

ABSTRAK

Aktivitas fisik mempengaruhi nilai tekanan darah, gula darah, denyut jantung, indeks massa tubuh dan lingkar pinggang sebagai parameter faktor risiko penyakit kardiovaskular. Penelitian bertujuan mengevaluasi hubungan hobi terhadap risiko penyakit kardiovaskular pada mahasiswa perguruan tinggi di Daerah Istimewa Yogyakarta dengan jumlah uang saku bulanan rendah dan tinggi. Jenis penelitian yaitu observasional analitik *cross sectional*. Data yang dikumpulkan melalui kuesioner dan pengukuran langsung meliputi hobi, jumlah uang saku bulanan, tekanan darah, gula darah, denyut jantung, indeks massa tubuh dan lingkar pinggang. Subjek penelitian sebanyak 605 mahasiswa dipilih menggunakan teknik *purposive sampling*. Analisis data dengan uji *Kolmogorov Smirnov* dilanjutkan uji t tidak berpasangan, uji *Mann Whitney*, dan uji *Chi-Square*. Hasil penelitian menunjukkan terdapat hubungan bermakna hobi terhadap tekanan darah sistolik dan denyut jantung ($p=0.003$ dan $p=0.014$) pada uang saku bulanan rendah dan terdapat hubungan bermakna antara hobi terhadap tekanan darah sistolik dan indeks massa tubuh ($p=0.050$ dan $p=0.021$) pada uang saku bulanan tinggi. Kesimpulan dari penelitian ini yaitu terdapat hubungan hobi terhadap tekanan darah sistolik dan denyut jantung pada mahasiswa dengan jumlah uang saku bulanan rendah dan terdapat hubungan hobi terhadap tekanan darah sistolik dan indeks massa tubuh pada mahasiswa dengan jumlah uang saku bulanan tinggi.

Kata kunci: hobi; mahasiswa; risiko penyakit kardiovaskular; uang saku bulanan

ABSTRACT

Physical activity affects blood pressure, blood glucose, pulse, body mass index and waist circumference as a parameter of cardiovascular disease. The study aimed to evaluate the relation of hobbies with cardiovascular disease risk on college students in Special Region of Yogyakarta with low and high allowance per month. The type of this study was analytic observational with cross sectional method. Data collected through questionnaire and direct measurement includes hobbies, allowance per month, blood pressure, blood glucose, pulse, body mass index and waist circumference. Research subjects were 605 college students selected using purposive sampling technique. Research data were analyzed using Kolmogorov Smirnov test followed by Independent Samples test, Mann Whitney test, and Chi-Square test. Result showed that there are significant relation of hobbies and systolic blood pressure and pulse ($p=0.003$ and $p=0.014$) in low allowance per month group and there are significant relation of hobbies and systolic blood pressure and body mass index ($p=0.050$ and $p=0.021$) in high allowance per month group. In conclusion there are relation of hobbies with systolic blood pressure and pulse on college students with low allowance per month and there are relation of hobbies with systolic blood pressure and body mass index on college students with high allowance per month.

Keywords: hobbies; college students; risk of cardiovascular disease; allowance per month

