

ABSTRAK

GAMBARAN INDEKS MASSA TUBUH DAN TEKANAN DARAH PADA MAHASISWA FAKULTAS KEDOKTERAN UNPRI MEDAN ANGKATAN 2017

Tujuan penelitian ini membahas gambaran indeks massa tubuh dan tekanan darah pada Mahasiswa Fakultas Kedokteran. Penelitian ini merupakan kajian deskriptif dengan desain studi lintas bagian, yaitu cara mendekati, mengamati atau mengumpulkan data pada saat yang sama. Berdasarkan hasil penelitian, ditemukan mayoritas mahasiswa BMI dari Fakultas Kedokteran UNPRI Medan angkatan 2017 normal, yaitu 64 orang (64,6%), kemudian diikuti oleh mahasiswa dengan IMT kelebihan berat badan masing-masing sebesar 29 orang (29,3%), berat badan kurang dan obesitas masing-masing hanya 3 orang (3,0%). Berdasarkan hasil penelitian, ditemukan bahwa mayoritas tekanan darah mahasiswa Fakultas Kedokteran UNPRI Medan 2017 benar-benar normal (100%).

Kata Kunci : Gambaran, Indeks Massa Tubuh, Tekanan Darah, Mahasiswa

ABSTRACT

OVERVIEW OF BODY MASS INDEX AND BLOOD PRESSURE OF MEDICAL SCIENCE FACULTY STUDENTIN PRIMA INDONESIA UNIVERSITY, 2017

The aims of this study discussed overview of body mass index and blood pressure in Medical Science Faculty Student. This research is a descriptive study with a cross-sectional study design, namely how to approach, observe or collect data at the same time 10. Based on the research results, it was found that the majority of BMI students from the Faculty of Medicine UNPRI Medan class 2017 were normal, namely 64 people (64.6%), then followed by students with an overweight BMI of 29 people (29.3%), underweight and obese respectively. only 3 people (3.0%). Based on the results of the study, it was found that the majority of the blood pressure of the 2017 UNPRI Medan Faculty of Medicine students was completely normal (100%).

Keywords: overview, body mass index, blood pressure, student

