

# “HUBUNGAN INDEKS MASSA TUBUH DENGAN KEJADIAN HIPOTENSI PADA PASIEN SPINAL ANESTESI DI RSUD CILACAP”

Cahya Khairani, Sutejo, Titik Endarwati  
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta  
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman  
email : [cahyakhairani234@gmail.com](mailto:cahyakhairani234@gmail.com)

## ABSTRAK

**Latar Belakang :** Salah satu komplikasi spinal anestesi yang paling sering terjadi yaitu hipotensi dengan persentase 33%. Akibat dari hipotensi dapat berupa gejala ringan seperti pusing, mual dan muntah hingga penurunan kesadaran, apnea, bronkoaspirasi isi lambung, pneumonia aspirasi hingga penurunan kesadaran dan *cardiorespiratory arrest*. Efek dari spinal anestesi adalah terjadinya perluasan blokade saraf simpatis tergantung kepada distribusi larutan anestesi. Hasil penelitian sebelumnya menyebutkan bahwa indeks massa tubuh mempengaruhi distribusi larutan anestesi.

**Tujuan Penelitian :** Mengetahui bagaimana hubungan antara indeks massa tubuh dengan kejadian hipotensi pada pasien spinal anestesi di RSUD Cilacap.

**Metode :** Jenis penelitian ini adalah penelitian observasional analitik dengan menggunakan desain penelitian studi *cross sectional* dengan jumlah sampel 99 orang, teknik pengambilan sampel menggunakan teknik *consecutive sampling*. Data dianalisis menggunakan analisa univariat dan bivariat dengan uji *chi square*.

**Hasil :** Responden sebagian besar mengalami hipotensi sebanyak 55 responden (55,6%). Responden yang mengalami hipotensi dengan IMT obesitas sebanyak 36 responden (65,5%) dan non obesitas sebanyak 19 responden (34,5%). Hasil penelitian menunjukkan *p value* ( $p=0,000$ ) dan contingency coefficient 0,479.

**Kesimpulan :** Ada hubungan antara Indeks Massa Tubuh dengan hipotensi pada pasien spinal anestesi di RSUD Cilacap dengan tingkat keeratan hubungan sedang.

**Kata Kunci :** Indeks Massa Tubuh, Hipotensi, Spinal Anestesi.

**"RELATED BODY MASS INDEX WITH HYPOTENSION IN SPINAL  
ANESTHETIC PATIENTS  
IN RSUD CILACAP"**

Cahya Khairani, Sutejo, Titik Endarwati  
Nursing Department, Health Polytechnic, Ministry of Health Yogyakarta  
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman  
email : [cahyakhairani234@gmail.com](mailto:cahyakhairani234@gmail.com)

**ABSTRACT**

**Background :** One of the most common complications of spinal anesthesia is hypotension with a percentage of 33%. The consequences of hypotension can range from mild symptoms such as dizziness, nausea and vomiting to decreased consciousness, apnea, bronchoaspiration of gastric contents, aspiration pneumonia to decreased consciousness and *cardiorespiratory arrest*. The effect of spinal anesthesia is that the extent of sympathetic nerve blockade depends on the distribution of the anesthetic solution. The results of previous studies stated that body mass index affects the distribution of anesthetic solution.

**Objective :** To determine the relationship between body mass index and the incidence of hypotension in spinal anesthesia patients at Cilacap General Hospital.

**Methods:** This research is an analytic observational study using a study design *cross sectional* with a sample of 99 people, the sampling technique used is *consecutive sampling technique*. Data were analyzed using univariate and bivariate analysis with test *chi . squares*.

**Results: Most of the** respondents experienced hypotension as many as 55 respondents (55.6%). Respondents who experienced hypotension with obesity BMI were 36 respondents (65.5%) and non-obese were 19 respondents (34.5%). The results showed *p value* ( $p = 0.000$ ) and contingency coefficient 0.479.

**Conclusion:** There is a relationship between Body Mass Index and hypotension in spinal anesthesia patients at Cilacap General Hospital with a moderate degree of closeness.

**Keywords:** Body Mass Index, Hypotension, Spinal Anesthesia.