

ABSTRAK

PREFERENSI DAN SENSITIVITAS RASA ASIN SERTA KEBIASAAN MAKAN ASIN TERHADAP TEKANAN DARAH PADA MAHASISWA JURUSAN ILMU GIZI TAHUN 2023

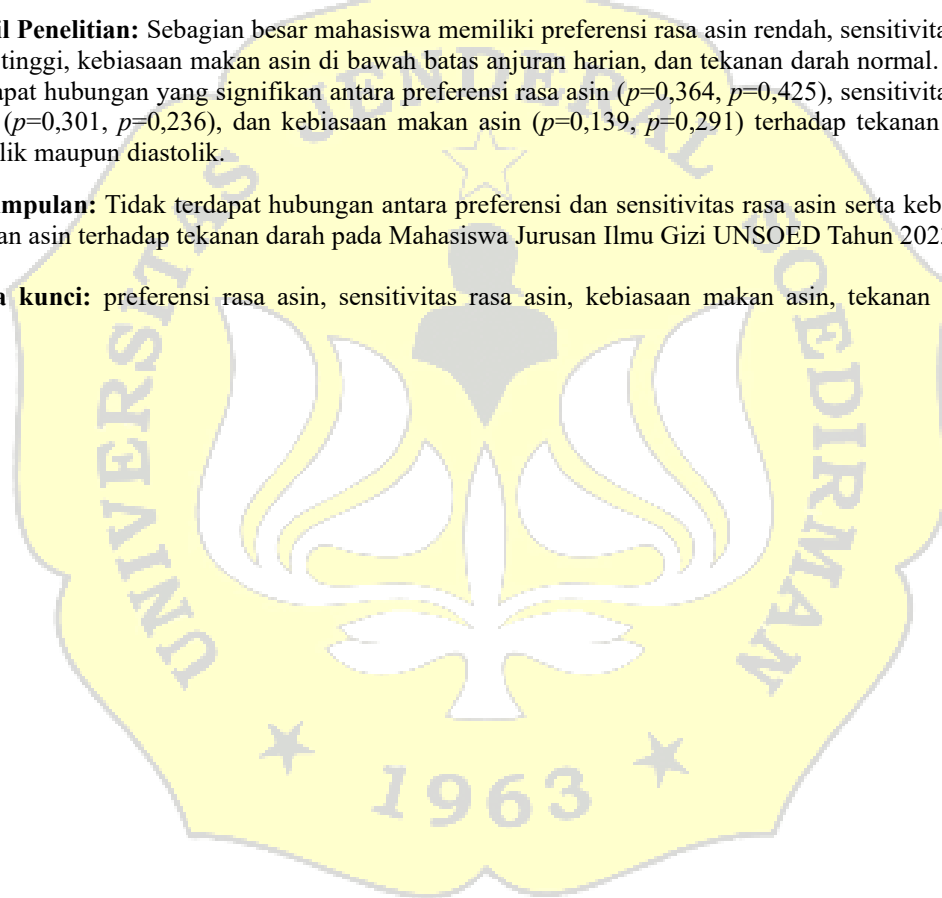
Latar Belakang: Mahasiswa tahun pertama kuliah masih melalui tahap transisi sehingga cenderung terbawa oleh preferensi dan sensitivitas rasa asin serta kebiasaan makan asin di rumah yang merupakan faktor risiko tekanan darah tinggi. Penelitian ini bertujuan untuk mengetahui hubungan antara preferensi dan sensitivitas rasa asin serta kebiasaan makan asin terhadap tekanan darah pada Mahasiswa Jurusan Ilmu Gizi UNSOED Tahun 2023.

Metodologi: Penelitian kuantitatif dengan *cross sectional study*. Total sampling sebanyak 138 mahasiswa diambil dengan tetap memperhatikan kriteria inklusi dan eksklusi. Data diambil melalui wawancara kuesioner SQ-FFQ, uji preferensi rasa asin, dan uji ambang mutlak rasa asin.

Hasil Penelitian: Sebagian besar mahasiswa memiliki preferensi rasa asin rendah, sensitivitas rasa asin tinggi, kebiasaan makan asin di bawah batas anjuran harian, dan tekanan darah normal. Tidak terdapat hubungan yang signifikan antara preferensi rasa asin ($p=0,364$, $p=0,425$), sensitivitas rasa asin ($p=0,301$, $p=0,236$), dan kebiasaan makan asin ($p=0,139$, $p=0,291$) terhadap tekanan darah sistolik maupun diastolik.

Kesimpulan: Tidak terdapat hubungan antara preferensi dan sensitivitas rasa asin serta kebiasaan makan asin terhadap tekanan darah pada Mahasiswa Jurusan Ilmu Gizi UNSOED Tahun 2023.

Kata kunci: preferensi rasa asin, sensitivitas rasa asin, kebiasaan makan asin, tekanan darah.



ABSTRACT

SALTY TASTE PREFERENCE, SALTY TASTE SENSITIVITY, AND SALTY EATING HABITS ON BLOOD PRESSURE IN STUDENTS MAJORING IN NUTRITIONAL SCIENCE IN 2023

Background: First-year college students are still going through a transition stage so they tend to be carried away by salty taste preferences, salty taste sensitivity, and salty eating habits at home which are risk factors for high blood pressure. This study aims to determine the relationship between salty taste preferences, salty taste sensitivity, and salty eating habits on blood pressure in UNSOED Nutrition Science Department Students in 2023.

Methodology: Quantitative research with a cross sectional study. Total sampling of 138 students was taken while taking into the inclusion and exclusion criteria. Data were collected through SQ-FFQ questionnaire interview, salty taste preference test, and salty taste absolute threshold test.

Results: Most university students had low saltiness preference, high saltiness sensitivity, salty eating habits below the daily recommended limit, and normal blood pressure. There was no significant relationship between salty taste preference ($p=0.364$, $p=0.425$), salty taste sensitivity ($p=0.301$, $p=0.236$), and salty eating habits ($p=0.139$, $p=0.291$) on systolic and diastolic blood pressure.

Conclusion: There is no relationship between salty taste preferences, salty taste sensitivity, and salty eating habits on blood pressure in UNSOED Nutrition Science Department Students in 2023.

Keywords: salty taste preference, salty taste sensitivity, salty eating habits, blood pressure.

