

## ABSTRAK

**Latar Belakang:** Obesitas dan hipertensi pada usia produktif dapat meningkatkan beban kerja jantung dan berisiko menimbulkan kardiomegali yang sering terdeteksi melalui foto toraks.

**Tujuan:** Mengetahui hubungan derajat hipertensi dengan kardiomegali pada pasien obesitas usia produktif.

**Metode:** Studi potong lintang terhadap 47 pasien hipertensi obesitas menggunakan data rekam medis RSUP Dr. Kariadi Semarang tahun 2020–2024.

**Hasil:** Tidak terdapat hubungan bermakna antara derajat hipertensi dan kardiomegali ( $p=0,104$ )

**Kesimpulan:** Obesitas berperan lebih dominan terhadap kardiomegali dibandingkan derajat hipertensi.

**Kata Kunci:** hipertensi, obesitas, kardiomegali, usia produktif

## ABSTRACT

**Background:** *Obesity and hypertension in the productive-age population can increase cardiac workload and elevate the risk of cardiomegaly, which is commonly detected through chest radiography.*

**Objective:** *To determine the relationship between the degree of hypertension and cardiomegaly among obese patients of productive age.*

**Methods:** *A cross-sectional study was conducted involving 47 obese hypertensive patients using medical record data from RSUP Dr. Kariadi Semarang collected between 2020 and 2024.*

**Results:** *There was no statistically significant association between the degree of hypertension and cardiomegaly ( $p=0,104$ ).*

**Conclusion:** *Obesity plays a more dominant role in the development of cardiomegaly than the degree of hypertension among obese patients of productive age.*

**Keywords:** *hypertension, obesity, cardiomegaly, productive age*