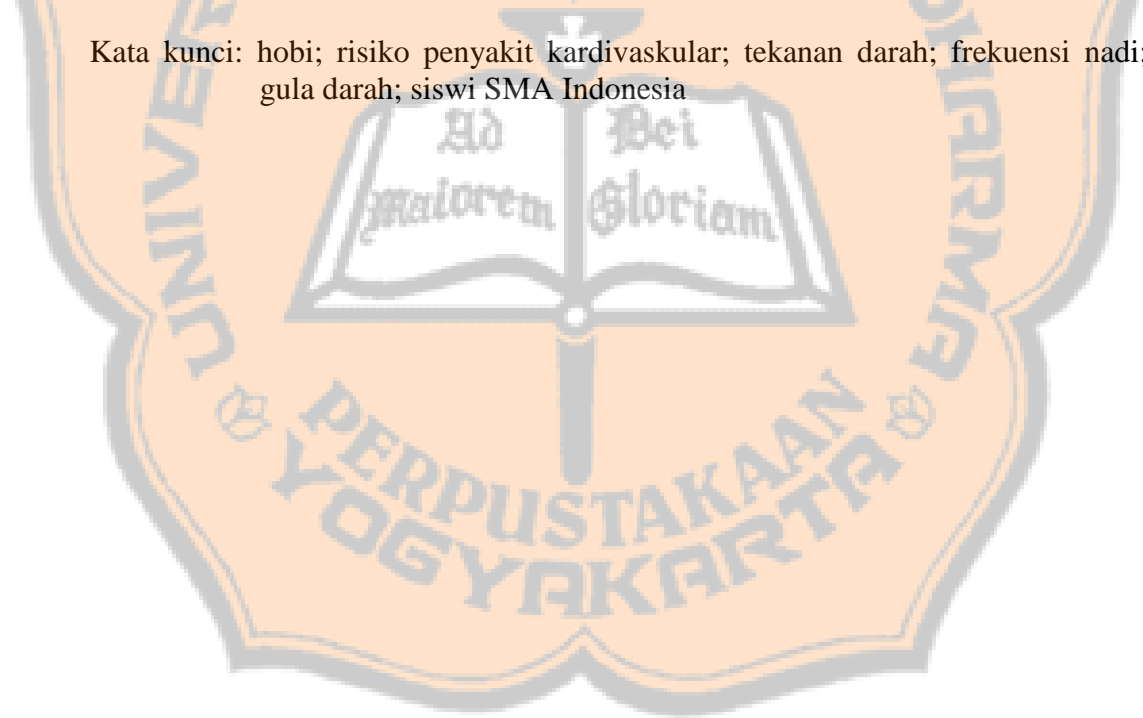


ABSTRAK

Hobi dapat melibatkan aktivitas fisik ataupun non aktivitas fisik, dilakukan di dalam dan atau luar ruangan yang dapat mempengaruhi nilai tekanan darah, frekuensi nadi, dan gula darah sebagai parameter faktor risiko penyakit kardiovaskular. Tujuan dari penelitian ini adalah untuk mengevaluasi hubungan hobi terhadap risiko penyakit kardiovaskular pada siswi SMA di Indonesia. Pengukuran dilakukan secara *cross sectional* di sekolah SMA Indonesia. Pengujian statistik menggunakan *One Way Anova*. Berdasarkan uji statistika, variabel hobi tiga kategori terhadap nilai TDS (Tekanan Darah Sistolik) dan GDS (Gula Darah Sesaat) memiliki *p value* 0,13 dan 0,34 ($p > 0,05$) artinya, hobi buruk, sedang, dan baik secara kardiovaskular pada siswi SMA di Indonesia tidak mempengaruhi nilai TDS dan GDS. Kemudian variabel hobi terhadap nilai TDD (Tekanan Darah Diastolik) dan frekuensi nadi memiliki *p value* 0,03 dan 0,02 ($p < 0,05$), artinya subjek penelitian dengan hobi baik secara kardiovaskular memiliki TDD dan frekuensi nadi yang lebih baik ($p = 0,03$ dan $p = 0,02$) jika dibandingkan dengan hobi sedang dan buruk, sehingga semakin baik hobi secara kardiovaskular maka risiko penyakit kardiovaskular semakin rendah.

Kata kunci: hobi; risiko penyakit kardivaskular; tekanan darah; frekuensi nadi; gula darah; siswi SMA Indonesia



ABSTRACT

Hobby might include physical or non-physical activities, might be done indoor or outdoor, which could affect the blood pressure, pulse frequency, and blood sugar as a parameter of cardiovascular disease. The aim of this research was to evaluate the relation between hobby and the risk of cardiovascular disease to female Indonesian Senior High School students. The measurement used cross sectional measurements done at Senior High School in Indonesia. The statistic test used in this research used One Way Anova. Based on the statistic test, variable of three categories of the hobby to the value of TDS (Systolic Blood Pressure) and GDS (Impaired Fasting Glucose) had *p value* which was 0,13 and 0,34 ($p > 0,05$) which means that bad hobby, medium hobby, and good hobby of cardiovascular on female Indonesian Senior High School students did not affect the TDS and GDS value. Then, variable of hobby to the value of TTD (Diastolic Blood Pressure) and pulse frequency had *p value* 0,03 and 0,02 ($p < 0,05$), which means that the research subjects who had good hobby of cardiovascular had better TDD and pulse frequency ($p = 0,03$ and $p = 0,02$) if it was compared to those who had medium hobby and bad hobby; thus, the better cardiovascular hobby, the risk of cardiovascular disease was lower.

Keywords: hobby; risk of cardiovascular disease; blood pressure; pulse frequency; blood sugar; female Indonesian Senior High School students.

