

ABSTRAK

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Program Studi : Ilmu Gizi
Judul : Hubungan Status Gizi, Asupan Natrium, Serat dan Tekanan Darah pada Wanita Menopause di RW 017 Komplek Pelni Depok

Latar Belakang : Wanita menopause memiliki resiko tinggi terkena hipertensi. Menurunnya produksi estrogen pada wanita menopause menyebabkan disfungsi endotel yang berpengaruh terhadap peningkatan tekanan darah. Status gizi, asupan natrium berlebih serta kurangnya mengkonsumsi serat merupakan faktor penyebab meningkatnya tekanan darah pada wanita menopause.

Tujuan : Mengetahui hubungan antara status gizi, asupan natrium dan serat dengan tekanan darah pada wanita menopause.

Metode : Desain penelitian ini adalah *cross-sectional*. Sampel yang diambil adalah wanita menopause umur 45-55 tahun berjumlah 79 orang di RW 017 Komplek Pelni Depok. Data status gizi menggunakan nilai indeks massa tubuh, asupan natrium dan serat diperoleh dengan melakukan wawancara menggunakan *semi-quantitative food frequency questionnaire* dan tekanan darah menggunakan *sphygmomanometer*. Analisa bivariat penelitian ini menggunakan uji korelasi Pearson.

Hasil : Terdapat hubungan status gizi, asupan natrium dan serat terhadap tekanan darah sistolik dengan nilai p 0.007; 0.020; 0.038 secara berurut. Tidak terdapat hubungan antara status gizi, asupan natrium dan asupan serat dengan tekanan darah diastolik ($p=0.051$; $p=0.122$; $p=0.376$).

Kesimpulan : Status gizi, asupan natrium dan asupan serat memiliki hubungan dengan tekanan darah sistolik wanita menopause.

Kata Kunci : asupan natrium, asupan serat, menopause, status gizi, tekanan darah

xvi+68 Halaman ; 6 Gambar ; 8 Tabel

Daftar Pustaka: 75 (2003-2016)

ABSTRACT

Name : Abigail Dumasari Basaria
Program Study : Nutrition Science
Title : Relationship of Nutritional Status, Sodium, Fiber Intake and Blood Pressure on Menopausal Women at RW 017 Komplek Pelni Depok

Background : Menopausal women have a high risk of hypertension. Decreased of estrogen production in menopausal women causes endothelial dysfunction that can lead to higher blood pressure. Nutritional status, high intake of sodium and lack of fiber consumption are risk factors causing increased blood pressure in menopausal women.

Objective : This study aimed to determine the relationship of nutritional status, sodium and fiber intake with blood pressure among the menopausal women

Methods : Cross-sectional study was carried out among 79 menopausal women in RW 017 Komplek Pelni Depok, age ranged from 45-55 years. Nutritional status data were obtained using body mass index, dietary data were obtained from interview using semi-quantitative food frequency questionnaire and blood pressure measurement used sphygmomanometer. The correlation of variables were analysed by Pearson correlation.

Results : Nutritional status, sodium and fiber intake were positively related with systolic blood pressure ($p=0.007$; $p=0.020$; $p=0.038$). There are no correlation between nutritional status, sodium and fiber intake with diastolic blood pressure ($p=0.051$; $p=0.122$; $p=0.376$).

Conclusion : Nutritional status, sodium and fiber intake correlated with systolic blood pressure among menopausal women in RW 017 Komplek Pelni Depok.

Key Words : blood pressure, fiber intake, menopause, nutritional status, sodium intake

xvi+68 pages ; 6 pictures; 8 tables

Bibliography : 75 (2003-2016)