

ABSTRACT

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RELATIONSHIP CHARACTERISTICS OF SAMPLE, NUTRIENT INTAKE (FAT, SODIUM, POTASSIUM) ON THE HYPERTENSION EVENT FOR ELDERLY AT PANTI WERDHA WISMA MULIA KOWANI WEST JAKARTA YEAR 2018.

xii, VI Chapter, 49 Pages, 10 Tables, 5 Picture, 5 Attachment

Background: Aging process was an natural process which occurred any changes at all body system of elderly, included cardiovascular system in which followed by main diseases were hypertension. **Objective:** Knowing the relationship of age, gender, nutrient intake against the incidence of hypertension for elderly at Panti Werdha Wisma Mulia Kowani, West Jakarta year 2018. **Method:** This research applies to *Cross Sectional* with the population samples of 58 people, consisting of the aged >60 years old in Panti Werdha Wisma Mulia Koani. Fat, sodium and potassium which are gained by using *Food Weighing*. Blood pressure is measure by using aneroid *spygomanometer*. Data are analyzed by using *spearman* with $\alpha = 0,05$. **Results:** Based on the results of bivariate test using *Chi square* test, no relationship of age, sex, to hypertension. Based on the results of bivariate test using *Spearman* correlation test there is no relationship of fat intake, sodium intake and potassium intake on the incidence of hypertension statistically $p\text{-value} > 0,05$. **Conclusion:** There is no relationship between age, sex, fat sufficiency rate, sodium and pottasium on hypertension in elderly at Panti Werdha Mulia Kowani in West Jakarta 2018. **Suggestion :** There should be counseling about nutrition in the elderly to nurses and institutional managers to pay more attention to the elderly and approach the elderly in order to pay more attention to food intake and health of the elderly.

Reading list: 34 (2000-2017)

Keywords : Hypertension, Age, Gender, Fat adequacy rate, sodium, potassium,