

POLITEKNIK KESEHATAN TANJUNG KARANG
JURUSAN GIZI
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Dyah Prasetyaningtias

Gambaran Status Gizi, Asupan Natrium Dan Aktivitas Fisik Pada Pralansia Hipertensi Anggota Prolanis Di Wilayah Puskesmas Gisting, Kecamatan Gisting Tahun 2025

xiii + 57 halaman + 10 tabel, 3 gambar, 5 lampiran

ABSTRAK

Hipertensi atau peningkatan tekanan darah lebih dari 140mmHg / 90mmHg dalam 2x pengukuran yang dilakukan sekam 5 menit dalam keadaan istirahat. Di Indonesia hipertensi menempati urutan ke 5 dengan kasus 34,11%, di Provinsi Lampung hipertensi menempati urutan ke 16 dengan kasus 29,94%, di Tanggamus urutan ke 4 dengan total 62,1%, dan Kecamatan Gisting total kasus hipertensi sebanyak 29,3%. Tujuan penelitian ini untuk mengetahui bagaimana gambaran status gizi, asupan natrium, dan aktivitas fisik pada pralansia hipertensi anggota prolansis di Puskesmas Gisting Kecamatan Gisting.

Penelitian ini menggunakan rancangan *cross sectional study* dengan pendekatan metode deskriptif kuantitatif. Metode pengambilan sampel yang digunakan adalah *quota sampling*. Sampel penelitian ini anggota prolansis hipertensi pralansia dengan jumlah 30 responden. Pengambilan data tekanan darah dilakukan dengan bantuan bidan, data antropometri dilakukan secara langsung, sedangkan asupan natrium menggunakan *food recall* 1x24 jam dan aktivitas fisik menggunakan kuisioner *IPAQ-SF*. Penelitian ini dilakukan pada April 2025 di Puskesmas Gisting Kecamatan Gisting.

Hasil penelitian menunjukkan tekanan darah paling banyak dialami oleh perempuan 23,3%, hasil pengukuran IMT 30% berat badan normal, 30% kelebihan berat badan, 30% obesitas I, asupan natrium makanan data yang didapatkan berkategori baik 66,7% responden dan kategori kurang baik 33,3% responden, aktivitas ringan <600 METs/menit/minggu 76,7% responden dan aktivitas sedang 600-1499 METs/menit/minggu 23,3%. Kesimpulannya hasil penelitian ini diharapkan pihak puskesmas untuk meningkatkan penyuluhan dan konsultasi gizi tentang faktor penyebab, dampak hipertensi untuk berbagai kalangan usia, serta bahan makanan yang dianjurkan dan tidak dianjurkan untuk mencegah peningkatan tekanan darah.

Kata kunci : status gizi, asupan natrium, aktivitas fisik, dan hipertensi

Daftar bacaan : 63 (2005-2025)

HEALTH POLYTECHNIC OF TANJUNG KARANG
NUTRITION DEPARTMENT
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Dyah Prasetyaningtias

Description of Nutritional Status, Sodium Intake and Physical Activity in Pre-Elderly Hypertensive Members of Prolanis in the Gisting Health Center Area, Gisting District in 2025

xiii + 57 pages + 10 tables, 3 pictures, 5 attachments

ABSTRACT

Hypertension or increased blood pressure of more than 140mmHg / 90mmHg in 2 measurements taken for 5 minutes at rest. In Indonesia, hypertension ranks 5th with 34.11% cases, in Lampung Province, hypertension ranks 16th with 29.94% cases, in Tanggamus ranks 4th with a total of 62.1%, and Gisting District has a total of 29.3% hypertension cases. The purpose of this study was to determine the picture of nutritional status, sodium intake, and physical activity in pre-elderly hypertensive prolanis members at the Gisting Health Center, Gisting District.

This study used a cross-sectional study design with a quantitative descriptive method approach. The sampling method used was quota sampling. The sample of this study were members of the pre-elderly hypertension prolanis with a total of 30 respondents. Blood pressure data collection was carried out with the help of a midwife, anthropometric data was carried out directly, while sodium intake used a 1x24-hour food recall and physical activity used the IPAQ-SF questionnaire. This study was conducted in April 2025 at the Gisting Health Center, Gisting District

The results showed that blood pressure was mostly suffered by women 23.3%, the results of BMI were normal weight 30%, overweight 30%, and obesity I 30%, food sodium intake was in the good category 66.7% of respondents and the category was not good 33.3% of respondents, light physical activity <600 METs/minute/week 76.7% of respondents and respondents and moderate physical activity 600-1499 METs/minute/week 23.3%. In conclusion, the results of this study are expected by the health center to increase nutrition counseling and consultation on causative factors, the impact of hypertension for various ages, as well as recommended and not recommended food ingredients to prevent an increase in blood pressure.

Keywords : nutritional status, sodium intake , physical activity, and hypertension
Reference : 63 (2005-2025)