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ABSTRACT

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***THE RELATIONSHIP OF OBESITY AND STRESS STATUS WITH THE
INCIDENCE OF PRODUCTIVE AGE HYPERTENSION IN THE WORKING
AREA OF THE MANGKUBUMI HEALTH CENTER IN 2024***

People of productive age have various health problems, one of which is hypertension. Productive age is vulnerable to hypertension because at this age they are at their peak of activity and pay less attention to lifestyle, resulting in an increased risk of hypertension. An unhealthy lifestyle and lack of physical activity can result in being overweight or obese, as well as prolonged stress, this is the main factor in the occurrence of hypertension. The aim of this research is to analyze the relationship between obesity status and stress with the incidence of hypertension in productive age in the working area of the Mangkubumi Health Center, Tasikmalaya City. This research was conducted using a cross sectional study approach. The sample was taken as many as 108 respondents using proportional random sampling. Data collection used questionnaires, stadiometers, stepping scales and sphygmomanometers. Data analysis used the chi-square test and logistic regression. The results of the study showed that there was a significant relationship between obesity status and the incidence of hypertension (p value = 0.000), and there was a relationship between stress and the incidence of hypertension (p value = 0.000). The results of the multivariate test using logistic regression modeling showed that in the final modeling the variables associated with the incidence of hypertension were obesity status (p value = 0.000), stress (p value = 0.000) and sodium consumption habits (p value = 0.012). Obesity status is the most dominant factor in the incidence of hypertension in productive age (25-44 years) in the Mangkubumi Community Health Center working area with an aOR (Odd Ratio) value of 12.485. The conclusion is that there is a significant relationship between obesity status and stress and the incidence of hypertension, and there is a relationship between the disturbing variable, namely the habit of consuming sodium and the incidence of hypertension in the productive age, therefore it is hoped that the productive age will have awareness in maintaining body health by paying attention to adequate sodium intake..

Keywords: Hypertension, Obesity, Stress