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“CORRELATION BETWEEN BODY MASS INDEX AND WAIST-HIP RATIO WITH BLOOD PRESSURE IN STATE 10 SMA STUDENTS OF GOWA IN 2023”

ABSTRACT

Background: Obesity is starting to become a health problem around the world, even the World Health Organization (WHO) states that obesity is a global epidemic so it becomes a health problem that must be addressed immediately. Childhood obesity is a predictor of obesity and increases the risk of the emergence of various chronic diseases such as diabetes, and heart disease, and even ends in kidney failure in adulthood. Obesity or excess weight is one of the risk factors for hypertension and is considered to be an independent factor which means it is not influenced by other risk factors.

Objective: To find out the relationship between body mass index (BMI) and waist-Hip ratio (RLPP) with blood pressure in Sma Negeri 10 Gowa Students in 2023.

Methods: the method used in this study is an observational analysis of a cross-sectional approach. And using non-probability sampling techniques in sampling.

Results: The results obtained from this study using the Chi-Square test found that there is a significant relationship between BMI and blood pressure in SMA Negeri 10 Gowa students in 2023 in getting P value = 0.000 ($P > 0.05$) and for the relationship of RLPP to blood pressure in get P value = 0.557 ($P < 0.05$) which means that there is no significant relationship between RLPP and blood pressure in students of SMA Negeri 10 Gowa in 2023.

Conclusion: There is a significant relationship between BMI and blood pressure in Gowa State High School students in 2023 and there is no significant relationship between RLPP and blood pressure in Gowa State High School.