

HUBUNGAN TINGKAT STRES DAN INDEKS MASSA TUBUH DENGAN KEJADIAN HIPERTENSI PADA PESERTA POSBINDU DI SEYEGAN, KABUPATEN SLEMAN

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INTISARI

Latar belakang: Hipertensi adalah permasalahan kesehatan masyarakat global yang prevalensinya selalu mengalami peningkatan. Di Indonesia, prevalensi atas hipertensi pada penduduk usia ≥ 18 tahun menyentuh angka 30,8% mengacu pada Survei Kesehatan Indonesia (SKI) 2023, sedangkan di Provinsi D.I. Yogyakarta mencapai 31,8%. Kabupaten Sleman menempati urutan ke-2 prevalensi hipertensi di D.I. Yogyakarta dengan 138.702 kasus pada tahun 2020. Stres dan indeks massa tubuh (IMT) adalah faktor risiko yang dapat dimodifikasi, tetapi hubungannya dengan hipertensi masih memperlihatkan hasil pengukuran yang tidak konsisten.

Tujuan: Mengetahui hubungan tingkat stres dan IMT dengan kejadian hipertensi, serta gambaran distribusinya berdasarkan kelompok usia pada peserta Posbindu di Kecamatan Seyegan, Kabupaten Sleman.

Metode: Studi observasional *cross-sectional* menggunakan data sekunder pada 230 peserta Posbindu berusia ≥ 18 tahun. Tingkat stres diukur dengan subskala stres DASS-21, IMT dikalkulasikan dari pengukuran berat badan (BIA) serta tinggi badan (*microtoise*), serta tekanan darah diukur dua kali menggunakan *sphygmomanometer* digital. Analisis data dilakukan pengujian *Chi-Square* ($p < 0,05$).

Hasil: Mayoritas responden berjenis kelamin perempuan (82,2%), didominasi kelompok lanjut usia (45,2%), dengan jenis pekerjaan ibu rumah tangga terbanyak (52,6%). Sebanyak 5,2% responden mengalami stres, 50,9% mengalami obesitas ($IMT \geq 25 \text{ kg/m}^2$), dan 45,7% diklasifikasikan sebagai hipertensi. Proporsi stres tertinggi ditemukan pada kelompok dewasa awal (18–44 tahun) sebesar 14,6% sedangkan proporsi obesitas tertinggi ditemukan pada kelompok dewasa akhir (45–59 tahun) sebesar 63,5%. Proporsi hipertensi meningkat konsisten seiring bertambahnya usia, dengan proporsi tertinggi pada kelompok lansia (55,8%). Hasil uji bivariat memperlihatkan tidak ditemukan hubungan antara stres dengan kejadian hipertensi ($p=0,379$; $PR=0,719$; 95% CI: 0,319–1,621). Sebaliknya, ditemukan hubungan antara IMT dengan kejadian hipertensi ($p=0,045$; $PR=1,339$; 95% CI: 1,028–1,743), dengan obesitas mempunyai risiko 1,339 kali lebih besar menderita hipertensi dibandingkan responden tidak obesitas.

Kesimpulan: Tidak terdapat hubungan antara tingkat stres dengan kejadian hipertensi, tetapi IMT terdapat hubungan dengan kejadian hipertensi pada peserta Posbindu di Kecamatan Seyegan, Kabupaten Sleman. Proporsi stres tertinggi ditemukan pada kelompok dewasa awal, proporsi obesitas tertinggi pada kelompok dewasa akhir, sedangkan proporsi hipertensi meningkat konsisten seiring bertambahnya usia dengan proporsi tertinggi pada kelompok lansia

Kata kunci: hipertensi; indeks massa tubuh; obesitas; stres; Posbindu;

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ASSOCIATION OF STRESS LEVELS AND BODY MASS INDEX WITH HYPERTENSION AMONG POSBINDU PARTICIPANTS IN SEYEGAN, SLEMAN

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ABSTRACT

Background: Hypertension remains a major global public health problem with a continuously increasing prevalence. In Indonesia, the prevalence of hypertension among adults aged ≥ 18 years reached 30.8% based on the 2023 Indonesian Health Survey (SKI), while the prevalence in D.I. Yogyakarta Province reached 31.8%. Sleman Regency had the second highest hypertension prevalence in D.I. Yogyakarta, with 138,702 cases recorded in 2020. Stress and body mass index (BMI) are modifiable risk factors, yet their association with hypertension remains inconsistent across studies.

Objectives: To determine the association of stress levels and BMI with hypertension, and to describe their distribution by age group, among Posbindu participants in Seyegan District, Sleman Regency.

Methods: A cross-sectional observational study using secondary data from 230 Posbindu participants aged ≥ 18 years. Stress was measured using the DASS-21 stress subscale, BMI was calculated from weight (BIA) and height (microtoise), and blood pressure was measured twice using a digital sphygmomanometer. Data were analyzed using the Chi-Square test ($p < 0.05$).

Results: The majority of respondents were female (82.2%), dominated by the elderly age group (45.2%), with housewives as the most common occupation (52.6%). Of all respondents, 5.2% experienced stress, 50.9% were obese ($\text{BMI} \geq 25 \text{ kg/m}^2$), and 45.7% were classified as hypertensive. The highest proportion of stress was found in the early adult group (18–44 years) at 14.6%, while the highest proportion of obesity was found in the late adult group (45–59 years) at 63.5%. The proportion of hypertension increased consistently with age, with the highest proportion found in the elderly group (55.8%). Bivariate analysis showed no association between stress level and hypertension ($p = 0.379$; $\text{PR} = 0.719$; 95% CI: 0.319–1.621). In contrast, an association was found between BMI and hypertension ($p = 0.045$; $\text{PR} = 1.339$; 95% CI: 1.028–1.743), with obese respondents having a 1.339 times higher risk of hypertension compared to non-obese respondents.

Conclusion: Stress level was not associated with hypertension, whereas BMI was associated with hypertension among Posbindu participants in Seyegan District, Sleman Regency. The highest proportion of stress was found in the early adult group, the highest proportion of obesity in the late adult group, while the proportion of hypertension increased consistently with age, with the elderly group showing the highest proportion.

Keywords: hypertension, body mass index, obesity, stress, Posbindu

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