HUBUNGAN ANTROPOMETRI (IMT/U DAN LINGKAR PERUT), *SEDENTARY LIFESTYLE*, KONSUMSI GULA, GARAM DAN LEMAK DENGAN TEKANAN DARAH TINGGI PADA REMAJA DI SMA NEGERI 109 JAKARTA

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Abstrak

Masa remaja merupakan masa krusial yang ditandai dengan perubahan gaya hidup dan pola makan yang dapat mempengaruhi kesehatan jangka panjang, termasuk risiko tekanan darah tinggi. Tujuan penelitian ini adalah untuk mengetahui hubungan antara status antropometri (IMT/U dan lingkar perut), *sedentary lifestyle*, serta asupan konsumsi gula, garam dan lemak dengan penigkatan tekanan darah pada remaja di SMA Negeri 109 Jakarta. Penelitian dilakukan secara observasional analitik dengan desain *cross sectional* pada 210 siswa kelas XI yang dipilih menggunakan *stratified random sampling*. Data diperoleh melalui pengukuran antropometri (TB, BB dan lingkar perut), serta kuesioner ASAQ dan SQ-FFQ. Hasil analisis menunjukkan hubungan signifikan antara IMT/U (p=0,002), lingkar perut (p=0,008), dan *sedentary lifestyle* (p=0,028) dengan tekanan darah, sedangkan konsumsi gula (p=0,115), garam (p=0,542), dan lemak (p=0,876) tidak menunjukkan hubungan yang signifikan. Kesimpulan penelitian ini menyoroti pentingnya pengendalian *sedentary lifestyle* dan status gizi pada remaja untuk mencegah peningkatan tekanan darah, sementara konsumsi gula, garam, dan lemak tidak terbukti berpengaruh secara signifikan.

Kata kunci: Tekanan Darah, Remaja, IMT/U, Lingkar Perut, *Sedentary Lifestyle*, Gula, Garam, Lemak

THE RELATIONSHIP BETWEEN ANTHOPOMETRY (BMI AND ABDOMINAL CIRCUMFERENCE), SEDENTARY LIFESTYLE, AND COMSUMPTION OF SUGAR, SALT AND FAT WITH HIGH BLOOD PRESSURE IN ADOLESCENTS AT PUBLIC HIGH SCHOLL 109 JAKARTA

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Abstract

Adolescence is a crucial period characterized by changes in lifestyle and diet that can affect long-term health, including the risk of high blood pressure. The purpose of this study was to determine the relationship between anthropometric status (BMI/A and waist circumference), sedentary lifestyle, and intake of sugar, salt, and fat consumption with increased blood pressure in adolescents at SMA Negeri 109 Jakarta. The study was conducted in an observational analytic with a cross-sectional design on 210 class XI students selected using stratified random sampling. Data were obtained through anthropometric measurements (height, weight, and abdominal circumference), as well as ASAQ and SQ-FFQ questionnaires. The results of the analysis showed a significant association between BMI/A (p=0.002), abdominal circumference (p=0.008), and sedentary lifestyle (p=0.028) with blood pressure, while consumption of sugar (p=0.115), salt (p=0.542), and fat (p=0.876) showed no significant association. The conclusion of this study highlights the importance of controlling sedentary lifestyle and nutritional status in adolescents to prevent an increase in blood pressure, while the consumption of sugar, salt, and fat was not shown to have a significant effect.

Keywords: Blood Pressure, Adolescents, BMI for Age, Abdominal Circumference, Sedentary Lifestyle, Sugar Salt, Fat.