

**FACULTY OF MEDICINE  
UNIVERSITY OF MUHAMMADIYAH MAKASSAR  
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**“THE RELATION OF NUTRITIONAL STATUS (BMI AND WAIST CIRCUMFERENCE) TO CURRENT BLOOD SUGAR LEVELS AND BLOOD PRESSURE OF SINJAI DISTRICT SECRETARIAT STAFF IN 2018”**

(+84 Pages +12 Tables +3 Attachment)

**ABSTRACT**

**BACKGROUND:** Monitoring nutritional status needs to be done one of them by maintaining body weight to remain ideal or normal. Currently there are various anthropometric measurement methods used as a screen to determine nutritional status, including measurements of body mass index (BMI), waist circumference (WC), upper arm circumference (UAC), and skin fold thickness (SFT).

**OBJECTIVE:** To determine the relationship of nutritional status (BMI and Waist Circumference) to current blood sugar levels and blood pressure of sinjai district secretariat staff.

**METHODS:** This study was carried out using analytical observational methods with a cross-sectional approach. The study was conducted by collecting data using scales, meters, glucometers, stethoscopes, tensimeter, microtoice and observation sheets with a total sample of 115 people using the Probability Sampling sampling technique. Data were processed by using chi-square tests.

**RESULT:** The sample distribution is based on BMI which is 49 respondents with 20 respondents having a normal BMI and 29 respondents having an abnormal BMI. Distribution of samples based on WC obtained 14 respondents with normal LP and 35 respondents who were abnormal. The distribution of samples based on GDS found 34 respondents who had normal GDS and 15 respondents had abnormal GDS. Distribution of samples based on Blood Pressure found 29 normal respondents and 20 respondents were abnormal. The results of statistical tests between BMI and GDS show p value = 0.017 and the results of statistical tests between BMI and blood pressure show p value = 0.024 which means both have a significant relationship. The statistical test results between LP and GDS show p value = 0.023 and the results of statistical tests between LP and Blood Pressure show p value = 0.002 which means that both have a significant relationship.

**CONCLUSION:** There is a significant relationship between nutritional status (Body Mass Index and Waist Circumference) with current blood sugar levels and blood pressure in employees of the Regional Secretariat of Sinjai Regency.

**KEYWORDS:** Nutritional status, BMI, weight circumferences, current blood sugar levels, blood pressure.

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**“HUBUNGAN STATUS GIZI ( IMT DAN LINGKAR PINGGANG)  
DENGAN KADAR GULA DARAH SEWAKTU DAN TEKANAN DARAH  
PADA PEGAWAI SEKRETARIAT DAERAH KABUPATEN SINJAI  
TAHUN 2018”**

(+84 Halaman +12 Tabel +3 Lampiran)

**ABSTRAK**

**Latar Belakang:** Pemantauan status gizi perlu di lakukan salah satunya dengan cara mempertahankan berat badan agar tetap ideal atau normal. Saat ini terdapat berbagai metode pengukuran *antropometri* yang digunakan sebagai skrining untuk menentukan status gizi, diantaranya pengukuran *indeks massa tubuh* (IMT), *lingkar pinggang* (LP), *lingkar lengan atas* (LLA), dan *tebal lipatan kulit* (TLK)

**Tujuan:** Untuk mengetahui hubungan status gizi (IMT dan Lingkar Pinggang) terhadap kadar gula darah sewaktu dan tekanan darah pada pegawai sekretariat daerah Kabupaten Sinjai.

**Metode:** Penelitian ini dilakukan dengan menggunakan metode *observational analitik* dengan pendekatan *cross-sectional*. Penelitian dilakukan dengan pengumpulan data menggunakan timbangan, meteran, glukometer, stetoskop, tensimeter, microtoice dan lembar observasi dengan jumlah sampel 115 orang dengan teknik pengambilan sampel *Probability Sampling*. Pengolahan data dengan uji statistik *chi-square*.

**Hasil:** Distribusi sampel berdasarkan IMT yang berjumlah 49 responden dengan 20 responden memiliki IMT normal dan 29 responden memiliki IMT tidak normal. Distribusi sampel berdasarkan LP didapatkan 14 responden dengan LP yang normal dan 35 responden tidak normal. Distribusi sampel berdasarkan GDS didapatkan 34 responden yang memiliki GDS normal dan 15 responden memiliki GDS tidak normal. Distribusi sampel berdasarkan Tekanan Darah didapatkan 29 responden normal dan 20 responden tidak normal. Hasil uji statistik antara IMT dan GDS menunjukkan *p value* = 0,017 dan hasil uji statistik antara IMT dan Tekanan darah menunjukkan *p value* = 0,024 yang berarti keduanya memiliki hubungan yang signifikan. Hasil uji statistik antara LP dan GDS menunjukkan *p value* = 0,023 dan hasil uji statistik antara LP dan Tekanan Darah menunjukkan *p value* = 0,002 yang berarti keduanya memiliki hubungan yang signifikan.

**Kesimpulan:** Terdapat hubungan yang bermakna antara status gizi (Indeks Massa Tubuh dan Lingkar Pinggang) dengan kadar gula darah sewaktu dan tekanan darah pada pegawai Sekretariat Daerah Kab.Sinjai

**Kata Kunci:** Status gizi, IMT, LP, GDS, TD