

ABSTRACT

Hypertension is a non-communicable disease which its prevalence increased due to risky lifestyle that increasing the likelihood of heart attack, stroke and kidney failure. These risk factors are tobacco use, obesity, high cholesterol, shift work systems and high-fat diet

This study was an observational analytic with cross sectional design. The population of this study were nurses at RSUD Haji Surabaya. The samples were selected by using simple random sampling as many as 60 people. Independent variables were individual characteristics, consumption pattern of fried snacks, fat intake, nutritional status and work system. The dependent variable was blood pressure. Data were being analyzed by spearman correlation test with 95% CI ($\alpha = 0.05$).

The results were showed that most of respondents were 30-45 years (50%) and female (71.7%), most had working period more than 20 years (41.7%), had hypertension offspring (46.7%) and no hypertension (53.3%), majority was not have smoking habits (85%) and worked shift systems (53.3%). Blood pressure was related to the consumption pattern of fried egg martabak ($p = 0.036$), bakwan / ote-ote ($p = 0.031$), filled tofu ($p = 0.001$), spring rolls ($p = 0.019$), omelette ($p = 0.047$), egg rolls ($p = 0.024$), fat intake ($p = 0.004$) and nutritional status ($p = 0,000$) but not related to the work system ($p = 0.969$). Fat intake was related to the consumption pattern of fried tofu ($p = 0.050$), spring rolls ($p = 0.014$) and fried meatballs ($p = 0.042$).

Blood pressure has a significant relationship with fat intake, nutritional status and some fried snack consumption patterns, such as egg martabak, bakwan / ote-ote, filled tofu, spring rolls, omelettes and egg rolls but not related to the work system. Fat intake has a significant relationship with some consumption patterns of fried snacks, such as fried tofu, spring rolls and fried sticks. People should pay more attention to fat intake, limit fried foods and maintain ideal body weight to prevent hypertension.

Keywords: blood pressure, hypertension, fat intake, consumption pattern, nutritional status

ABSTRAK

Hipertensi merupakan penyakit tidak menular yang mengalami peningkatan prevalensi karena adanya perubahan gaya hidup berisiko yang meningkatkan kemungkinan serangan jantung, stroke dan gagal ginjal. Faktor risiko ini termasuk penggunaan tembakau, obesitas, kolesterol tinggi, sistem kerja bergilir dan diet tinggi lemak.

Penelitian ini adalah penelitian observasional analitik, dengan desain penelitian *cross sectional*. Populasi penelitian ini adalah perawat di RSUD Haji Surabaya. Sampel diambil menggunakan *simple random sampling*. Jumlah sampel penelitian 60 orang. Variabel bebas meliputi karakteristik individu, pola konsumsi jajanan gorengan, asupan lemak, status gizi dan sistem kerja. Variabel terikat yaitu tekanan darah. Analisa data menggunakan uji korelasi *spearman* dengan CI 95% ($\alpha=0,05$)

Berdasarkan hasil penelitian, mayoritas responden berusia 30-45 tahun (50%) dan berjenis kelamin perempuan (71,7%), sebagian besar memiliki masa kerja >20 tahun (41,7%), terdapat riwayat keturunan hipertensi (46,7%) dan tidak ada keturunan hipertensi (53,3%), mayoritas tidak memiliki kebiasaan merokok (85%) dan bekerja sistem *shift* (53,3%). Tekanan darah berhubungan dengan pola konsumsi jajanan gorengan martabak telur ($p=0,036$), bakwan/ote-ote ($p=0,031$), tahu isi ($p=0,001$), lumpia ($p=0,019$), omelet ($p=0,047$), telur gulung ($p=0,024$), asupan lemak ($p=0,004$) dan status gizi ($p<0,001$) namun tidak berhubungan dengan sistem kerja ($p=0,969$). Asupan lemak berhubungan dengan pola konsumsi jajanan gorengan tahu goreng ($p=0,050$), lumpia ($p=0,014$) dan pentol goreng ($p=0,042$).

Tekanan darah memiliki hubungan signifikan dengan asupan lemak, status gizi dan beberapa pola konsumsi jajanan gorengan yaitu : martabak telur, bakwan/ote-ote, tahu isi, lumpia, omelet dan telur gulung namun tidak berhubungan dengan sistem kerja. Asupan lemak memiliki hubungan signifikan dengan beberapa pola konsumsi jajanan gorengan, yaitu: tahu goreng, lumpia dan pentol goreng. Masyarakat sebaiknya lebih memperhatikan asupan lemak, membatasi gorengan serta menjaga berat badan idel untuk mencegah hipertensi.

Kata kunci : tekanan darah, hipertensi, asupan lemak, pola konsumsi, status gizi