

## ABSTRACT

### RELATIONSHIP OF SODIUM, CALCIUM, MAGNESIUM AND BLOOD PRESSURE CONSUMPTION IN ADULTS IN THE WORK OF HEALTHY CENTRE KEBON JERUK JAKARTA BARAT 2019TH

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(I , VI BAB, 50 Halaman, 13 Table)

**Background:** Blood pressure is blood pressure that can flow into blood vessels and circulate throughout the human body tissue. Nationally the prevalence of high blood pressure or hypertension at  $\geq 18$  years of age is 25.8%. Profile of the West Jakarta City Health Office in 2017, there are 8 healthy centre available, the highest data is obtained from visiting the Kebon jeruk health center while the incidence of hypertension is quite high and the incidence of hypertension is more prevalent in women, 3877 people and 1744 men.

**Objective:** To determine the relationship between consumption of sodium, calcium and magnesium with blood pressure in adults in the working area of West kebon jeruk jakrta in 2019.

**Method:** This study used an observational method with a cross sectional research approach. The technique used was purposive sampling with a sample of 63 people. The statistical analysis used was a linear regression correlation test.

**Results:** Research shows that normal systolic blood pressure and diastolic blood pressure, excessive consumption of sodium in all respondents and consumption of magnesium in respondents 90.5% less. The results of the linear regression correlation test showed an association between sodium intake and systolic blood pressure,  $p = 0.00$  and diastolic,  $p = 0.000$  ( $p < 0.05$ ), whereas the results of linear regression correlation statistical tests showed no association between calcium intake and pressure systolic blood is  $p = 0.578$  and diastolic is  $p = 0.626$  ( $p < 0.05$ ), and there is no correlation between magnesium intake and systolic blood pressure  $p = 0.498$  and diastolic blood pressure  $p = 0.872$  ( $p > 0.05$ ).

**Conclusion:** This study has a significant relationship between sodium consumption and blood pressure. There is no significant relationship between calcium and blood pressure, while magnesium consumption does not have a significant relationship.

**Keywords :** Sodium, calcium Magnesium, blood pressure