

**ABSTRAK**

Judul : Hubungan Konsumsi Buah dan Sayur, Asupan Natrium, Kalium, Rasio Asupan Natrium-Kalium dan Kejadian Hipertensi Sistolik Terisolasi (HST) Pada Lansia di Kota Tangerang

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Program Studi : Gizi

Hipertensi adalah penyakit *silent killer*, karena tidak menimbulkan gejala dan penderita tidak mengetahui dirinya mengidap hipertensi. Ketika tekanan darah sistolik  $\geq 140$  mmHg dan tekanan darah diastolik  $< 90$  mmHg, maka hal tersebut merupakan hipertensi sistolik terisolasi (HST). Tujuan penelitian ini untuk mengetahui hubungan konsumsi buah dan sayur, asupan natrium kalium, rasio asupan Na-K, dan kejadian HST pada lansia. Penelitian ini adalah penelitian deskriptif korelasional dengan desain penelitian *cross sectional* yang dilakukan di Puskesmas Kedaung Wetan. Variabel independen yaitu konsumsi buah & sayur, asupan natrium & kalium, serta rasio asupan Na-K dan variabel dependen yaitu kejadian HST. Subyek penelitian sejumlah 71 lansia. Kuesioner yang digunakan pada penelitian ini adalah SQ-FFQ (*Semi Quantitative – Food Frequency Questionnaire*) dan recall. Pada penelitian ini analisis bivariat menggunakan dua uji yaitu *pearson* pada variabel yang berdistribusi normal dan uji *spearman* pada variabel yang tidak berdistribusi normal. Hasil dari penelitian ini yaitu tidak ada hubungan yang signifikan antara konsumsi buah dan HST ( $r = -0.005$ ,  $p = 0.969$ ), tidak ada hubungan yang signifikan antara konsumsi sayur dan HST ( $r = 0.203$ ,  $p = 0.090$ ), ada hubungan yang signifikan antara asupan natrium dan HST ( $r = 0.239$ ,  $p = 0.045$ ), tidak ada hubungan yang signifikan antara asupan kalium dan HST ( $r = 0.129$ ,  $p = 0.283$ ), tidak ada hubungan antara rasio Na-K dan HST ( $r = 0.102$ ,  $p = 0.397$ ).

Kata kunci : Asupan Natrium, Asupan Kalium, Hipertensi Sistolik Terisolasi, Konsumsi Buah, Konsumsi Sayur, , Rasio Asupan Natrium-Kalium

**ABSTRACT**

Title : The Correlation Between Fruit and Vegetable Consumption, Sodium and Potassium Intake, Ratio of Sodium-Potassium Intake and Isolated Systolic Hypertension (ISH) in Elderly in The City Of Tangerang

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Hypertension is a silent killer disease. Hypertension doesn't have a symptom and that cause the patient don't know when they have hypertension. When systolic blood pressure is  $\geq 140$  mmHg and diastolic blood pressure is  $<90$  mmHg, it called isolated systolic hypertension (ISH). The aims of this study was to determine the correlation between fruit and vegetable consumption, sodium and potassium intake, ratio of sodium-potassium intake and isolated systolic hypertension (ISH) in elderly. This study was a descriptive correlational study with cross sectional design was conducted at Puskesmas Kedaung Wetan. The independent variables were fruit & vegetable consumption, sodium & potassium intake, ratio of sodium-potassium intake and the dependent variable was ISH. Research subject were 71 elderly. This study using SQ-FFQ (Semi Quantitative - Food Frequency Questionnaire) and recall. Two analysis used in this study. They were pearson when the variable has a normal distribution and spearman when the variable hasn't a normal distribution. The results of this study were there was no significant correlation between fruit consumption and ISH ( $r = - 0.005$  ,  $p = 0.969$ ), there was no significant correlation between vegetable consumption and ISH ( $r = 0.203$ ,  $p = 0.090$ ), there was a significant correlation between sodium intake and ISH ( $r = 0.239$ ,  $p = 0.045$ ), there was no significant correlation between potassium intake and ISH ( $r = 0.129$ ,  $p = 0.283$ ), and there was no significant correlation between ratio of sodium-potassium intake and ISH ( $r = 0.102$ ,  $p = 0.397$ ).

Key words : Fruit Consumption, Isolated Systolic Hypertension, Potassium Intake, Ratio of Sodium-Potassium Intake, Sodium Intake, Vegetable Consumption