

POLITEKNIK KESEHATAN TANJUNGKARANG
JURUSAN GIZI
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Gambaran Karakteristik, Asupan Zat Gizi, dan Riwayat Keluarga Pada Penderita Hipertensi Anggota Prolanis Di Wilayah Kerja Puskesmas Candipuro Kabupaten Lampung Selatan Tahun 2025

Xiii + 54 halaman + 2 gambar + 24 tabel + 7 lampiran

ABSTRAK

Berdasarkan Laporan Survei Kesehatan Indonesia (SKI) 2023 prevalensi penyakit hipertensi pada penduduk umur di atas 18 tahun menurun pada 2023. Tercatat, pada Riset Kesehatan Dasar (Riskesdas) 2018 prevalensi hipertensi di Indonesia 34,1%. Kini, prevalensinya menjadi 30,8% pada 2023. Sedangkan berdasarkan profil Kesehatan Provinsi Lampung penderita hipertensi di Provinsi Lampung pada tahun 2022 sebesar 29,7%. Dan pada Kabupaten Lampung Selatan terdapat 8,8% penderita hipertensi usia > 15 tahun pada tahun 2022.

Penelitian ini merupakan penelitian deskriptif. Populasi dalam penelitian ini adalah 152 anggota prolanis hipertensi dan sampel pada penelitian ini sebanyak 61 anggota prolanis dengan teknik purposive sampling. Pengumpulan data diperoleh melalui wawancara dengan menggunakan kuisioner dan menggunakan form Food Recall 1 × 24 jam dan form kuisioner. Analisis data yang digunakan adalah analisis univariat.

Hasil penelitian menunjukkan bahwa sebagian besar anggota prolanis hipertensi berusia rata-rata 55–64 tahun (49,2%). Jenis kelamin responden sebagian besar berjenis kelamin perempuan sebanyak 78,7%. Latar belakang pendidikan terakhir paling banyak tidak tamat SD sebanyak 55,7%. Pekerjaan responden terbanyak yaitu tidak bekerja dengan presentase 37,7%. Tekanan darah anggota prolanis hipertensi masuk dalam kategori pra-hipertensi sebesar 36,1%. Anggota prolanis hipertensi di Puskesmas Candipuro yang memiliki Riwayat keluarga terkena hipertensi sebanyak 68,9%. Asupan energi responden terbanyak dalam kategori kurang sebanyak 54,1%. Asupan protein responden terbanyak dalam kategori sangat kurang sebanyak 32,8%. Asupan lemak responden terbanyak dalam kategori lebih sebanyak 47,5%. Asupan karbohidrat responden terbanyak dalam kategori sangat kurang sebanyak 62,3%. Asupan natrium masuk dalam kategori sudah sesuai sebanyak 60,7%. Asupan kalium masuk dalam kategori belum sesuai sebanyak 100%. Bagi pasien dan keluarga pasien diharapkan mampu menjaga pola hidup sehat seperti rutin dalam mengontrol Kesehatan, rutin berolahraga atau aktivitas fisik minimal 30 menit sehari, konsumsi buah dan sayur, konsumsi air mineral minimal 8 gelas sehari, batasi konsumsi gula dan garam, dan rutin dalam mengonsumsi obat bagi penderita hipertensi.

Kata Kunci : Hipertensi, Asupan Makro, Asupan Mikro dan Riwayat Keluarga
Daftar Pustaka : 68 (2014 – 2024)

HEALTH POLYTECHNIC OF TANJUNGKARANG
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Overview of Characteristic, Nutrient Intake, and Family History in Patients with Hypertension Prolanis Members in the Candipuro Health Centre Working Area, South Lampung Regency in 2025

Xiii + 54 pages + 2 figures + 24 tables + 7 attachments

ABSTRACT

Based on the 2023 Indonesian Health Survey (IHS) Report, the prevalence of hypertension in the population aged over 18 years will decrease in 2023. In the 2018 Basic Health Research (Riskesdas), the prevalence of hypertension in Indonesia was 34.1%. Now, the prevalence will be 30.8% in 2023. Meanwhile, based on the Lampung Provincial Health Profile, hypertension in Lampung Province in 2022 was 29.7%. And in South Lampung Regency there were 8.8% of hypertensive patients aged > 15 years in 2022.

This research is descriptive research. The population in this study were 152 members of hypertension prolanis and the sample in this study were 61 prolanis members with purposive sampling technique. Data collection was obtained through interviews using a questionnaire and using the 1 × 24 hour Food Recall form and questionnaire form. The data analysis used was univariate analysis.

The results showed that most hypertension prolanis members had an average age of 55-64 years (49.2%). The gender of the respondents was mostly female as much as 78.7%. The most recent educational background did not graduate from elementary school as much as 55.7%. Most respondents' occupation was not working with a percentage of 37.7%. Blood pressure of hypertension prolanis members in the pre-hypertension category was 36.1%. Hypertension prolanis members at Candipuro Health Centre who have a family history of hypertension were 68.9%. The highest energy intake of respondents in the deficient category was 54.1%. Protein intake of the most respondents in the category of very less as much as 32.8%. Fat intake of the most respondents in the more category as much as 47.5%. Carbohydrate intake of the most respondents in the category of very less as much as 62.3%. Sodium intake is in the appropriate category as much as 60.7%. Potassium intake is in the category that is not appropriate as much as 100%. Patients and their families are expected to be able to maintain a healthy lifestyle such as routine health control, routine exercise or physical activity for at least 30 minutes a day, consumption of fruits and vegetables, consumption of mineral water at least 8 glasses a day, limit consumption of sugar and salt, and routine in taking medication for people with hypertension.

Keywords : Hypertension, Macronutrient Intake, Micronutrient Intake, and Family History.

Reading List : 68 (2014 – 2024)