

ABSTRAK

Asminta Berutu: Hubungan Asupan Natrium dengan Hipertensi Pada Lansia Di Desa Laelangge Namuseng. Skripsi. Program Studi Gizi, Fakultas Teknik, Universitas Negeri Medan, 2026.

Salah satu masalah kesehatan yang banyak terjadi pada kelompok usia lanjut adalah hipertensi. Di Indonesia, prevalensi hipertensi penduduk usia > 18 tahun yaitu 30,8%. Natrium, kalium dan magnesium merupakan zat gizi yang berperan penting dalam perkembangan penyakit hipertensi. Penelitian ini bertujuan untuk mengetahui : (1) Karakteristik lansia di desa Laelangge Namuseng, (2) Asupan natrium pada lansia di desa Laelangge Namuseng, (3) Hubungan asupan natrium dengan hipertensi pada lansia di desa Laelangge Namuseng.

Lokasi penelitian berada di desa Laelangge Namuseng Kab. Pakpak Bharat, Sumatera Utara. Waktu penelitian ini dilaksanakan pada bulan Maret-April 2026. Populasi pada penelitian ini yaitu lansia usia 60-70 tahun di desa Laelangge Namuseng. Teknik pengambilan subjek penelitian menggunakan teknik *purposive sampling*, dengan jumlah sampel 22 orang kelompok kasus dan 22 orang kelompok kontrol. Penelitian ini menggunakan desain *case control*. Teknik pengumpulan data menggunakan formulir *Semi Quantitative-Food Frequency Questionnaire* (SQ-FFQ). Teknik analisis data secara deskriptif, analisis bivariat menggunakan uji *Chi-Square* dengan menggunakan aplikasi SPSS 25 *for windows*.

Hasil analisis univariat menunjukkan bahwa sebagian besar responden berusia 60 tahun yaitu sebanyak 17 orang, perempuan lebih banyak mengalami hipertensi yaitu sebanyak 28 orang, pendidikan rata-rata responden tamat SMP, pekerjaan rata-rata responden adalah sebagai petani, penghasilan rata-rata responden berada dalam kategori sedang. Hasil analisis asupan natrium menunjukkan bahwa responden dengan asupan natrium kategori lebih berjumlah 20 responden, dengan rincian 15 responden (68,2%) kelompok kasus dan 5 responden (22,7%) kelompok kontrol. Ada hubungan bermakna antara Asupan natrium dengan hipertensi lansia (P-value 0,006). Hasil perhitungan OR menunjukkan Responden yang riwayat asupan natrium lebih 7,286 kali lebih besar untuk mengalami hipertensi dibandingkan asupan natrium cukup (95% CI (1,905-27,861).

Kata kunci : Hipertensi, Lansia, Natrium

ABSTRACT

Asminta Berutu: The Relationship between Sodium Intake and Hypertension in the Elderly in Laelangge Namuseng Village. Thesis. Nutrition Study Program, Faculty of Engineering, State University of Medan, 2026.

Hypertension is a common health issue among the elderly population. In Indonesia, the prevalence of hypertension among the population aged over 18 years is 30.8%. Sodium, potassium, and magnesium are nutrients that play a significant role in the development of hypertension. This study aims to determine: (1) the characteristics of the elderly in Laelangge Namuseng Village, (2) sodium intake among the elderly in Laelangge Namuseng Village, and (3) the relationship between sodium intake and hypertension among the elderly in Laelangge Namuseng Village.

The study was conducted in Laelangge Namuseng Village, Pakpak Bharat Regency, North Sumatra, during March and April 2026. The study population consisted of elderly individuals aged 60–70 years residing in Laelangge Namuseng Village. Subjects were selected using purposive sampling, resulting in a sample size of 22 individuals for the case group and 22 for the control group. A case-control study design was employed. Data collection was carried out using a Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ). Data analysis involved descriptive statistics and bivariate analysis using the Chi-Square test via SPSS 25 for Windows.

Univariate analysis results indicate that the majority of respondents were 60 years old ($n=17$), and hypertension was more prevalent among women ($n=28$); on average, respondents had completed junior high school, worked as farmers, and fell into the moderate income category. Analysis of sodium intake revealed that 20 respondents fell into the "excessive intake" category, comprising 15 respondents (68.2%) from the case group and 5 respondents (22.7%) from the control group. A significant association was found between sodium intake and hypertension among the elderly ($p\text{-value} = 0.006$). The Odds Ratio (OR) calculation indicates that respondents with excessive sodium intake were 7.286 times more likely to develop hypertension compared to those with adequate intake (95% CI: 1.905–27.861).

Keywords: Hypertension, Elderly, Sodium