

ANALISIS HUBUNGAN DURASI *SCREEN TIME*, AKTIVITAS FISIK, POLA MAKAN DAN KEJADIAN GIZI LEBIH DENGAN RISIKO HIPERTENSI PADA SISWA KELAS X DAN XI SMAIT NURURRAHMAN KOTA DEPOK

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Abstrak

Hipertensi pada remaja dapat berlanjut hingga dewasa dan meningkatkan risiko penyakit kardiovaskular. Perubahan gaya hidup, seperti tingginya durasi *screen time*, rendahnya aktivitas fisik, pola makan tidak sehat, serta gizi lebih diduga berhubungan dengan peningkatan tekanan darah. Penelitian ini bertujuan menganalisis hubungan durasi *screen time*, aktivitas fisik, pola makan, dan kejadian gizi lebih dengan risiko hipertensi pada siswa kelas X dan XI SMAIT Nururrahman Kota Depok. Penelitian ini adalah penelitian observasional analitik dengan desain *cross-sectional*. Sebanyak 150 siswa dilibatkan melalui teknik *stratified random sampling*. Analisis bivariat menggunakan uji *Chi-Square* dan *Fisher's Exact Test*. Hasil penelitian menunjukkan bahwa 46,7% siswa berisiko hipertensi dan 32,0% mengalami *overweight* atau obesitas. Analisis bivariat menunjukkan risiko hipertensi berhubungan dengan konsumsi makanan dan minuman berpemanis, makanan asin, makanan cepat saji, makanan yang dibakar, dan bumbu penyedap ($p < 0,05$). Sementara itu, status gizi, aktivitas fisik, durasi *screen time*, dan konsumsi makanan berlemak tidak berhubungan secara signifikan dengan risiko hipertensi ($p > 0,05$). Siswa disarankan untuk menerapkan pola hidup sehat, mengurangi perilaku sedentari, serta meningkatkan aktivitas fisik secara rutin untuk mencegah peningkatan risiko hipertensi sejak usia remaja

Kata kunci: Remaja, *Screen Time*, Aktivitas Fisik, Pola Makan, Gizi Lebih, Risiko Hipertensi

ANALYSIS OF THE RELATIONSHIP BETWEEN SCREEN TIME DURATION, PHYSICAL ACTIVITY, DIETARY PATTERNS, AND OVERWEIGHT STATUS WITH THE RISK OF HYPERTENSION AMONG GRADE X AND XI STUDENTS AT SMAIT NURURRAHMAN, DEPOK CITY

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Abstract

Hypertension in adolescents can persist into adulthood and increase the risk of cardiovascular disease. Lifestyle changes, such as high screen time, low physical activity, unhealthy diet, and overnutrition are thought to be associated with increased blood pressure. This study aims to analyze the relationship between screen time, physical activity, diet, and overnutrition with the risk of hypertension in grades 10 and 11 students of SMAIT Nururrahman, Depok City. This study was an observational analytical study with a cross-sectional design. A total of 150 students were involved through a stratified random sampling technique. Bivariate analysis used the Chi-Square test and Fisher's Exact Test. The results showed that 46.7% of students were at risk of hypertension and 32.0% were overweight or obese. Bivariate analysis showed that the risk of hypertension was associated with the consumption of sweetened foods and beverages, salty foods, fast food, grilled foods, and seasonings ($p < 0.05$). Meanwhile, nutritional status, physical activity, screen time, and fatty food consumption were not significantly associated with the risk of hypertension ($p > 0.05$). Students are advised to adopt a healthy lifestyle, reduce sedentary behavior, and increase regular physical activity to prevent an increased risk of hypertension from adolescence.

Keywords: Adolescent, Screen Time, Physical Activity, Dietary Patterns, Overnutrition, Hypertension Risk