

HUBUNGAN ANTARA POLA MAKAN DAN GAYA HIDUP DENGAN KEJADIAN HIPERTENSI PADA LANSIA

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ABSTRACT

Hypertension is such increasing of blood pressure that gives symptoms continuously for such organ target. Health Minister of dr.Siti Fadilah Sp.JP (K) told that Hypertension prevalence in Indonesia in the urban and rural area ranges between 12-17%. The increasing of blood pressure in the old age that previously considered as normal of physiology changes impact, in fact it increase morbidity risk and cerebrocardiovascular mortality.

This research was done to study the correlation between eating pattern and lifestyle with Hypertension on lansia (people in old age) at Puskesmas Saumlaki, Kabupaten Maluku Tenggara Barat.

The type of research was observational analytic with cross sectional design. This research hold in Puskesmas Saumlaki, Kabupaten Maluku Tenggara Barat, with new patients who have diagnosed has Hypertension who were the outpatient of puskesmas until May 2008 and domicile in the work area of Puskesmas Saumlaki, Kabupaten Maluku Tenggara Barat.

The sample number was determined with Cochran Sampling Technique namely 52 persons. The sample was collected randomly by Simple Random Sampling. The research variables were respondent characteristic, eating pattern and lifestyle.

The research result indicated that the natrium adequacy of some respondents were above the body needs. The research result also indicated the correlation between type of favorite foods, frequency of favorite foods consumption, type of favorite snacks, sport frequency, smoking behavior , and coffee consumption.

Therefore it must be held any elucidation of nutrients continuously, both individually (nutrient consultation) or community group, in order to have better knowledge about risk of Hypertension. It is also needed further investigation of eating pattern.

Keywords: Hypertension, eating pattern, and lifestyle.