

ABSTRAK

Eka Putri Indah Lestari : Hubungan Asupan Lemak dan Kualitas Tidur Dengan Kejadian Hipertensi Pada Lansia Di Wilayah Kerja Puskesmas Sering. Skripsi. Program Studi Gizi. Fakultas Teknik. Universitas Negeri Medan. 2025

Salah satu masalah kesehatan yang banyak terjadi pada kelompok usia lanjut adalah hipertensi. Di Indonesia, prevalensi hipertensi pada individu usia ≥ 18 tahun mencapai 30,8%. Konsumsi makanan berlemak tinggi, adanya gangguan tidur dan pendeknya durasi tidur merupakan salah satu faktor risiko terjadinya hipertensi. Penelitian ini bertujuan untuk mengetahui : (1) Karakteristik responden yaitu usia, jenis kelamin, pendidikan, pekerjaan, pendapatan, besaran keluarga dan riwayat konsumsi obat hipertensi (2) Asupan lemak lansia (3) Kualitas tidur lansia (4) Kejadian hipertensi lansia (5) Hubungan antara asupan lemak dengan kejadian hipertensi (6) Hubungan antara kualitas tidur dengan kejadian hipertensi (7) Hubungan antara asupan lemak dan kualitas tidur dengan kejadian hipertensi.

Lokasi penelitian berada di wilayah kerja Puskesmas Sering yaitu Kelurahan Sidorejo. Populasi pada penelitian ini yaitu seluruh lansia usia 60-74 tahun di Kelurahan Sidorejo berjumlah 472 orang. Teknik pengambilan subjek penelitian menggunakan *purposive sampling*, dengan jumlah 58 orang lansia. Penelitian ini menggunakan desain *cross sectional*. Teknik pengumpulan data menggunakan formulir *Semi Quantitative-Food Frequency Questionnaire* (SQ-FFQ) dan kuesioner *Pittsburgh Sleep Quality Index* (PSQI). Teknik analisis data secara deskriptif, analisis bivariat menggunakan uji *chi-square* dan analisis multivariat menggunakan analisis Regresi Logistik dengan menggunakan aplikasi SPSS 26 *for windows*.

Hasil analisis univariat menunjukkan bahwa asupan lemak pada lansia mayoritas kurang ($< \text{EAR}$) sebanyak 35 orang (60,3%), kualitas tidur pada lansia mayoritas buruk (Skor PSQI > 5) sebanyak 42 orang (72,4%) dan tekanan darah pada lansia mayoritas tidak hipertensi ($\leq 139/89$ mmHg) sebanyak 35 orang (60,3%). Hasil analisis bivariat menunjukkan adanya hubungan antara asupan lemak dengan kejadian hipertensi ($p=0,001$) dan ada hubungan antara kualitas tidur dengan kejadian hipertensi ($p=0,001$). Analisis multivariat menunjukkan adanya hubungan antara asupan lemak dan kualitas tidur dengan kejadian hipertensi ($p=0,003$). Kualitas tidur memiliki pengaruh signifikan paling besar dengan kejadian hipertensi dibandingkan variabel lainnya dengan nilai OR=9,63. Nilai R-square sebesar 0,339 maka dapat disimpulkan asupan lemak dan kualitas tidur mempengaruhi kejadian hipertensi secara bersama-sama (simultan) sebesar 33,9%.

Kata kunci : Asupan Lemak, Hipertensi, Kualitas tidur, Lansia

ABSTRACT

Eka Putri Indah Lestari: The Relationship Between Fat Intake and Sleep Quality with Hypertension Incidence in the Elderly in Sering Health Center Work Area. Thesis. Nutrition Study Program. Faculty of Engineering. State University of Medan. 2025

One of the health problems that often occurs in the elderly age group is hypertension. In Indonesia, the prevalence of hypertension in individuals aged ≥ 18 years reaches 30.8%. Consumption of high-fat foods, sleep disorders and short sleep duration are risk factors for hypertension. This study aims to determine: (1) Respondent characteristics, namely age, gender, education, occupation, income, family size and history of consumption of hypertension medication (2) Elderly fat intake (3) Elderly sleep quality (4) Elderly hypertension incidence (5) Relationship between fat intake and hypertension incidence (6) Relationship between sleep quality and hypertension incidence (7) Relationship between fat intake and sleep quality with hypertension incidence.

The location of the study was in the Sering Health Center work area, namely Sidorejo Village. The population in this study were all elderly people aged 60-74 years in Sidorejo Village totaling 472 people. The subject selection technique used purposive sampling, with a total of 58 elderly people. This study used a cross-sectional design. The data collection technique used the Semi Quantitative-Food Frequency Questionnaire (SQ-FFQ) form and the Pittsburgh Sleep Quality Index (PSQI) questionnaire. The data analysis technique was descriptive, bivariate analysis using the chi-square test and multivariate analysis using Logistic Regression analysis using the SPSS 26 for Windows application.

The results of the univariate analysis showed that the majority of elderly people's fat intake was lacking ($< \text{EAR}$) as many as 35 people (60.3%), the majority of elderly people's sleep quality was poor (PSQI Score > 5) as many as 42 people (72.4%) and blood pressure in the elderly was mostly not hypertensive ($\leq 139/89$ mmHg) as many as 35 people (60.3%). The results of the bivariate analysis showed a relationship between fat intake and the incidence of hypertension ($p = 0.001$) and there was a relationship between sleep quality and the incidence of hypertension ($p = 0.001$). Multivariate analysis showed a relationship between fat intake and sleep quality with the incidence of hypertension ($p = 0.003$). Sleep quality has the greatest significant effect on the incidence of hypertension compared to other variables with an OR value of 9.63. The R-square value of 0.339 means that it can be concluded that fat intake and sleep quality influence the incidence of hypertension simultaneously by 33.9%.

Keywords: Fat Intake, Hypertension, Sleep Quality, Elderly