

STATUS GIZI, ASUPAN LEMAK, NATRIUM, KALIUM, MAGNESIUM, DAN AKTIVITAS FISIK KARYAWAN PT INASENTRA UNISATYA KAITANNYA DENGAN KEJADIAN HIPERTENSI

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ABSTRAK

Latar Belakang : Hipertensi menjadi salah satu penyebab utama kematian global dengan prevalensi yang terus meningkat. Faktor risiko termasuk status gizi, asupan makanan, dan aktivitas fisik. Zat gizi yang penting dalam hal ini adalah lemak, natrium, kalium, dan magnesium.

Tujuan : Mengetahui hubungan status gizi, asupan lemak, natrium, kalium, magnesium, dan aktivitas fisik dengan kejadian hipertensi pada karyawan PT Inasentra Unisatya.

Metode : Studi observasional analitik dengan desain cross-sectional pada 53 karyawan aktif PT Inasentra Unisatya. Pengumpulan data meliputi pemeriksaan tekanan darah, pengukuran antropometri, wawancara asupan makanan, dan aktivitas fisik menggunakan kuesioner IPAQ. Analisis asupan makanan menggunakan Nutrisurvey, sementara analisis bivariat dilakukan dengan uji Chi-Square.

Hasil : Sebanyak 33 orang (62,3%) menderita hipertensi. Sebanyak 78,79% dari mereka berstatus gizi overweight dan obesitas, dan 12,12% memiliki asupan natrium tinggi. Status gizi ($p=0,038$) dan asupan natrium ($p=0,05$) berkorelasi signifikan dengan hipertensi. Usia ($p<0,001$) juga signifikan. Asupan lemak ($p=0,191$), kalium ($p=0,692$), magnesium ($p=0,896$), dan aktivitas fisik ($p=0,425$) tidak berkorelasi dengan hipertensi.

Simpulan : Status gizi dan asupan natrium berkorelasi dengan hipertensi pada karyawan, tetapi tidak dengan asupan lemak, kalium, magnesium, dan aktivitas fisik. Usia berkontribusi sebagai variabel perancu signifikan.

Kata Kunci : Hipertensi, Status Gizi, Asupan Zat Gizi, Aktivitas Fisik, Karyawan

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NUTRITIONAL STATUS, FAT INTAKE, SODIUM, POTASSIUM, MAGNESIUM, AND PHYSICAL ACTIVITY OF PT INASENTRA UNISATYA EMPLOYEES AND THEIR RELATIONSHIP WITH HYPERTENSION INCIDENTS

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ABSTRACT

Background : Hypertension is one of the leading causes of death worldwide, with a prevalence that continues to rise. Risk factors include nutritional status, food intake, and physical activity. Essential nutrients in this regard are fats, sodium, potassium, and magnesium.

Objective : To determine the relationship between nutritional status, intake of fats, sodium, potassium, magnesium, and physical activity with the incidence of hypertension among employees of PT Inasentra Unisatya.

Method : This observational analytic study employed a cross-sectional design involving 53 active employees of PT Inasentra Unisatya. Data collection included blood pressure measurement, anthropometric assessment, interviews regarding food intake, and physical activity using the IPAQ questionnaire. Food intake analysis was conducted using Nutrisurvey, while bivariate analysis was performed using the Chi-Square test.

Results : Of the 53 subjects, 33 (62.3%) had hypertension. Among them, 78.79% were overweight and obese, and 12.12% had high sodium intake. Nutritional status ($p=0.038$) and sodium intake ($p=0.05$) were significantly related to hypertension. Age ($p<0.001$) was also significant. Fat intake ($p=0.191$), potassium ($p=0.692$), magnesium ($p=0.896$), and physical activity ($p=0.425$) were not significantly related to hypertension.

Conclusion : Nutritional status and sodium intake are related to hypertension among employees, but fat intake, potassium, magnesium, and physical activity are not. Age is a significant confounding variable.

Keywords : Nutritional Status, Nutrient Intake, Physical Activity, Hypertension, Employees

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