

ABSTRAK

LAILAN NADJAD. 19S10304

HUBUNGAN KARAKTERISTIK IBU, ASUPAN NATRIUM, DAN KALIUM TERHADAP TEKANAN DARAH IBU HAMIL DI PUSKESMAS LANDASAN ULIN TIMUR

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Hipertensi adalah tekanan darah yang berada di atas batas normal (120/80 mmHg). Ibu hamil hipertensi memiliki tekanan darah mencapai 140/90 mmHg atau lebih saat kehamilan. Karakteristik umur ibu semakin bertambahnya umur ibu hamil akan beresiko mengalami hipertensi. Karakteristik usia kehamilan trimester ketiga lebih beresiko hipertensi dari pada usia trimester pertama dan kedua. Asupan natrium ibu hamil lebih dari 1500 mg/hari beresiko mengalami hipertensi dari pada asupan natrium kurang dari 1500 mg/hari. Asupan kalium yang lebih tinggi dari asupan natrium dapat mencegah dan mengurangi tekanan darah tinggi. Tujuan penelitian ini untuk mengetahui hubungan karakteristik ibu, asupan natrium, dan kalium terhadap tekanan darah ibu hamil. Penelitian ini adalah penelitian non-experimental dengan rancangan penelitian *cross sectional* dengan jumlah sampel 17 orang ibu hamil yang diambil menggunakan metode *accidental sampling*. Analisis data menggunakan uji *rank spearman* untuk mengetahui hubungan antar variabel dengan instrumen pengukuran tekanan darah dan *food recall* 24 jam. Berdasarkan hasil uji statistik umur ibu *p value* = 0,803 dan usia kehamilan *p value* = 0,188 menunjukkan karakteristik ibu tidak terdapat hubungan dengan tekanan darah ibu hamil. Asupan natrium *p value* = 0,226 menunjukkan asupan natrium tidak terdapat hubungan terhadap tekanan darah ibu hamil. Asupan kalium menunjukkan nilai *p value* = 0,803 asupan kalium tidak terdapat hubungan terhadap tekanan darah ibu hamil. Hasil penelitian ini karakteristik ibu, asupan natrium dan kalium tidak memiliki hubungan dengan tekanan darah. Bagi responden agar dapat memenuhi asupan zat gizi yang sesuai dengan kebutuhan zat gizi selama kehamilan. Bagi penelitian selanjutnya agar dapat lebih mendalami ke perbandingan rasio natrium dan kalium yang dikonsumsi ibu hamil.

Kata kunci : kalium, karakteristik ibu, kehamilan, natrium, tekanan darah.

ABSTRACT

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CORRELATION BETWEEN WOMEN'S CHARACTERISTICS, SODIUM AND POTASSIUM INTAKE TO THE BLOOD PRESSURE OF PREGNANT WOMEN AT THE LANDASAN ULIN TIMUR HEALTH CENTER

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Hypertension is a blood pressure that is above the normal (120/80 mmHg). Hypertensive pregnant women have blood pressure reaching 140/90 mmHg or more during pregnancy. The characteristic of the mother's age are increased the age of pregnant women will be at risk of hypertension. Characteristic of gestational age in the third trimester are more at risk of hypertension than in the first and second trimesters. Pregnant women's sodium intake of more than 1500 mg/day is at risk of hypertension than sodium intake of less than 1500 mg/day. Higher potassium intake than sodium intake can prevent and reduce high blood pressure. The purpose of this study was to determine the correlation between maternal characteristics, sodium and potassium intake on pregnant women's blood pressure. This study was a non-experimental study with a cross-sectional study design with a sample of 17 pregnant women were taken used the accidental sampling method. Data analysis used Spearman's rank test to determine the correlation between variables with blood pressure measurement instruments and 24-hour food recall. Based on the results of statistical tests on maternal age, p value = 0.803 and gestational age, p value = 0.188, it showed that maternal characteristics had no correlation with blood pressure of pregnant women. Sodium intake p value = 0.226 indicates sodium intake has no correlation to blood pressure of pregnant women. Potassium intake showed a p value = 0.803, potassium intake had not correlation to pregnant women's blood pressure. The results of this study are maternal characteristics, sodium and potassium intake has no relationship with blood pressure. For respondents to be able to meet nutritional intake in accordance with nutritional needs during pregnancy. For the future research to be able to go deeper into the comparison of the ratio of sodium and potassium consuming by pregnant women.

Keywords: *blood pressure, pregnancy, potassium, sodium, women characteristic.*