

## Abstrak

### HUBUNGAN ASUPAN NATRIUM, STATUS GIZI, AKTIVITAS FISIK DAN TINGKAT KECEMASAN TERHADAP TEKANAN DARAH LANSIA DI POSYANDU LANSIA PUSKESMAS II PURWOKERTO TIMUR

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**Latar Belakang:** Penurunan fungsi sistem kardiovaskular pada lansia mengakibatkan terjadinya perubahan tekanan darah. Selain itu, perubahan tekanan darah disebabkan oleh transisi kesehatan yang berkaitan dengan gaya hidup, seperti pola makan dan aktivitas fisik. Gaya hidup yang kurang sehat berdampak pada status gizi dan masalah kesehatan yang mempengaruhi psikologis (kecemasan) lansia. Penelitian ini bertujuan untuk mengetahui hubungan asupan natrium, status gizi, aktivitas fisik dan tingkat kecemasan dengan tekanan darah.

**Metodologi:** Penelitian dengan desain *cross sectional*. Sampel penelitian 66 lansia menggunakan metode *purposive sampling*. Data asupan natrium (formulir SQ-FFQ), status gizi (indikator IMT), aktivitas fisik (kuesioner IPAQ), tingkat kecemasan (kuesioner DASS-A) serta tekanan darah (tensimeter digital). Analisis data menggunakan uji *pearson dan spearman*.

**Hasil Penelitian:** Responden sebagian besar perempuan, pendidikan SD dan Ibu Rumah Tangga. Asupan natrium, status gizi, tingkat kecemasan serta tekanan darah termasuk kategori normal, sedangkan aktivitas fisik tinggi. Hasil penelitian menunjukkan terdapat hubungan bermakna antara asupan natrium dengan tekanan darah sistolik ( $p=0,021$ ). Tidak terdapat hubungan status gizi ( $p=0,427$ ), aktivitas fisik ( $p=0,370$ ) dan tingkat kecemasan ( $p=0,500$ ) dengan tekanan darah sistolik. Tidak terdapat hubungan asupan natrium ( $p=0,055$ ), status gizi ( $p=0,137$ ), aktivitas fisik ( $p=0,274$ ) dan tingkat kecemasan ( $p=0,303$ ) dengan tekanan darah diastolik.

**Kesimpulan:** Terdapat hubungan asupan natrium dengan tekanan darah sistolik namun tidak terdapat hubungan dengan diastolik, tidak terdapat hubungan status gizi, aktivitas fisik dan tingkat kecemasan dengan tekanan darah sistolik dan diastolik.

**Kata Kunci:** Tekanan Darah, Lansia, Asupan Natrium

## Abstract

### THE CORRELATION BETWEEN NATRIUM INTAKE, NUTRITIONAL STATUS, PHYSICAL ACTIVITY AND ANXIETY LEVEL OF ELDERLY'S BLOOD PRESSURE IN INTEGRATED CARE OF ELDERLY EAST PURWOKERTO II PUBLIC HEALTH CENTER

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**Background:** Decreased function of the cardiovascular system in the elderly results in changes in blood pressure. In addition, changes in blood pressure caused by health transitions related to lifestyle, such as diet and physical activity. Unhealthy lifestyles have an impact on nutritional status and health problems that affect the psychological (anxiety) of the elderly. The aim is to determine the relationship of sodium intake, nutritional status, physical activity and anxiety levels with blood pressure.

**Methodology:** This research used cross sectional design. There are 66 elderly taken by purposive sampling method. Data sodium intake (SQ-FFQ form), nutritional status (BMI indicator), physical activity (IPAQ questionnaire), anxiety level (DASS-A questionnaire) and blood pressure (digital tensimeter). Data analysis were tested Pearson and Spearman tests.

**Results:** Respondents were mostly women, primary school education and were as a housewife. Sodium intake, nutritional status, anxiety levels and blood pressure are in the normal category, while physical activity is high. The result showed that there was a significant correlation between sodium intake and systolic blood pressure ( $p = 0.021$ ). There was no correlation between nutritional status ( $p = 0.427$ ), physical activity ( $p = 0.370$ ) and anxiety level ( $p = 0.500$ ) with systolic blood pressure. There was no correlation between sodium intake ( $p = 0.055$ ), nutritional status ( $p = 0.137$ ), physical activity ( $p = 0.274$ ) and anxiety level ( $p = 0.303$ ) with diastolic blood pressure.

**Conclusion:** There is a correlation between sodium intake with systolic blood pressure but there is no relationship with diastolic, there is no relationship between nutritional status, physical activity and anxiety level with systolic and diastolic blood pressure.

**Keywords:** Blood Pressure, Elderly, Sodium Intake