

Faktor Risiko Hipertensi Pada Lansia Di Kelurahan Salatiga, Kota Salatiga

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Abstrak

Latar belakang: Sebanyak 103 lansia dengan hipertensi di Kelurahan Salatiga. Faktor resiko hipertensi ialah keturunan, usia, jenis kelamin, pola makan dan aktivitas fisik. **Tujuan:** mengetahui faktor risiko obesitas, aktivitas fisik, asupan makan, Lingkar Pinggang Panggul (PiPa) terhadap tekanan darah antara wanita dan laki-laki di Wilayah Kerja Puskesmas Sidorejo Lor, Kelurahan Salatiga. **Metode:** Kuantitatif dengan rancangan cross-sectional pada 103 sampel dari 178 populasi. Kriteria responden usia >40 tahun, terdaftar pasien rawat jalan Puskesmas Sidorejo Lor dengan diagnosis hipertensi. Data penelitian berupa kuesioner profil responden, pengukuran antropometri, pengukuran Tekanan Darah, kuesioner *Global Physical Activity Questionnaire* dan kuesioner *Semi Food Frequency Questionnaire*. Analisa data menggunakan frekuensi, mean, standar deviasi dan regresi linear untuk korelasi. **Hasil:** Wanita obesitas (40,8%) lebih banyak dibandingkan laki-laki (15,6%). Laki-laki aktivitas rendah (50%) lebih banyak dibandingkan wanita (45,07%). Wanita beresiko obesitas (88,7%) lebih banyak dibandingkan laki-laki (0%). Hubungan TD sistolik dengan IMT wanita ($p=0,002$; $r=0,346$), laki-laki ($p=0,082$; $r=-0,252$). TD diastolik dengan IMT wanita ($p=0,004$; $r=0,313$), laki-laki ($p=0,047$; $r=-0,302$). TD sistolik dengan asupan laki-laki ($p=0,052$; $r=-0,292$). TD diastolik dengan vit A laki-laki ($p=0,045$; $r=-0,305$) dan TD diastolik dengan protein ($p=0,056$; $r=0,190$). TD sistolik dengan aktivitas fisik wanita ($p=0,065$; $r=0,181$), diastolik ($p=0,089$; $r=0,162$), dan TD sistolik laki-laki ($p=0,430$; $r=-0,032$), diastolik ($p=0,328$; $r=0,082$). **Kesimpulan:** asupan makan, PiPa), aktivitas fisik, dan obesitas memiliki hubungan dengan penyakit hipertensi pada wanita dan laki-laki.

Kata kunci: aktivitas fisik; asupan makan; hipertensi; obesitas; lansia

Abstract

Background: There is a total of 103 elderlies with hypertension in the Urban Village of Salatiga. Risk factors for hypertension are heredity, age, sex, diet, and physical activity. **Objective:** to determine risk factors for obesity, physical activity, food intake, Waist Circumference on blood pressure between women and men in the Area of Sidorejo Lor Health Center, Salatiga Village. **Method:** Quantitative with cross-sectional design in 103 samples from 178 populations. Respondents' criteria were aged >40 years, registered outpatients Sidorejo Lor Health Center with a diagnosis of hypertension. The research data were in the form of respondents' profile questionnaires, anthropometric measurements, blood pressure measurements, Global Physical Activity Questionnaire, and Semi Food Frequency Questionnaire. The data analysis used were frequency, mean, standard deviation and linear regression for correlations. **Results:** Obese women (40.8%) were more than men (15.6%). Low activity men (50%) were more than women (45.07%). Women were more at risk of obesity (88.7%) than men (0%). Relationship of systolic blood pressure with the women's BMI is ($p=0,002$; $r=0,346$), men ($p=0,082$; $r=-0,252$). Diastolic blood pressure with women's BMI ($p=0,004$; $r=0,313$), men ($p=0,047$; $r=-0,302$). Systolic blood pressure with men's intake ($p=0,052$; $r=-0,292$). Diastolic Blood pressure with men's vitamin A ($p=0,045$; $r=-0,305$) and diastolic blood pressure with protein ($p=0,056$; $r=0,190$). Systolic blood pressure with women's physical activity ($p=0,065$; $r=0,181$), diastolic ($p=0,089$; $r=0,162$), and men's systolic blood pressure ($p=0,430$; $r=-0,032$), diastolic ($p=0,328$; $r=0,082$). **Conclusion:** food intake, waist circumference, physical activity, and obesity have a relationship with hypertension in women and men.

Keywords: physical activity; food intake; hypertension; obesity; elderly