Hubungan Obesitas Sentral, Faktor Sosiodemografi, Dan Gaya Hidup Dengan Hipertensi Pada Mahasiswa Baru Universitas Indonesia Tahun 2025

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Abstrak

Hipertensi mulai menjadi masalah kesehatan pada kelompok dewasa muda. Obesitas sentral yang dinilai menggunakan rasio lingkar pinggang terhadap tinggi badan (RLPTB) diduga berhubungan dengan peningkatan tekanan darah. Penelitian ini bertujuan mengetahui gambaran serta hubungan sentral, faktor sosiodemografi, dan gaya hidup dengan kejadian hipertensi serta tekanan darah sistolik dan diastolik pada mahasiswa baru Universitas Indonesia tahun 2025. Penelitian menggunakan desain potong lintang dengan analisis data sekunder terhadap 392 mahasiswa. Analisis dilakukan menggunakan uji chi-square, uji beda rerata, regresi logistik, dan regresi linear berganda. Hasil penelitian menunjukkan bahwa 62,2% responden mengalami sentral dan 31,3% mengalami hipertensi. Rerata tekanan darah sistolik dan diastolik masing-masing sebesar 127,38 ± 13,79 mmHg dan 81,91 ± 10,03 mmHg. Sebanyak 63,5% responden kurang mengonsumsi sayur dan buah, 53,5% memiliki konsumsi makanan tinggi natrium kategori tinggi, 50,5% memiliki konsumsi minuman manis kategori tinggi, dan 57,9% memiliki durasi tidur kurang. sentral berhubungan dengan kejadian hipertensi (OR = 2,423; 95% CI: 1,504–3,903; p < 0,001), tekanan darah sistolik, dan diastolik (p < 0,001). Jenis kelamin berhubungan dengan hipertensi dan tekanan darah sistolik, sedangkan aktivitas fisik hanya berhubungan dengan tekanan darah sistolik. Pendapatan orang tua, konsumsi sayur dan buah, makanan tinggi natrium, minuman manis, serta durasi tidur tidak berhubungan secara bermakna dengan hipertensi maupun tekanan darah sistolik dan diastolik. Setelah dikontrol seluruh variabel sosiodemografi dan gaya hidup, mahasiswa dengan sentral memiliki odds 2,450 kali untuk mengalami hipertensi (95% CI: 1,484–4,026; p < 0,001). Mahasiswa dengan obesitas juga memiliki tekanan darah sistolik 5,552 mmHg dan diastolik 5,010 mmHg lebih tinggi dibandingkan mahasiswa yang tidak obesitas. Disimpulkan bahwa sentral berhubungan dengan hipertensi serta peningkatan tekanan darah sistolik dan diastolik pada mahasiswa baru. <hr /> Hypertension is becoming an increasingly important health concern among young adults. Central obesity, assessed using the waist-to-height ratio (WHtR), is believed to be associated with elevated blood pressure. This study aimed to describe and examine the associations of central obesity, sociodemographic factors, and lifestyle factors with hypertension, systolic blood pressure, and diastolic blood pressure among first-year students at Universitas Indonesia in 2025. This study used a cross-sectional design and secondary data from 392 students. Data were analyzed using the chi-square test, mean difference tests, logistic regression, and multiple linear regression. The results showed that 62.2% of the respondents had central obesity and 31.3% had hypertension. The mean systolic and diastolic blood pressures were 127.38 ± 13.79 mmHg and 81.91 ± 10.03 mmHg, respectively. A total of 63.5% of the respondents had inadequate fruit and vegetable intake, 53.5% had a high frequency of high-sodium food consumption, 50.5% had a high frequency of sugar-sweetened beverage consumption, and 57.9% had insufficient sleep duration. Central obesity was associated with hypertension (OR = 2.423; 95% CI: 1.504–3.903; p < 0.001), systolic blood pressure, and diastolic blood pressure (p < 0.001).

Sex was associated with hypertension and systolic blood pressure, whereas physical activity was associated only with systolic blood pressure. Parental income, fruit and vegetable intake, high-sodium food consumption, sugar-sweetened beverage consumption, and sleep duration were not significantly associated with hypertension, systolic blood pressure, or diastolic blood pressure. After adjustment for all sociodemographic and lifestyle variables, students with central obesity had 2.450 times higher odds of hypertension than those without central obesity (95% CI: 1.484–4.026; p < 0.001). Students with central obesity also had systolic and diastolic blood pressures that were 5.552 mmHg and 5.010 mmHg higher, respectively, than those without central obesity. In conclusion, central obesity was associated with hypertension and increased systolic and diastolic blood pressure among first-year students.