

## **Hubungan Profil *Chrononutrition* dan Tingkat Stres dengan Tekanan Darah pada Dewasa Obesitas Pasca Program Penurunan Berat Badan**

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### **ABSTRAK**

**Latar Belakang:** Prevalensi obesitas di kalangan pekerja kantor terus meningkat yang seringkali disebabkan oleh gaya hidup *sedentary* dan pola makan tidak sehat. Selain itu, profil *chrononutrition*, yang menekankan waktu makan, dan tingkat stres menjadi penting dalam konteks ini karena diduga memengaruhi kesehatan metabolik. Meskipun program penurunan berat badan umum dilakukan, belum banyak studi yang mengkaji hubungan profil *chrononutrition* dan stres terhadap tekanan darah pasca-program.

**Tujuan:** untuk menganalisis hubungan profil *chrononutrition* dan tingkat stres dengan tekanan darah pada dewasa obesitas pasca program penurunan berat badan.

**Metode:** Penelitian observasional analitik dengan desain *cross sectional* pada 30 subjek pegawai Dinas Kesehatan Kota Semarang dan Puskesmas Pandanaran yang dipilih menggunakan teknik *purposive sampling*. Variabel bebas meliputi profil *chrononutrition* dan tingkat stres, variabel terikat berupa tekanan darah, sedangkan variabel perancu terdiri dari durasi tidur dan aktivitas fisik.

**Hasil:** Sebanyak 90% subjek memiliki profil *chrononutrition* baik, 83,3% subjek tergolong tidak stres, dan 43,3% memiliki tekanan darah normal. Di lain sisi terdapat 63,3% subjek memiliki durasi tidur yang buruk dan 50% tergolong melakukan aktivitas fisik berat. Hasil analisis uji bivariat menunjukkan bahwa terdapat hubungan yang signifikan antara *evening latency* dengan tekanan darah ( $p=0,029$ ;  $r=0,399$ ), tetapi tidak dengan profil *chrononutrition* secara keseluruhan, tingkat stres, durasi tidur, dan aktivitas fisik.

**Simpulan:** Terdapat hubungan yang bermakna antara *evening latency* dengan tekanan darah pasca program penurunan berat badan. Akan tetapi, profil *chrononutrition* secara keseluruhan dan tingkat stres.

**Kata Kunci:** *profil chrononutrition*, tingkat stres, tekanan darah, durasi tidur, aktivitas fisik

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## **The Relationship of Chrononutrition Profiles and Stress Levels with Blood Pressure in Obese Adults Post Weight Loss Program**

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### **ABSTRACT**

**Background:** The prevalence of obesity among office workers continues to increase, often due to sedentary lifestyles and unhealthy diets. In addition, chrononutrition profiles, which emphasize meal timing, and stress levels are important in this context because they are thought to influence metabolic health. Although weight loss programs are common, there are few studies examining the relationship between chrononutrition profiles and stress on post-program blood pressure.

**Objective:** to analyze the relationship between chrononutrition profile and stress levels with blood pressure in obese adults after a weight loss program.

**Methods:** Analytical observational study with cross-sectional design on 30 subjects of Semarang City Health Office employees and Pandanaran Health Center selected using purposive sampling technique. Independent variables include chrononutrition profile and stress level, dependent variable is blood pressure, while confounding variables consist of sleep duration and physical activity.

**Result:** As many as 90% of subjects had a good chrononutrition profile, 83.3% of subjects were classified as not stressed, and 43.3% had normal blood pressure. On the other hand, 63.3% of subjects had poor sleep duration and 50% were classified as doing heavy physical activity. The results of the bivariate test analysis showed that there was a significant relationship between evening latency and blood pressure ( $p=0,029$ ;  $r=0,399$ ), but not with the overall chrononutrition profile, stress level, sleep duration, and physical activity.

**Conclusion:** There is a significant relationship between evening latency and blood pressure after the weight loss program. However, the overall chrononutrition profile and stress levels.

**Keywords:** chrononutrition profile, stress level, blood pressure, sleep duration, physical activity

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