lemak, asupan natrium, asupan serat dan asupan kalium dengan tekanan darah sistolik. Analisis regresi linier berganda menunjukkan bahwa asupan natrium dan asupan serat dapat digunakan untuk memprediksi tekanan darah sistolik. Untuk pencegahan terjadinya hipertensi maka disarankan melakukan olahraga secara teratur, meningkatkan asupan lemak sampai 30% total energi, meningkatkan asupan natrium tidak lebih dari 2300 mg/hari, meningkatkan asupan serat sampai 30 gram/hari, meningkatkan asupan kalium sampai 4700 mg/hari, melakukan pemeriksaan tekanan darah secara rutin.

**Kata Kunci:** rasio lingkaran pinggang-panggul (RLPP), indeks massa tubuh (IMT), olahraga, lemak, natrium, serat, kalium, kalsium

*CORRELATION BETWEEN THE DETERMINAN FACTORS AND SYSTOLIC BLOOD PRESSURE OF THE ADULT MEN IN SEMARANG) (STUDY AT BINA MARGA COMPLEX OF SEMARANG 2008)*

*Indonesian development has increased social condition and quality of life, but on the other side had negative impact, which is could increase morbidity of the blood vessel disease such as hypertension resulting from the lifestyle. The risk factor of hypertension including obesity that was influenced by food intake and the sport exercise. The purpose of this research is to know determinant factors that correlate which systolic blood pressure of the adult men in Semarang. The research type has used survey method with*

*cross sectional approach. Population of the research was the adult men that be aged 40 - 60 years old that lived in Bina Marga complex of Semarang, whereas 32 sample were chosen purposively. The data were collected by interviews, recall 2 x 24 hour not sequence, anthropometric measured and examination of blood pressure. The data analyzed by pearson product moment test and multiple linear regression. The results of the research showed that respondents had waist hip ratio that possibility was risk (3,1%), normal body mass index (43,8%), less sport exercise (56,3%), less fat intake (89,4%), less natrium intake (87,5%), less fiber intake (53,1%), less potassium intake (81,3%), adequate calcium intake (56,3%) and normal blood pressure (53,1%). The results of the statistic analyze showed had correlation between the sport exercise, fat intake, natrium intake, fiber intake, potassium intake and systolic blood pressure. The analysis of the multiple linear regression showed that natrium intake and fiber intake can be used to predict systolic blood pressure. For the prevention of the occurance of hypertension then was suggested to do exercise regularly, increased fat intake until more than 30% of the total energy, increased natrium intake until 2300 mg/the day, increased fiber intake until 30 gram/the day, increased potassium intake until 4700 mg and doing inspection the blood pressure.*

*Keyword : sistolikwaist hip ratio, body mass index, sport, fat, natrium, fiber, potassium, calcium, systolic blood pressure*