

**POLITEKNIK KESEHATAN TANJUNG KARANG JURUSAN
KEBIDANAN PROGRAM STUDI SARJANA TERAPAN KEBIDANAN
KAMPUS METRO SKRIPSI, MAY 2025**

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**HUBUNGAN POLA MAKAN DAN AKTIVITAS FISIK DENGAN KEJADIAN
HIPERTENSI PADA WANITA MENOPAUSE DI WILAYAH KERJA
PUSKESMAS YOSOMULYO KOTA METRO TAHUN 2025**

xv + 61 halaman, 9 tabel, 4 gambar, 11 lampiran

RINGKASAN

Hipertensi adalah suatu keadaan dimana tekanan darah sistolik ≥ 140 mmHg dan tekanan darah diastolik ≥ 90 mmHg. Kasus hipertensi pada wanita menopause di Wilayah Kerja Puskesmas Yosomulyo Kota Metro mengalami Fluktuatif yaitu pada tahun 2021 terdapat 6.513 kasus (19,2%), menurun menjadi 2.231 kasus (6,6%) pada tahun 2022, lalu meningkat menjadi 6.719 kasus (19,5%) pada tahun 2023. Faktor penyebab hipertensi terbagi menjadi dua, yaitu yang tidak dapat dikontrol seperti genetik, jenis kelamin, dan usia, serta yang dapat dikontrol seperti kurang aktivitas fisik, merokok, obesitas, pola makan tidak sehat, konsumsi alkohol, dan asupan garam berlebihan. Hipertensi dapat berdampak peningkatan morbiditas (angka kematian) dan mortalitas (angka kematian) serta dapat menyebabkan komplikasi serius seperti stroke, gagal jantung, serangan jantung, gangguan ginjal, dan kerusakan sistem saraf pusat. Penelitian ini secara umum bertujuan untuk mengetahui hubungan pola makan dan aktivitas fisik dengan kejadian hipertensi pada wanita menopause di Wilayah Kerja Puskesmas Yosomulyo Kota Metro Tahun 2025.

Penelitian ini merupakan penelitian kuantitatif menggunakan desain observasional analitik dengan pendekatan *crossectional*. Populasi pada penelitian ini adalah seluruh wanita menopause di Wilayah Kerja Puskesmas Yosomulyo Kota Metro yang berjumlah 550, sampel penelitian ini berjumlah 82 responden yang diambil dengan teknik *purposive sampling*. Uji analisis univariat dilakukan untuk menggambarkan proporsi sedangkan uji analisis bivariat dilakukan menggunakan uji *Chi-square* dengan menentukan tingkat kepercayaan 95% ($\alpha = 0,05$).

Hasil penelitian proporsi hipertensi wanita menopause sebesar 63,4%, proporsi pola makan tidak baik sebesar 63,4%, dan proporsi aktivitas fisik ringan sebesar 61%. Hasil uji statistik mendapatkan hasil P value = 0,031 yang menunjukkan bahwa ada hubungan antara pola makan, dan aktivitas fisik mendapatkan hasil P value = 0,033 yang menunjukkan bahwa ada hubungan antara aktivitas fisik ringan dengan kejadian hipertensi pada wanita menopause.

Simpulan penelitian bahwa ada hubungan antara pola makan dan aktivitas fisik dengan kejadian hipertensi pada wanita menopause. Saran penelitian pihak tenaga kesehatan diharapkan dapat memperkuat edukasi dan penyuluhan kesehatan kepada wanita menopause, khususnya terkait pola konsumsi makanan rendah garam, rendah lemak jenuh, dan pentingnya melakukan aktivitas fisik minimal 30 menit sebanyak 5 kali seminggu, melakukan skrining PTM dan pemantauan berkala terhadap tekanan darah pada wanita menopause.

Kata Kunci : Hipertensi, Pola Makan, Aktivitas Fisik

Daftar Bacaan : 52 (2014-2024).

**TANJUNG KARANG HEALTH POLYTECHNIC DEPARTMENT
MIDWIFERY APPLIED BACHELOR STUDY PROGRAM MIDWIFERY
METRO CAMPUS THESISI, MAY 2025**

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**RELATIONSHIP DIET AND PHYSICAL ACTIVITY WITH THE INCIDENCE
OF HYPERTENSION IN MENOPAUSAL WOMEN IN THE WORKING
AREA OF THE YOSOMULYO HEALTH CENTER IN METRO CITY IN 2025**

xv + 61 pages, 9 tables, 4 figures, 11 appendices

SUMMARY

Hypertension is a condition where systolic blood pressure is ≥ 140 mmHg and diastolic blood pressure is ≥ 90 mmHg. The number of hypertension cases among postmenopausal women in the Yosomulyo Public Health Center (Puskesmas) service area in Metro City has been fluctuating. In 2021, there were 6,513 cases (19.2%), which decreased to 2,231 cases (6.6%) in 2022, then increased to 6,719 cases (19.5%) in 2023. The causes of hypertension are divided into two categories: uncontrollable factors such as genetics, gender, and age; and controllable factors such as lack of physical activity, smoking, obesity, unhealthy diet, alcohol consumption, and excessive salt intake. Hypertension can lead to increased morbidity (mortality rate) and mortality (death rate) and can cause serious complications such as stroke, heart failure, heart attack, kidney dysfunction, and central nervous system damage. This study aims to investigate the relationship between dietary patterns and physical activity with the incidence of hypertension among postmenopausal women in the Yosomulyo Public Health Center Service Area, Metro City, in 2025.

This study is a quantitative study using an analytic observational design with a crosssectional approach. The population in this study were all menopausal women in the Yosomulyo Health Center Working Area of Metro City which amounted to 550, the sample of this study amounted to 82 respondents who were taken by purposive sampling technique. The univariate analysis test was carried out to describe the proportion while the bivariate analysis test was carried out using the Chi-square test by determining the 95% confidence level ($\alpha = 0.05$).

The results of the study showed that the proportion of menopausal women with hypertension was 63.4%, the proportion of unfavorable diet was 63.4%, and the proportion of light physical activity was 61%. The results of the static test obtained the results of P value = 0.031 which indicates that there is a relationship between diet, and physical activity obtained the results of P value = 0.033 which indicates that there is a relationship between light physical activity with the incidence of hypertension in menopausal women.

The research concluded that there is a relationship between diet and physical activity with the incidence of hypertension in menopausal women. Research suggestions for health workers are expected to strengthen health education and counseling to menopausal women, especially related to low salt food consumption patterns, low saturated fat, and the importance of doing physical activity for at least 30 minutes 5 times a week, conducting NCD screening and periodic monitoring of blood pressure in menopausal women.

Keywords : Hypertension, Diet, Physical Activity.

Reading List : 52 (2014-2024).