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MUHAMMADIYAH MAKASSAR**

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Rima Safitri¹, Dito Anurogo², Juliani Ibrahim², Ferdinan³

¹Mahasiswa Pendidikan Dokter Fakultas Kedokteran dan Ilmu Kesehatan Universitas Muhammadiyah Makassar Angkatan 22/email rimasafitri003@med.unismuh.ac.id

²Dosen Fakultas Kedokteran dan Ilmu Kesehatan Universitas Muhammadiyah Makassar.

³Dosen Al-Islam Kemuhammadiyaan Universitas Muhammadiyah Makassar

**ANALISIS PENGARUH OBESITAS TERHADAP KEJADIAN
HIPERTENSI PADA PASIEN POLIKLINIK RSUD WEDA**

ABSTRAK

Latar belakang: Hipertensi merupakan salah satu permasalahan kesehatan masyarakat dengan tingkat prevalensi yang tinggi serta dikenal sebagai faktor risiko utama berbagai penyakit kardiovaskular. Sejumlah faktor risiko diketahui berperan dalam terjadinya hipertensi, salah satunya adalah obesitas yang berkaitan dengan perubahan metabolisme tubuh serta peningkatan resistensi vaskular perifer. Meskipun demikian, hubungan antara obesitas dan hipertensi tidak selalu menunjukkan pola yang sama pada setiap populasi.

Tujuan: Menganalisis hubungan antara obesitas dengan kejadian hipertensi serta menilai peran faktor demografi dan gaya hidup yang berkaitan dengan hipertensi pada pasien yang berkunjung ke Poliklinik Penyakit Dalam RSUD Weda.

Metode: Penelitian analitik observasional dengan rancangan cross-sectional. Jumlah sampel dalam penelitian ini sebanyak 140 responden yang diperoleh melalui teknik total sampling. Analisis data dilakukan secara univariat untuk menggambarkan karakteristik responden, sedangkan analisis bivariat menggunakan uji Chi-Square digunakan untuk menilai hubungan antara variabel independen dengan kejadian hipertensi.

Hasil: Menunjukkan bahwa sebagian besar responden berada pada kelompok usia dewasa lanjut (47,1%) dan didominasi oleh responden perempuan (53,6%). Dari aspek gaya hidup, mayoritas responden memiliki tingkat aktivitas fisik sedang (55,7%), tidak memiliki kebiasaan merokok (64,3%), serta tidak memiliki riwayat keluarga hipertensi (97,9%). Selain itu, sebanyak 60,7% responden tergolong obesitas, sementara 65,0% responden mengalami hipertensi. Hasil analisis bivariat memperlihatkan bahwa tidak terdapat hubungan yang bermakna antara obesitas dan kejadian hipertensi ($p = 0,787$). Demikian pula, variabel usia ($p = 0,343$), jenis kelamin ($p = 0,424$), aktivitas fisik ($p = 0,075$), kebiasaan merokok ($p = 0,355$), serta riwayat keluarga hipertensi ($p = 0,245$) juga tidak menunjukkan hubungan yang signifikan dengan kejadian hipertensi..

Kesimpulan: Obesitas tidak berhubungan secara signifikan dengan kejadian hipertensi pada responden penelitian,.

Kata Kunci: Obesitas, hipertensi, faktor risiko, gaya hidup, cross-sectional study

**FACULTY OF MEDICINE AND HEALTH SCIENCES
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Rima Safitri¹, Dito Anurogo², Juliani Ibrahim², Ferdinan³

¹Medical Student, Faculty of Medicine and Health Sciences, Universitas Muhammadiyah Makassar
Baeth 22/email rimasafitri003@med.unismuh.ac.id

²Lecturer, Faculty of Medicine and Health Sciences, Universitas Muhammadiyah Makassar

³Lecturer of Al-Islam and Kemuhammadiyah, Universitas Muhammadiyah Makassar

**ANALYSIS OF THE EFFECT OF OBESITY ON THE INCIDENCE OF HYPERTENSION
AMONG PATIENTS AT THE WEDA REGIONAL HOSPITAL OUTPATIENT CLINIC**

ABSTRACT

Background: Hypertension remains a prominent public health concern due to its high prevalence and its well-established role as a leading risk factor for cardiovascular diseases. A number of determinants have been identified as contributors to the development of hypertension, including obesity, which is closely related to metabolic alterations and increased peripheral vascular resistance. Nevertheless, empirical evidence suggests that the association between obesity and hypertension may differ across populations, indicating that contextual and demographic factors can influence this relationship.

Objective: This study aimed to examine the relationship between obesity and the occurrence of hypertension and to evaluate the contribution of demographic and lifestyle factors associated with hypertension among patients attending the Internal Medicine Outpatient Clinic of Weda Regional Hospital.

Methods: An observational analytic study with a cross-sectional design was conducted. The study involved 140 respondents who were selected using a total sampling approach. Data were analyzed through univariate analysis to describe respondents' demographic and lifestyle characteristics. Furthermore, bivariate analysis using the Chi-Square test was applied to determine the relationship between independent variables and the incidence of hypertension.

Results: The findings indicated that the majority of respondents were classified as older adults (47.1%) and most participants were female (53.6%). Regarding lifestyle characteristics, most respondents reported engaging in moderate physical activity (55.7%), did not smoke (64.3%), and had no family history of hypertension (97.9%). Additionally, 60.7% of respondents were categorized as obese, while 65.0% were identified as having hypertension. The results of the bivariate analysis demonstrated that no statistically significant relationship was found between obesity and the incidence of hypertension ($p = 0.787$). Likewise, age ($p = 0.343$), sex ($p = 0.424$), level of physical activity ($p = 0.075$), smoking behavior ($p = 0.355$), and family history of hypertension ($p = 0.245$) were also not significantly associated with hypertension.

Conclusion: The findings of this study indicate that obesity was not significantly related to the occurrence of hypertension among the respondents.

Keywords: obesity, hypertension, risk factors, lifestyle, cross-sectional study.