ABSTRACT

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Relationship of Physical Activity and Body Mass Index with Blood Pressure on Hypertensive Patients in Inpatient Room of RK.Charitas Palembang Hospital

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Key words : Physical Activity, Body Mass Index, Blood Pressure
(vi + 62 pages + 14 tables + 3 pictuers + 12 appendix)

Background : Hypertension is a disorder in the blood circulation system that can cause blood pressure above normal value that is> 140/90 mmHg, while physical activity is a physical movement performed by the muscles of the body, having excess body weight can cause obesity. Based on the preliminary results of 5 people with hypertension, 4 of them said rarely do physical activities such as exercise, and the results of weight measurement 3 of them with body mass index of obesity.
Aim : To determine the relationship of physical activity and body mass index with blood pressure in hypertensive patients
Method : Analytical Survey with cross sectional approach. Total sampling sampling technique consisted of 30 respondents. Using spearman correlation test
Result : Mild activity (46.7%), severe physical activity (10.0%), BMT obesity (46.7%) BMI (10.0%). Spearman correlation test results showed there was a correlation between physical activity with blood pressure (p = 0,001) and body mass index (p = 0,002).
Conclusion : There is a relationship between physical activity with blood pressure, there is a relationship between body mass index with blood pressure.
Suggestion : Based on the results of research conducted in suggested for hypertensive patients to further increase physical activity such as exercise and balance between diet with activity patterns so that it becomes healthier.

Bibliography : 2007 - 2016