

ABSTRAK

**UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI S1 ILMU KEPERAWATAN
FAKULTAS ILMU KESEHATAN**

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Hubungan Indeks Massa Tubuh Dengan Tekanan Darah Pada Peserta Posbindu PTM Di Desa Kemiren

xvii + 46 Lembar + Daftar Pustaka 3 + 9 Tabel + 8 Lampiran

Abstrak

Peningkatan tekanan darah atau hipertensi menjadi salah satu masalah kesehatan utama di dunia karena berhubungan erat dengan meningkatnya risiko penyakit jantung, stroke, dan gagal ginjal. Obesitas merupakan salah satu faktor risiko independen yang berperan penting dalam terjadinya hipertensi. Penelitian ini bertujuan untuk menganalisis hubungan Indeks Massa Tubuh Dengan tekanan darah pada peserta Posbindu PTM Di Desa Kemiren. Desain penelitian ini menggunakan desain korelasional dengan pendekatan *crosssectional*. Populasi penelitian adalah semua peserta Posbindu PTM di Desa Kemiren wilayah kerja Desa Kemiren Banyuwangi, sebanyak 180 orang (4 Posbindu). Sampel berjumlah 124 responden, dipilih menggunakan teknik *purposive sampling*. Instrumen yang digunakan adalah lembar observasi IMT meliputi timbangan berat badan dan microtoise dan lembar observasi untuk tekanan darah. Analisis data menggunakan uji rank Spearman. Hasil penelitian menunjukkan sebagian besar Indeks Massa Tubuh kategori Normal sebanyak 58 orang (46,8%) dan sebagian besar tekanan darah kategori hipertensi sebanyak 45 orang (36,3%). Ada hubungan indeks massa tubuh dengan tekanan darah pada peserta posbindu PTM di Desa Kemiren Banyuwangi dengan kekuatan hubungan lemah ($p = < 0.008$; $r = 0,237$). Kesimpulannya makin ideal IMT maka tekanan darahnya akan semakin normal. Peserta Posbindu melakukan pemeriksaan IMT dan tekanan darah secara berkala, menjaga pola makan, melakukan aktivitas fisik secara rutin, serta mempertahankan berat badan yang sehat.

Kata Kunci : Indeks massa tubuh, tekanan darah, posbindu PTM

Daftar Pustaka : (2021 – 2025)

ABSTRACT

**MUHAMMADIYAH UNIVERSITY OF JEMBER
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***The Relationship Between Body Mass Index and Blood Pressure Among
Posbindu PTM Participants in Kemiren Village***

xvii + 46 Pages + 3 References Lists + 9 Tables + 8 Appendices

Abstract

Elevated blood pressure, or hypertension, is a major global health issue due to its strong association with an increased risk of heart disease, stroke, and kidney failure. Obesity is an independent risk factor that plays a significant role in the development of hypertension. This study aimed to analyze the relationship between Body Mass Index (BMI) and blood pressure among participants of the Posbindu PTM (Integrated Non-Communicable Disease Monitoring Post) in Kemiren Village. A correlational design with a cross-sectional approach was employed. The study population consisted of all 180 Posbindu PTM participants in Kemiren Village, Banyuwangi (across four Posbindu units). A sample of 124 respondents was selected using purposive sampling. Instruments included BMI observation tools (weighing scale and stadiometer/microtoise) and a blood pressure observation sheet. Data analysis was performed using the Spearman rank test. The results showed that the majority of participants fell into the normal BMI category (58 people; 46.8%), while the largest group regarding blood pressure fell into the hypertension category (45 people; 36.3%). A relationship was found between BMI and blood pressure among Posbindu PTM participants in Kemiren Village, Banyuwangi, with a weak correlation strength ($p = 0.008$; $r = 0.237$). In conclusion, a more ideal BMI is associated with more normal blood pressure levels. It is recommended that Posbindu participants undergo periodic BMI and blood pressure checks, maintain a healthy diet, engage in regular physical activity, and maintain a healthy body weight.

Keywords: Body mass index, blood pressure, Integrated Non-Communicable Disease Monitoring Post

References: (2021–2025)