

HUBUNGAN KELEBIHAN BERAT BADAN SELAMA MASA PANDEMI COVID-19 DENGAN PENINGKATAN RESIKO PENYAKIT JANTUNG KORONER DI RW 03 DESA SUKAMANAH JONGGOL

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Abstrak

Penyakit jantung koroner (PJK) adalah pembunuh utama di dunia dan di Indonesia. Penderitanya mayoritas berusia usia 40 – 60 tahun dan resiko menjadi meningkat akibat kegemukan atau obesitas. Pandemi Covid-19 menyebabkan ruang gerak dan kegiatan masyarakat terbatas, sehingga dapat menyebabkan kenaikan berat badan. Penelitian ini bertujuan agar mengetahui hubungan kelebihan berat badan selama masa pandemi dengan peningkatan resiko penyakit jantung koroner pada dewasa madya di RW 03 Desa Sukamanah Jonggol. Metode yang digunakan ialah deskriptif analitik dengan desain *cross-sectional*. Sampel diambil dengan teknik total sampling sebanyak 76 responden. Analisa data menggunakan analisa univariat dan analisa bivariat dengan memakai uji *Chi-square*. Hasil penelitian didapatkan bahwa terdapat hubungan antara kelebihan BB selama pandemi dengan resiko PJK (*p value* = 0,000), terdapat hubungan antara aktivitas fisik dengan resiko PJK (*p value* = 0,000), dan terdapat hubungan antara pola makan dengan resiko PJK (*p value* = 0,009). Individu dengan usia dewasa madya yang rentan terhadap penyakit jantung koroner sebaiknya menjaga pola makan dan aktivitas fisiknya selama masa pandemic agar berat badan tidak mengalami kenaikan atau terjaga sehingga dapat mengurangi resiko untuk mengalami penyakit jantung koroner.

Kata Kunci :Resiko Penyakit Jantung Koroner, Kenaikan BB, Obesitas, Pola makan, Aktivitas Fisik

CORRELATION OF OVERWEIGHT DURING THE COVID-19 PANDEMIC WITH INCREASED RISK OF CORONARY HEART DISEASE IN RW 03 SUKAMANAH JONGGOL VILLAGE

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Abstract

Coronary heart disease (CHD) is the main killer in the world also Indonesia. The majority of sufferers are aged 40-60 years and the risk increased due to being overweight or obese. The Covid-19 pandemic causes limited space for movement and community activities, which can lead to weight gain. This study aims to determine the relationship of being overweight during the pandemic with an increased risk of CHD in middle adults in RW 03 Sukamanah Jonggol Village. The method used is descriptive analytic with a cross-sectional design. Samples were taken with a total sampling technique of 76 respondents. Data analysis used univariate analysis and bivariate analysis using Chi-square test. The results showed that there was a relationship between excess weight during the pandemic and the risk of CHD (p value = 0.000), there was a relationship between physical activity and CHD risk (p value = 0.000), and there was a relationship between diet and CHD risk (p value = 0.009).). Individuals with middle adulthood who are susceptible to CHD should maintain their diet and physical activity during the pandemic so that their weight does not increase or are maintained as to reduce the risk of experiencing coronary heart disease.

Keywords: Risk of Coronary Heart Disease, Weight Gain, Overweight, Obesity, Diet, Physical Activity