

FAKULTAS KEDOKTERAN

UNIVERSITAS PEMBANGUNAN NASIONAL “VETERAN” JAKARTA

Skripsi, Juli 2025

Mochammad Vicky Apriyanto, No. NRP 2110211104

**HUBUNGAN PENGETAHUAN GIZI DAN ANTROPOMETRI TERHADAP
TEKANAN DARAH DAN GULA DARAH PUASA PADA
PURNAWIRAWAN POLRI SEBAMILSUK ANGKATAN I DI WILAYAH
DKI JAKARTA**

RINCIAN HALAMAN (xiv + 97 halaman, 20 tabel, 1 gambar, 9 lampiran)

ABSTRAK

Tujuan

Diabetes melitus dan Hipertensi adalah penyakit yang tidak menular dan seringkali menyerang populasi lanjut usia dan menjadi penyebab utama morbiditas serta mortalitas global. Purnawirawan POLRI sebagai kelompok lansia dengan latar belakang profesi yang penuh aktivitas fisik memiliki potensi risiko yang unik terhadap kedua penyakit ini. Studi ini memiliki tujuan guna memahami bagaimana hubungan antara indikator antropometri dan pengetahuan gizi terhadap tekanan darah dan kadar gula darah puasa Purnawirawan POLRI SEBAMILSUK Angkatan I di wilayah DKI Jakarta.

Metode

studi ini menerapkan pendekatan kuantitatif melalui desain cross-sectional dan teknik analitik observasional. Sampel sebanyak 38 purnawirawan dipilih melalui teknik consecutive sampling. Data dikumpulkan melalui kuesioner dan pengukuran langsung untuk variabel pengetahuan gizi, tekanan darah, gula darah puasa, rasio lingkaran pinggang terhadap tinggi badan (RLPTB), dan rasio lingkaran pinggang terhadap panggul (RLPP). Analisis data dilakukan secara univariat, dengan uji chi-square untuk bivariat.

Hasil

mayoritas responden memiliki pengetahuan gizi yang kurang (64,3%) dan berisiko RLPTB (73,8%). Penelitian ini membuktikan pengetahuan gizi tidak mempunyai korelasi signifikan dengan tekanan darah ($p = 0,710$) maupun gula darah puasa ($p = 0,747$). RLPTB menunjukkan hubungan yang signifikan dengan tekanan darah ($p = 0,004$), tetapi tidak dengan gula darah puasa ($p = 0,488$). Sementara itu, RLPP tidak memiliki hubungan yang signifikan baik dengan tekanan darah ($p = 0,178$) maupun gula darah puasa ($p = 0,488$).

Kesimpulan

RLPTB mempunyai keterkaitan signifikan dan berperan sebagai prediktor utama terhadap tekanan darah dan gula darah puasa pada lansia purnawirawan. Pengetahuan gizi dan RLPP tidak berhubungan secara signifikan. Intervensi berbasis antropometri perlu menjadi prioritas dalam upaya pencegahan hipertensi dan diabetes pada populasi lansia ini.

Daftar Pustaka : 67 (2017-2024)

Kata Kunci : Pengetahuan gizi, RLPTB, RLPP, tekanan darah, gula darah puasa, purnawirawan, lansia, SEBAMILSUK

FACULTY OF MEDICINE

UNIVERSITY PEMBANGUNAN NASIONAL “VETERAN” JAKARTA

Undergraduate Thesis, July 2025

Mochammad Vicky Apriyanto, No. NRP 2110211104

ASSOCIATION OF NUTRITIONAL KNOWLEDGE AND ANTHROPOMETRIC STATUS WITH BLOOD PRESSURE AND FASTING BLOOD GLUCOSE AMONG SEBAMILSUK BATCH I RETIRED POLICE OFFICERS IN DKI JAKARTA

RINCIAN HALAMAN (xiv + 97 pages, 20 tables, 1 pictures, 9 appendices)

ABSTRACT

Objective

Hypertension and diabetes mellitus are prominent non-communicable diseases that primarily affect the elderly and are among the leading causes of global morbidity and mortality. Retired members of the Indonesian National Police (POLRI) constitute a distinct population at risk, given the physically demanding nature of their former occupations. This study aimed to investigate the association between nutritional knowledge and anthropometric measurements with blood pressure and fasting blood glucose levels among SEBAMILSUK Batch I POLRI retirees residing in the DKI Jakarta region.

Method

This observational analytical study used a quantitative approach with a cross-sectional design. A total of 38 retired officers were recruited through consecutive sampling. Data collection involved validated questionnaires and direct measurements, including assessments of nutritional knowledge, waist-to-height ratio (WHtR), waist-to-hip ratio (WHR), blood pressure, and fasting blood glucose (FBG). The data were analyzed using univariate and bivariate methods, with the Chi-square test applied for bivariate analysis.

Results

A majority of the respondents (64.3%) demonstrated poor nutritional knowledge, and 73.8% were classified as at risk based on their waist-to-height ratio (WHtR). The results indicated that there was no significant association between nutritional knowledge and either blood pressure ($p = 0.710$) or fasting blood glucose (FBG) ($p = 0.747$). In contrast, WHtR was significantly associated with both blood pressure ($p = 0.004$) and FBG ($p < 0.001$). Meanwhile, waist-to-hip ratio (WHR) showed no significant association with blood pressure ($p = 0.178$) or FBG ($p = 0.488$).

Conclusion

There is a significant association between WHtR and the variable and serves as the main predictor of blood pressure and fasting blood glucose among retired elderly individuals. Nutritional knowledge and WHR were not significantly associated. Anthropometry-based interventions should be prioritized in efforts to prevent hypertension and diabetes in this elderly population.

Reference : 67 (2017-2024)

Keywords : nutritional knowledge, WHtR, WHR, blood pressure, fasting blood glucose, retirees, elderly, SEBAMILSUK