

**THE RELATIONSHIP BETWEEN SMOKING BEHAVIOR AND
PHYSICAL ACTIVITY WITH BLOOD PRESSURE IN ADOLESCENTS
AT SMK GRAHA MADINA SINGOSARI MALANG**

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ABSTRACT

Smoking behavior and lack of physical activity are one of the biggest contributing factors to high blood pressure that is at risk of death, the higher the smoking activity and lack of physical activity, the higher the blood pressure. The purpose of this study was to determine the relationship between smoking behavior and physical activity with stress in adolescents. The research method uses a correlational design with a cross sectional approach. The population in this study was teenagers who were respondents at SMK Graha Madina Singosari Malang totaling 52 people, using proportional random sampling techniques. The instruments used were in the form of smoking behavior questionnaires based on the brinkman index, and GPAQ (Global physical Activity Quesionnaire) questionnaires. Data analysis using spearman rank correlation test. The results of bivariate analysis showed smoking behavior with systolic blood pressure had an association ($p = 0.012$), smoking behavior with diastolic blood pressure had no relationship ($p = 0.165$), Physical activity with systolic blood pressure had no association ($p = 0.807$), and physical activity with diastolic blood pressure had no association ($p = 0.352$). The recommendation of the results of this study is that researchers are then expected to be able to measure blood pressure periodically to see significant changes caused by smoking behavior and physical activity.

Keyword: Smoking behavior, physical activity, blood pressure, adolescence