

HUBUNGAN INDEKS MASSA TUBUH DAN ASUPAN GIZI (PROTEIN, LEMAK, NATRIUM DAN SERAT) DENGAN TEKANAN DARAH DIASTOLIK

SITI RUMIYATI -- E2A001068
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Pembangunan yang dilaksanakan di Indonesia meningkatkan taraf hidup dan kualitas hidup namun berdampak negatif yaitu meningkatnya morbiditas penyakit pembuluh darah seperti *hipertensi*. Faktor risiko *hipertensi* antara lain adalah *obesitas*, yang dipengaruhi oleh asupan makanan. Penelitian ini bertujuan untuk menganalisis hubungan Indeks massa Tubuh (IMT) dan asupan gizi dengan tekanan darah diastolik, Penelitian ini merupakan penelitian tekanan darah diastolik, Penelitian ini merupakan penelitian ini merupakan penelitian *explanatory* dengan metode *Cross sectional*. sampel yang diambil yaitu sebanyak 84 orang, diambil secara *purposive*. Data yang dikumpulkan meliputi data primer dan data sekunder. pengumpulan data dilakukan dengan wawancara, *recall* makanan yang dikonsumsi dengan menggunakan kuesioner, pengukuran berat badan, tinggi badan dan tekanan darah *diastolik*. Hasil analisis deskriptif menunjukkan IMT responden rata-rata $25,13 \pm 4,30$, tingkat asupan protein rata-rata $118,06 \% \pm 32,04 \%$ tingkat asupan lemak rata-rata $146,73 \% \pm 48,05 \%$, asupan *natrium* rata-rata $142,24 \% \pm 28,66 \%$, asupan serat rata-rata $16,23 \text{ g} \pm 5,19 \text{ g}$, dan tekanan darah *diastolik* rata-rata $84,52 \text{ mmhg} \pm 10,80 \text{ mmhg}$. Hasil penelitian menunjukkan bahwa ada hubungan antara IMT dengan tekanan darah *diastolik* ($p=0,001$). Tidak ada hubungan antara tingkat asupan protein dengan tekanan darah ($p=0,741$). Tidak ada hubungan antara tingkat asupan lemak dengan tekanan darah *diastolik* ($p=0,522$). Ada hubungan antara asupan *natrium* dengan tekanan darah *diastolik* ($p=0,013$). Ada hubungan antara asupan serat dengan tekanan *diastolik* ($p=0,004$). Untuk pencegahan terjadinya tekanan darah tinggi maka disarankan agar menjaga berat badan ideal, mengurangi konsumsi *natrium* dan memperbanyak makanan yang mengandung serat.

Kata Kunci: Tekanan Darah Diastolik, IMT, Protein, Lemak, Natrium, Serat

CORRELATIONS BETWEEN BODY MASS INDEX AND NUTRIENT INTAKE OF PROTEIN, FAT, SODIUM, FIBER WITH DIASTOLIC BLOOD PRESSURE.

Indonesia development have increased social condition and quality of life. But on other hand it also brought negative side affect which is blood vessel diseases such as hypertension risk factors include obesity, which is influenced by food consumption. The purpose of this research is to correlate Body Mass Index (BMI) and nutrient intake with diastolic blood pressure. This is explanatory research using a cross sectional method. 84 subjects were chosen purposively, Primary and secondary data were collected by interviews and food consumption recalling using standard questionnaires., weight, height and diastolic blood pressure were also measured. Descriptive analysis indicated that the respondent average BMI was $25,13 \pm 4,30$, average protein intake was $118,06 \% \pm 32,04 \%$, average fat intake was $146,73 \% \pm 48,05 \%$, average sodium intake was $142,24 \% \pm 28,66 \%$, average fiber intake was $16,23 \text{ g} \pm 5,19 \text{ g}$, and average diastolic blood pressure value was $84,52 \text{ mmHg} \pm 10,80 \text{ mmHg}$. This research indicated a correlation between BMI with diastolic blood pressure ($P = 0,001$). There was no correlation between the rate of protein intake with diastolic blood pressure ($p = -0,741$). There was no correlation between the rate of fat intake with diastolic blood pressure ($P = 0,522$). There was a correlation between sodium intake with diastolic blood pressure ($p = 0,013$). There was a correlation between fiber intake with diastolic blood pressure ($p = 0,013$). There was a correlation between fiber intake with diastolic blood pressure ($p = 0,004$). To prevent high blood pressure, it was suggested to stay in an ideal body weight, decrease sodium consumption and increase fiber intake.

Keyword: Blood Pressure, BMI, Protein, Fat, Sodium, Fiber.