

Hubungan Status Gizi dan Aktivitas Fisik dengan Kejadian Hipertensi pada Pekerja di Kantor Kementerian Pendidikan, Kebudayaan, Riset, dan Teknologi Jakarta Pusat
Kanizzahra Zalianty Adlin¹, Martha Ardiaria¹, Binar Panunggal¹, A. Fahmy Arif Tsani¹

ABSTRAK

Latar Belakang: Hipertensi ($\geq 140/90$ mmHg) pada pekerja kantor rentan terjadi akibat perilaku sedentari dan faktor risiko gizi. Data klinik Kementerian Pendidikan, Kebudayaan, Riset, dan Teknologi menunjukkan hipertensi sebagai salah satu penyakit metabolik tertinggi pada tahun 2024.

Tujuan: Mengetahui hubungan antara status gizi dan aktivitas fisik dengan kejadian hipertensi pada pekerja di kantor Kementerian Pendidikan, Kebudayaan, Riset, dan Teknologi Jakarta Pusat.

Metode: Penelitian *cross-sectional* menggunakan *consecutive sampling* pada total 139 responden. Data dikumpulkan melalui wawancara, kuesioner, pengukuran antropometri, tekanan darah, dan *Global Physical Activity Questionnaire* (GPAQ). Data sekunder menggunakan data rekam medis dari klinik kantor tahun 2024.

Hasil: Data univariat menunjukkan sebanyak 72 orang (51,8%) berusia <40 tahun, 54 orang (38,8%) memiliki skor IMT obesitas, 105 orang (75,5) memiliki lingkar pinggang berisiko, 51 orang (36,7%) berada pada kategori hipertensi, dan 71 orang (51,1%) memiliki aktivitas fisik intensitas sedang. Data bivariat menunjukkan adanya hubungan signifikan antara status gizi (indeks massa tubuh dan lingkar pinggang), dan usia dengan hipertensi, sedangkan aktivitas fisik tidak. Data multivariat menunjukkan bahwa usia adalah faktor yang paling berpengaruh terhadap hipertensi.

Simpulan: Terdapat hubungan yang signifikan antara status gizi dan hipertensi, sedangkan aktivitas fisik tidak.

Kata kunci: status gizi, aktivitas fisik, hipertensi, pekerja kantor

¹Program Studi Ilmu Gizi, Fakultas Kedokteran, Universitas Diponegoro, Semarang
Alamat email: yantiadlin90522@gmail.com

The Correlation between Nutritional Status and Physical Activity with the Incidence of Hypertension among Office Workers at the Ministry of Education, Culture, Research, and Technology Central Jakarta

Kanizzahra Zalianty Adlin¹, Martha Ardiaria¹, Binar Panunggal¹, A. Fahmy Arif Tsani¹

ABSTRACT

Background: Hypertension ($\geq 140/90$ mmHg) among office workers is susceptible due to sedentary behaviour and nutritional risk factors. Clinical data from the Ministry of Education, Culture, Research, and Technology's office in 2024 indicated that hypertension was one of the highest prevalent metabolic diseases.

Objective: To determine the correlation between nutritional status and physical activity with hypertension among office workers at the Ministry of Education, Culture, Research, and Technology, Central Jakarta.

Methods: This study used a consecutive sampling method with 139 respondents. Data were collected through interviews, questionnaires, anthropometric measurements, blood pressure, and Global Physical Activity Questionnaire (GPAQ). Secondary data were collected from 2024 office clinical data.

Results: Univariate data showed 72 respondents (51,8%) were aged <40 years, 54 respondents (38,8%) had an obese BMI score, 105 respondents (75,5%) had risky waist circumference, 51 respondents (36,7%) had hypertension, and 71 respondents (51,1%) had a moderate-intensity physical activity. Bivariate analysis showed a significant correlation between nutritional status (body mass index and waist circumference) and age with hypertension, while physical activity did not. Multivariate analysis showed that age was the most influential factor.

Conclusion: Nutritional status has a significant correlation with hypertension, while physical activity does not.

Keywords: nutritional status, physical activity, hypertension, office workers

¹*Nutrition Science Program, Faculty of Medicine, Diponegoro University, Semarang*
Email address: yantiadlin90522@gmail.com