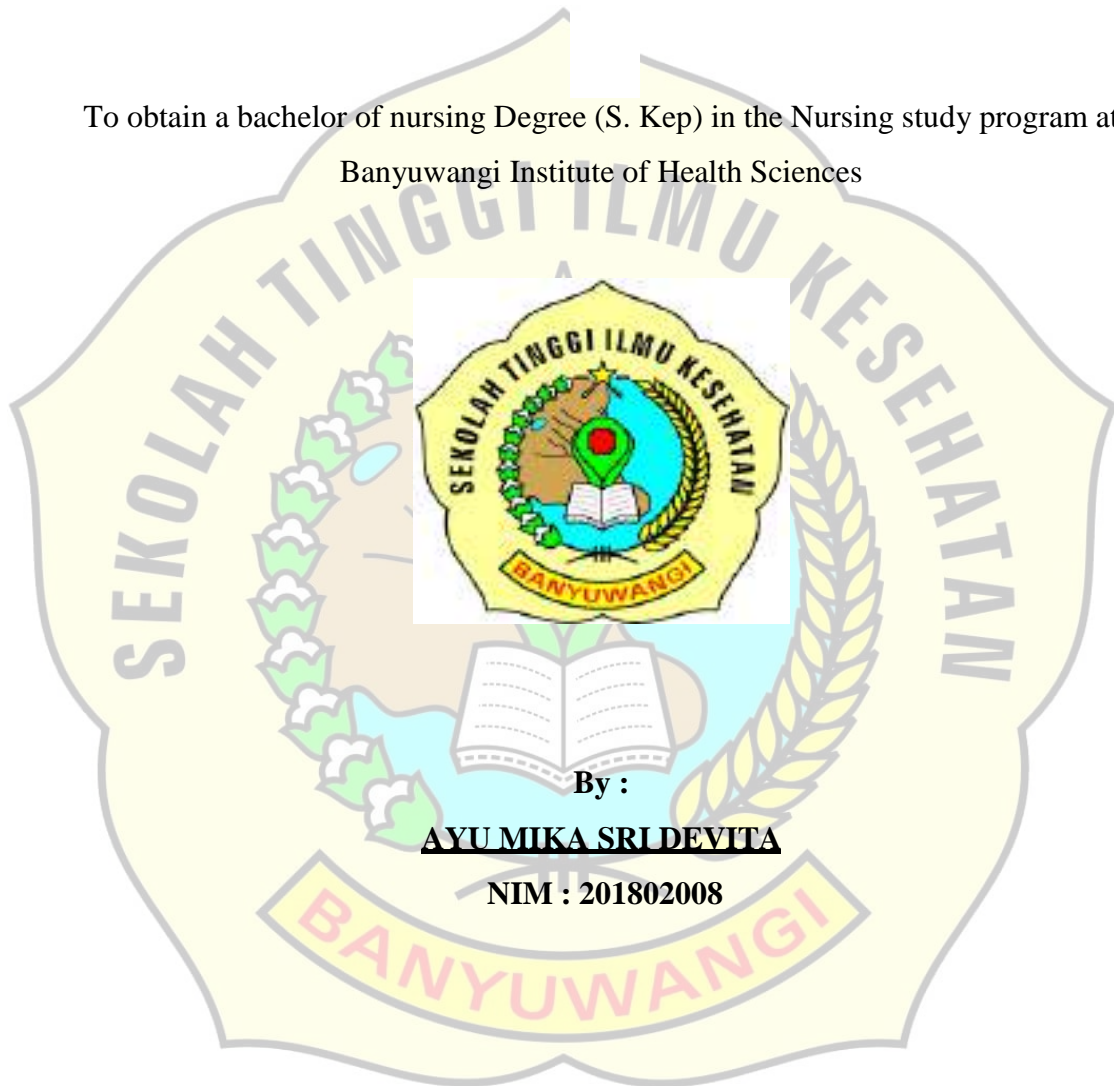


THESIS

**THE CORRELATION BETWEEN BODY MASS INDEX (BMI) AND THE
INCIDENCE OF HYPERTENSION IN ADULTS AT WORKING AREA
OF KLATAK PUBLIC HEALTH CENTER
BANYUWANGI IN 2022**

To obtain a bachelor of nursing Degree (S. Kep) in the Nursing study program at
Banyuwangi Institute of Health Sciences



By :

AYU MIKA SRLDEVITA

NIM : 201802008

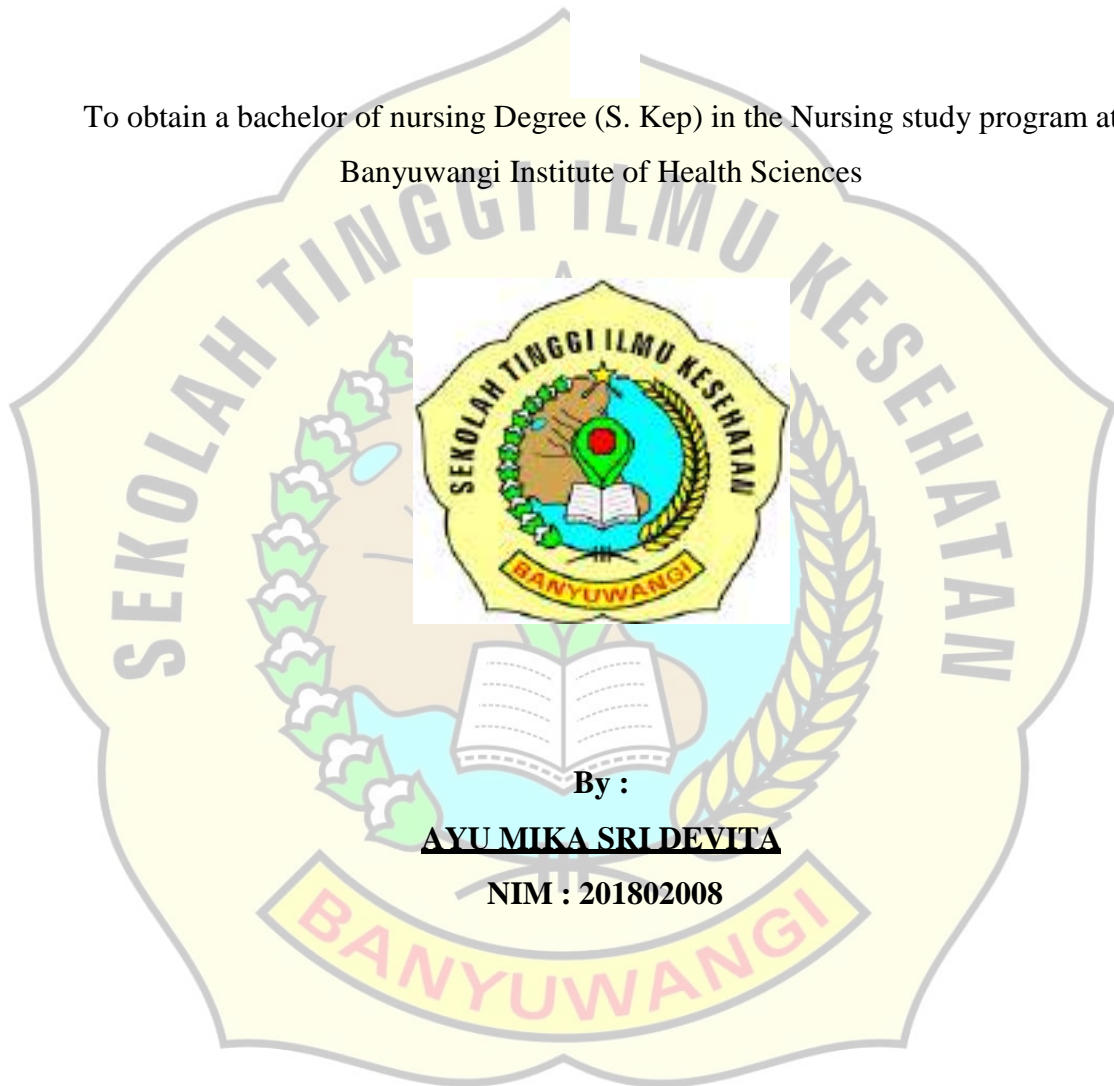
**BACHELOR OF NURSING STUDY PROGRAM
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BANYUWANGI**

2022

STATEMENT OF ORIGINALITY

I hereby declare that this thesis is the result of my own scientific writing, and I do not do plagiarism activities in writing this thesis entitled:

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AYU MIKA SRIDEVITA

NIM : 2018.02.008

APPROVAL SHEET

Thesis entitled:

The Correlation Between Body Mass Index (BMI) and the Incidence of Hypertension in Adults at Working Area of Klatak Public Health Center Banyuwangi in 2022

AYU MIKA SRI DEVITA

2018.02.008

Thesis has been approved On

By:

The First Advisor



Ns. MASRONI M.S. (in Nursing)

NIK: 06.122.0318

The Second Advisor



Ns. Novita Surya Putri, S.Kep., M.Kep.

NIK: 06.095.0815

Knowing,

Head of Bachelor of Nursing Study Program



Ns. SHOLIHIN, M. Kep.

NIK: 06.005.0906

SHEET OF EXAMINER COMMITTEE ESTABLISHMENT

The Correlation Between Body Mass Index (BMI) and the Incidence of
Hypertension in Adults at Working Area of Klatak Public Health Center
Banyuwangi in 2022

Thesis entitled:

Submitted by:

AYU MIKA SRI DEVITA

2018.02.008

Examined in Front of Examiners Team in the Bachelor of Nursing Study Program
at Banyuwangi Institute of Health Sciences

On

EXAMINERS TEAM

The 1st Examiner : Ns. Sholihin, M. Kep

The 2nd Examiner : Ns. Riyan Dwi P., S.Kep., M.Kep.

The 3rd Examiner : Ns. Masroni, M.S. (in Nursing)



Knowing,

Chairman



Banyuwangi Institute of Health Sciences



DR. H. SOEKARDJO

NUPN: 990715960

PUBLICATION AGREEMENT STATEMENT
FINAL PROJECT FOR ACADEMIC INTEREST

The undersigned below:

Nama : Ayu Mika Sri Devita

Nim : 201802008

Truly stating that the results of my research with the title:

**THE CORRELATION BETWEEN BODY MASS INDEX (BMI) AND
THE INCIDENCE OF HYPERTENSION IN ADULTS AT WORKING
AREA OF KLATAK PUBLIC HEALTH CENTERS IN 2022.**

Willing to be published in scientific magazines or journals on behalf of the supervisor while still including my name as a researcher.

Banyuwangi, 2022

Statement maker

Ayu Mika Sri Devita

NIM. 201802008

DEDICATION

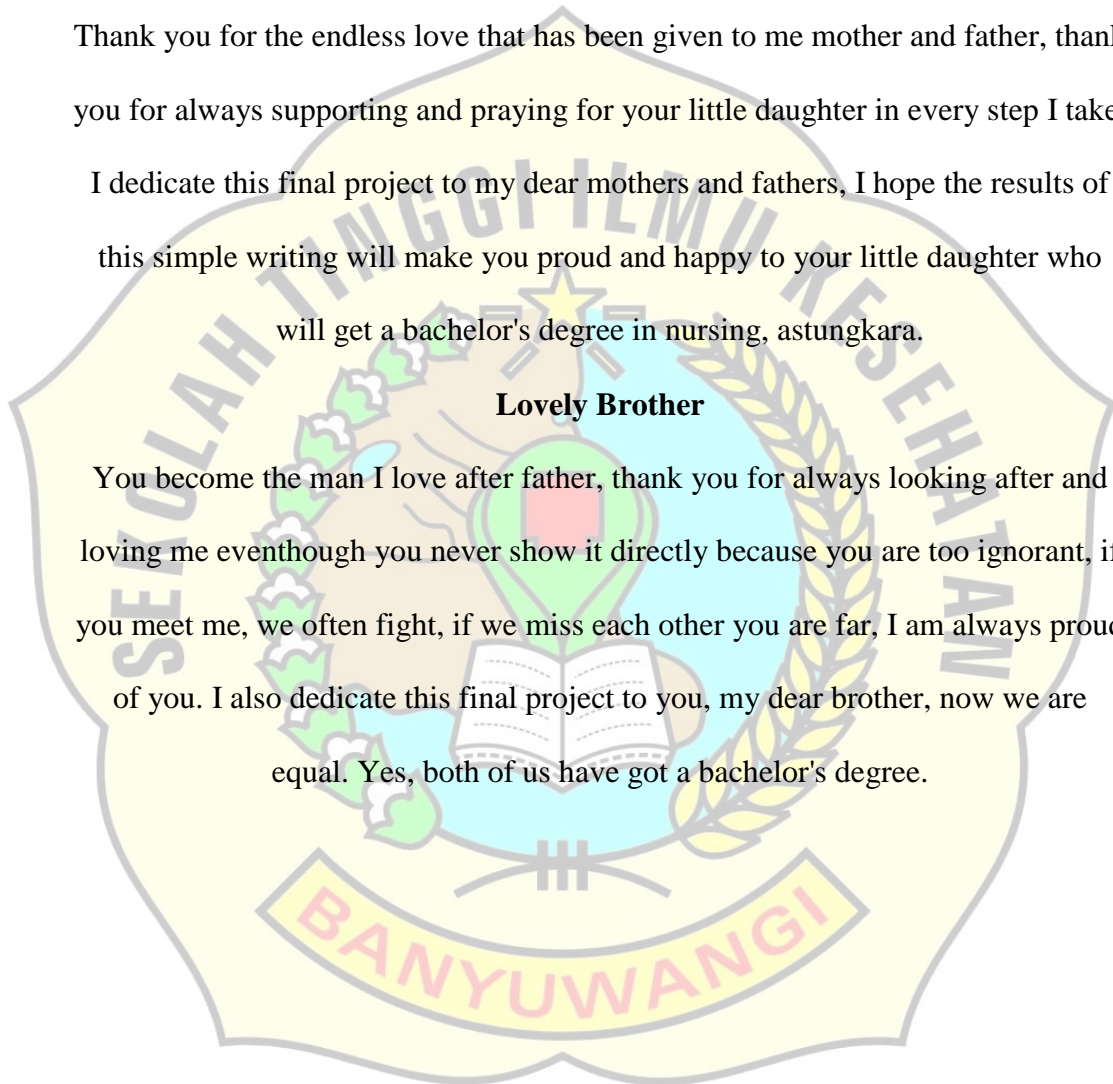
First of all, I thank IDA SANG HYANG WIDI WASA for the completion of this thesis well and smoothly, and I dedicate this simple article to all those who I really love.

Dear Mother and Father

Thank you for the endless love that has been given to me mother and father, thank you for always supporting and praying for your little daughter in every step I take, I dedicate this final project to my dear mothers and fathers, I hope the results of this simple writing will make you proud and happy to your little daughter who will get a bachelor's degree in nursing, astungkara.

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You become the man I love after father, thank you for always looking after and loving me eventhough you never show it directly because you are too ignorant, if you meet me, we often fight, if we miss each other you are far, I am always proud of you. I also dedicate this final project to you, my dear brother, now we are equal. Yes, both of us have got a bachelor's degree.



MOTTO

“Don’t be too hard on yourself, a little rest is much better than stopping in the middle of road”

“NOTHING IS IMPOSSIBLE IF YOU STEP WITH YOUR PARENTS BLESSING”

-AyuMika-



PREFACE

In the name of Ida Sang Hyang Widhi Wasa, the beneficent and merciful. All praise is merely to the Mightiest Ida Sang Hyang Widhi Wasa, the lord of the worlds, for the gracious mercy and tremendous blessing that enable me to accomplish this thesis. This thesis entitled “The Correlation Between Body Mass Index (BMI) And The Incidence Of Hypertension In Adults At Working Area Of Klatak Public Health Center Banyuwangi 2022”, is submitted to fulfill one of the requirements in accomplishing the Bachelor of Nursing Degree at STIKES Banyuwangi.

There are many persons who have generously suggested improving this thesis proposal. First of all the writer would like to express her sincere gratitude and respect to:

1. DR. H. Soekardjo, as a chairman of STIKES Banyuwangi who has provided the opportunity and facilities for me to attend and complete the education of bachelor in nursing study program at STIKES Banyuwangi.
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9. Last but not least, I wanna thank me, I wanna thank me for believing in me, I wanna thank me for doing all this hard work, I wanna thank me for having no days off, I wanna thank me never quitting, for just

being me at all time.

May the almightiest Ida Sang Hyang Widhi Wasa return the favor to all those who have provided support, assistance, and opportunities in completing this thesis proposal. The writer is fully aware that the writing of this thesis proposal is still far from perfection, so the writer begs for critic and suggestions that are constructive. The writer hopes that this thesis proposal can be useful generally for readers and for the world of nursing

Banyuwangi,
Writer

AYU MIKA SRI DEVITA



ABSTRAK
**THE CORRELATION BETWEEN BODY MASS INDEX (BMI) AND THE
INCIDENCE OF HYPERTENSION IN ADULTS AT WORKING AREA OF
KLATAK PUBLIC HEALTH CENTERS IN 2022**

Oleh :

Ayu Mika Sri Devita

Program Studi S1 Keperawatan STIKES Banyuwangi

Email : ayumikasridevita@gmail.com

Hypertension is often defined as a condition where the systolic blood pressure is more than 120 mmHg and the diastolic pressure is more than 80 mmHg. One of the factors that influence hypertension is obesity due to of fat accumulation. Measurement of obesity can be done using body mass index (BMI), for Asian people BMI is categorized as obese if > 25 kg/m². The objective of study to identification The Correlation Between Body Mass Index (BMI) and The Incidence of Hypertension in Adults at Working Area of Klatak Public Health Center in 2022.

This study uses a correlational analytic design with a cross sectional approach with a sampling technique using purposive sampling with a sample of 60 respondents. The instruments for data collection were scales, microtoise stature meter, sphygmomanometer and observation sheets. Data were analyzed using SPSS 25 for windows with *Spearman rank test*.

The results of the study show that the variable Body Mass Index with the most over weight category, amounting to 31 respondents (52%) and than variable hypertension with a grade I category of 34 respondents (57%). After statistical analysis, the p-value is 0.000, which means H_a is accepted and H_o is rejected, , meaning there is the Correlaton Between Body Mass Index (BMI) and the Incidence of Hypertension in Adults at Working Area of Klatak Public Health Center Banyuwangi in 2022.

Measuring Body Mass Index (BMI) is a positive thing that can be done to control the health of people with hypertension.

Keywords : Body Mass Index (BMI), Hypertension, Obesity



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