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## **HUBUNGAN GAYA HIDUP, POLA MAKAN, STRES DAN STATUS GIZI TERHADAP KEJADIAN HIPERTENSI PADA LANSIA DI PUSKESMAS CEMPAKA**

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(xviii+97)

Masa lansia adalah masa perkembangan terakhir dalam hidup manusia, pada usia lanjut akan terjadi berbagai kemunduran pada organ tubuh, oleh sebab itu lansia mudah sekali terkena penyakit seperti hipertensi. Seseorang dikatakan hipertensi jika tekanan darah sistolik  $\geq 140$  mmHg dan diastolik  $\geq 90$  mmHg. Penyakit hipertensi sangat dipengaruhi oleh faktor seperti umur, jenis kelamin, keturunan, gaya hidup, pola makan, stres dan status gizi. Penelitian ini bertujuan untuk menganalisis hubungan gaya hidup, pola makan, stres dan status gizi terhadap kejadian hipertensi pada lansia di Puskesmas Cempaka. Penelitian ini menggunakan metode *observasional* dengan pendekatan *cross-sectional*. Uji statistik menggunakan *chi-square* dan regresi logistik dengan nilai ( $\alpha=0,05$ ). Penelitian ini dilakukan terhadap 80 responden lansia usia  $\geq 45$  tahun, terdiri dari perempuan 67 orang (80,8%) laki-laki 16 orang (19,2%). Hasil penelitian ini menunjukkan bahwa kebiasaan olahraga terbukti memiliki hubungan terhadap kejadian hipertensi ( $p=0,003$ ), kebiasaan istirahat terbukti memiliki hubungan dengan hipertensi ( $p=0,035$ ), konsumsi lemak terbukti memiliki hubungan dengan kejadian hipertensi ( $p=0,008$ ), konsumsi natrium terbukti memiliki hubungan dengan hipertensi ( $p=0,044$ ), stres terbukti memiliki hubungan dengan kejadian hipertensi ( $p=0,004$ ). Dua variabel yang tidak ada hubungan dengan kejadian hipertensi yaitu Konsumsi kalium ( $p=0,797$ ) dan status gizi ( $p=0,980$ ). Berdasarkan analisis multivariat stres merupakan variabel yang paling berhubungan dengan kejadian hipertensi ( $p=0,033$ ). Lansia diharapkan memiliki gaya hidup seperti sering berolahraga dan mengatur kebiasaan istirahat yang baik, membatasi konsumsi lemak, natrium serta diimbangi dengan konsumsi kalium, reaksi mental yang selalu menumbuhkan emosi yang positif dan menjaga status gizi.

Kata Kunci : Gaya Hidup, Pola Makan, Stres, Status Gizi, Hipertensi, Lansia.

## **ABSTRACT**

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### **RELATIONSHIP OF LIFESTYLE, EATING PATTERN, STRESS AND NUTRITION STATUS TO THE INCIDENCE OF HYPERTENSION IN ELDERLY IN CEMPAKA HEALTH CENTER**

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*The period of the elderly is the last period of development in human life, at an advanced age there will be various setbacks in the organs of the body, therefore the elderly are easily exposed to diseases such as hypertension. Someone said to be hypertensive if systolic blood pressure  $\geq 140$  mmHg and diastolic  $\geq 90$  mmHg. Hypertension is strongly influenced by factors such as age, gender, heredity, lifestyle, diet, stress and nutritional status. This study aims to analyze the relationship of lifestyle, eating pattern, stress and nutritional status to the incidence of hypertension in the elderly at Cempaka Health Center. This study used an observational method with a cross-sectional approach. Statistical tests using chi-square and logistic regression with a value ( $\alpha = 0.05$ ). This study was conducted on 80 elderly respondents aged  $\geq 45$  years, consisting of 67 women (80.8%) male 16 people (19.2%). The results of this study showed that exercise habits were shown to have a relationship to the incidence of hypertension ( $p = 0.003$ ), rest habits proved to have a relationship with hypertension ( $p = 0.035$ ), fat consumption was shown to have a relationship with the incidence of hypertension ( $p = 0.008$ ), sodium consumption proved to have relationship with hypertension ( $p = 0.044$ ), stress was shown to have a relationship with the incidence of hypertension ( $p = 0.004$ ). Two variables that have no relationship with the incidence of hypertension are potassium consumption ( $p = 0.797$ ) and nutritional status ( $p = 0.980$ ). Based on multivariate stress analysis is the variable most associated with the incidence of hypertension ( $p = 0.033$ ). Elderly people are expected to have a lifestyle such as exercising frequently and regulating good rest habits, limiting consumption of fat, sodium and being balanced with consumption of potassium, mental relaxation which always fosters positive emotions and maintains nutritional status.*