

ABSTRAK

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HUBUNGAN FREKUENSI PENGGUNAAN *ELECTRONIC NICOTINE DELIVERY SYSTEM* (ENDS) DENGAN TEKANAN DARAH DAN INDEKS MASSA TUBUH (IMT) PADA MAHASISWA DI TANGERANG

xv + 70 Halaman + 2 Gambar + 3 Bagan + 9 Tabel + 4 Lampiran

Latar Belakang: Penggunaan *Electronic Nicotine Delivery System* (ENDS) atau rokok elektrik telah meningkat di kalangan mahasiswa, namun dampaknya terhadap kesehatan seperti tekanan darah dan Indeks Massa Tubuh (IMT) masih belum jelas, terutama di Indonesia.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui hubungan antara frekuensi penggunaan *Electronic Nicotine Delivery System* (ENDS) terhadap tekanan darah dan Indeks Massa Tubuh (IMT) pada mahasiswa di Tangerang.

Metode Penelitian: Penelitian ini menggunakan desain potong lintang (*cross-sectional*) dengan pendekatan kuantitatif. Sampel terdiri dari 72 mahasiswa yang dipilih melalui metode *purposive sampling*. Data dikumpulkan melalui pengukuran langsung tekanan darah dan menggunakan uji *Chi-Square* dengan bantuan *Statistical Package for the Social Sciences* (SPSS) versi 23.

Hasil Penelitian: Hasil menunjukkan bahwa tidak terdapat hubungan yang signifikan antara frekuensi penggunaan *Electronic Nicotine Delivery System* (ENDS) terhadap tekanan darah ($p = 0,173$), maupun Indeks Massa Tubuh (IMT) ($p = 0,068$). Meskipun demikian, nilai *Odds Ratio* menunjukkan kemungkinan penurunan risiko tekanan darah tinggi dan Indeks Massa Tubuh (IMT) rendah pada pengguna *Electronic Nicotine Delivery System* (ENDS) tertentu.

Kesimpulan: Tidak terdapat hubungan yang signifikan antara frekuensi penggunaan *Electronic Nicotine Delivery System* (ENDS) terhadap tekanan darah dan Indeks Massa Tubuh (IMT) pada mahasiswa di Tangerang. Faktor usia muda dan kondisi puasa Ramadan selama pengambilan data diduga berkontribusi terhadap hasil tersebut.

Kata Kunci: *Electronic Nicotine Delivery System* (ENDS), tekanan darah, Indeks Massa Tubuh (IMT), mahasiswa, rokok elektrik.

Referensi: 51, 1988 - 2025

ABSTRACT

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THE RELATIONSHIP BETWEEN THE FREQUENCY OF ELECTRONIC NICOTINE DELIVERY SYSTEM (ENDS) USE AND BLOOD PRESSURE AND BODY MASS INDEKS (BMI) AMONG UNIVERSITY STUDENTS IN TANGERANG

xv + 70 Pages + 2 Figures + 3 Diagrams + 9 Tables + 4 Appendices

Background: *The use of Electronic Nicotine Delivery System (ENDS), or e-cigarettes, has risen among university students. However, its impact on health indicators such as blood pressure and Body Mass Index (BMI) remains unclear, particularly in Indonesia.*

Objective: *This study aimed to assess the relationship between the frequency of Electronic Nicotine Delivery System (ENDS) use and blood pressure as well as Body Mass Indeks (BMI) among university students in Tangerang.*

Method: *This research employed a cross-sectional design with a quantitative approach. A total of 72 students were selected using purposive sampling. Data was collected through direct measurement of blood pressure and Body Mass Indeks (BMI), along with questionnaires assessing Electronic Nicotine Delivery System (ENDS) usage frequency. Data was analyzed using the Chi-Square test via Statistical Package for the Social Sciences (SPSS) version 23.*

Results: *The findings showed no statistically significant relationship between Electronic Nicotine Delivery System (ENDS) use frequency and blood pressure ($p = 0.173$) or BMI ($p = 0.068$). However, the Odds Ratios indicated a lower likelihood of hypertension and low Body Mass Index (BMI) among certain Electronic Nicotine Delivery System (ENDS) user groups.*

Conclusion: *There is no significant association between Electronic Nicotine Delivery System (ENDS) usage frequency and blood pressure or Body Mass Index (BMI) in Tangerang university students. Contributing factors may include the young age respondents and fasting during Ramadan, which could affect physiological measurements.*

Keywords: *Electronic Nicotine Delivery System (ENDS), blood pressure, Body Mass Index (BMI), university students, electronic cigarettes.*

References: *51, 1988 - 2025*