

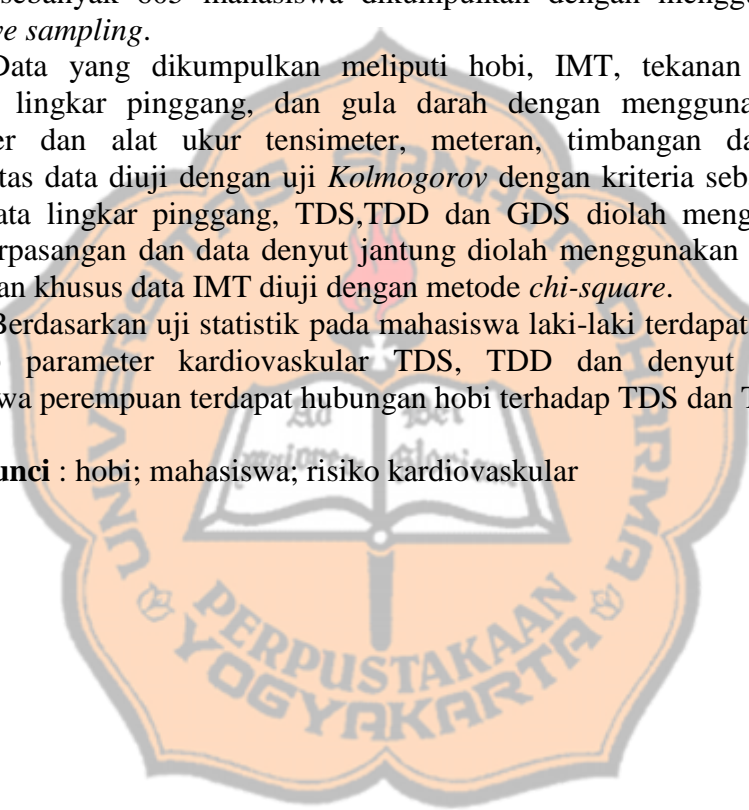
ABSTRAK

Faktor risiko penyakit kardiovaskular diantaranya usia, jenis kelamin, hipertensi, diabetes melitus, dislipidemia, merokok, obesitas, dan kurangnya aktivitas fisik. Faktor risiko aktivitas fisik pada penelitian ini dilihat berdasarkan hobi. Hobi dapat melibatkan aktivitas fisik dan tanpa aktivitas fisik. Penelitian ini merupakan penelitian observasional dengan rancangan penelitian analitik secara kuantitatif yang dilakukan secara *cross sectional*. Penelitian bertujuan untuk mengevaluasi hubungan hobi dan risiko kardiovaskular pada mahasiswa perguruan tinggi di DI Yogyakarta berdasarkan perbedaan jenis kelamin. Jumlah sampel sebanyak 605 mahasiswa dikumpulkan dengan menggunakan metode *purposive sampling*.

Data yang dikumpulkan meliputi hobi, IMT, tekanan darah, denyut jantung, lingkar pinggang, dan gula darah dengan menggunakan instrumen kuesioner dan alat ukur tensimeter, meteran, timbangan dan *glucometer*. Normalitas data diuji dengan uji *Kolmogorov* dengan kriteria sebaran normal $p > 0,05$. Data lingkar pinggang, TDS, TDD dan GDS diolah menggunakan *T-test* tidak berpasangan dan data denyut jantung diolah menggunakan *Mann Whitney*, sedangkan khusus data IMT diuji dengan metode *chi-square*.

Berdasarkan uji statistik pada mahasiswa laki-laki terdapat hubungan hobi terhadap parameter kardiovaskular TDS, TDD dan denyut jantung. Pada mahasiswa perempuan terdapat hubungan hobi terhadap TDS dan TDD.

Kata Kunci : hobi; mahasiswa; risiko kardiovaskular



ABSTRACT

Cardiovascular risk disease includes age, sex, hypertension, diabetes mellitus, dyslipidemia, smoking, obesity, and lack of physical activity. Physical activity in this study were seen based on hobbies. Hobbies can involve physical activity and without PA. This study is an quantitative analytic observational study designed cross sectionally. The study aims to evaluate the relationship between hobbies and cardiovascular risk in college students in special region Yogyakarta based on gender differences. The total samples of 605 college students were collected using purposive sampling method.

Data collected including hobbies, BMI, blood pressure, heart rate, waist circumference, and random blood glucose by using questionnaire and instruments such as tensimeter, meter, weight scale and glucometer. The normality of data was tested using Kolmogorov test with normal distribution criteria is $p > 0.05$. The data of waist circumference, SBP, DBP and RBG was analyzed by unpaired T-test while the data of heart rate was analyzed by Mann Whitney. The data of BMI was tested by chi-square.

Based on statistical tests there was significant relationship of hobbies to cardiovascular parameters SBP, DPB and heart rate in men and there was significant relationship of hobbies to cardiovascular parameters SBP and DPB in women.

Keywords : hobbies; college students; cardiovascular risk

