

Abstrak

HUBUNGAN TINGKAT ASUPAN KALIUM, KALSIUM DAN MAGNESIUM DENGAN HIPERTENSI PADA LANSIA DI WILAYAH KERJA PUSKESMAS SELAWI KECAMATAN LAHAT

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Latar Belakang: Secara alamiah proses penuaan berdampak pada menurunnya fungsi berbagai organ tubuh. Salah satunya kemunduran fungsi organ tubuh yang terjadi memasuki lanjut usia adalah kemunduran fungsi kerja pembuluh darah. Penyakit degeneratif banyak dijumpai pada golongan lanjut usia adalah hipertensi. Beberapa faktor yang dapat mempengaruhi hipertensi yaitu asupan kalium, kalsium dan magnesium. Berdasarkan data Riskesdas tahun 2018 prevalensi hipertensi 34,1% Tujuan dari penelitian ini untuk mengetahui hubungan tingkat asupan kalium, kalsium dan magnesium hipertensi pada lansia.

Metode : Penelitian ini merupakan penelitian *observasional* dengan desain *cross sectional* dengan sampel 55 responden diambil secara *cluster random sampling*, dilakukan pada bulan April sampai bulan Juni 2019 di wilayah kerja Puskesmas Selawi Kecamatan Lahat. Instrumen penelitian menggunakan kuesioner, Food Recall 3x24 jam dengan dilakukan pengukuran tekanan darah responden. Uji yang digunakan adalah Uji *Chi Square*.

Hasil Penelitian : 56,4% responden termasuk dalam kategori hipertensi. Tingkat asupan kalium, kalsium dan magnesium berada dalam kategori kurang, masing-masing sebesar 58,2%, 70,9% dan 65,5%. Ada hubungan tingkat asupan kalium ($p=0,000$), kalsium ($p=0,000$) dan magnesium ($p=0,000$) dengan hipertensi pada lansia

Kesimpulan : Terdapat hubungan tingkat asupan kalium, kalsium dan magnesium dengan hipertensi pada lansia.

Kata Kunci : Asupan Kalium, Asupan Kalsium, Asupan Magnesium, Hipertensi Lansia

Abstract

CORRELATION OF KALIUM, CALSIUM AND MAGNESIUM INTAKE OF THE ELDERLY IN THE WORKING AREA OF SELAWI PRIMARY HEALTH CENTER OF LAHAT DISTRICT

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Background: Natural aging process decrease the function of various organs. For instance, it declines the function of blood vessels in elderly group. Degenerative diseases that is common in the ederly are hypertension. There are several factors that can hypertension were Kalium, Calcium, and Magnesium intake. Based on data published by Riskesdas 2018, national prevalence of high blood pressure was 34,1%. The aim of this experiment is to find out the correlation of Kalium, Calcium, and Magnesium intake with blood pressure in the elderly.

Method: It was one of observational research within cross sectional design within 55 respondents as samples which were taken by cluster sampling, was done in April to June 2019 in the working area of Selawi primary health center of Lahat district. The instrumen of this research used questionnaire, 3X24 hours of Food Recall by measuring respondents' blood pressure. It was also used Chi Square Examination.

Result: 56,4% of respondents were included in the hypertension category. The adequacy level of kalium, calsium, magnesium intake in the less category, each at 58,2%, 70,9% and 65,5%. There was a correlation of between the kalium ($p=0,000$), calcium ($p=0,000$) and magnesium ($p=0,000$) intake with the elderly's hypertension.

Conclusion: There was a correlation of between Kalium, Calcium, and Magnesium intake with hypertension in the elderly

Keywords: Calcium, Kalium, Magnesium intake, the elderly, hypertension

