

ABSTRAK

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Hubungan Perilaku Konsumsi Makanan Tinggi Kolesterol dengan Kondisi Hipertensi Pada Masyarakat di Wilayah Kerja Puskesmas Panti

Xvii Romawi + 105 Jumlah halaman + 1 bagan + 21 tabel + 25 lampiran

Abstrak

Pendahuluan : Gaya hidup dan pola makan merupakan salah satu faktor yang berkontribusi terhadap hipertensi. Konsumsi tinggi lemak jenuh dan tinggi kolesterol berdampak pada peningkatan tekanan darah. Makanan tinggi kolesterol diantaranya makanan cepat saji, makanan yang diolah digoreng, kuning telur, kulit ayam, dan jeroan. Selain itu, komponen tambahan seperti daging merah, ayam goreng, sarden, sosis, mentega, dan susu murni juga dapat berkontribusi pada peningkatan kadar kolesterol darah. Hipertensi adalah kondisi di mana tekanan darah seseorang meningkat di atas normal, ditandai dengan tekanan darah sistolik melebihi 140 mmhg. Kebiasaan mengonsumsi makanan tinggi lemak dan kolesterol dapat menyebabkan peningkatan tekanan darah. **Metode :** Desain penelitian analitik korelasional dengan pendekatan *cross sectional*. Populasi pada penelitian ini adalah penderita hipertensi dengan jumlah sampel 83 responden dan diambil melalui teknik *proporsional random sampling*. Analisis data dalam penelitian ini menggunakan uji korelasi *Spearman rho*. **Hasil :** Hasil penelitian didapatkan sebanyak 77 orang (92,8%) memiliki perilaku konsumsi makanan tinggi kolesterol kategori tinggi dan 6 orang (7,2%) memiliki perilaku konsumsi makanan tinggi kolesterol kategori rendah. Hasil uji statistik didapatkan hasil *p value* (0,000) dengan koefisien korelasi sebesar $r = (0,513)$. Kesimpulan penelitian ini adalah terdapat hubungan kuat antara hubungan perilaku konsumsi makanan tinggi kolesterol dengan kondisi hipertensi pada masyarakat di Wilayah Kerja Puskesmas Panti. **Diskusi :** Diharapkan penderita hipertensi menjaga perilaku makan terutama tidak terlalu sering mengonsumsi makanan tinggi kolesterol.

Kata kunci : Konsumsi makanan tinggi kolesterol, Hipertensi, Perilaku

ABSTRACT

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The Relationship between High Cholesterol Food Consumption Behavior and Hypertension Conditions in the Community in the Working Area of the Panti Health Center

Abstract

Introduction: Lifestyle and diet are among the factors that contribute to hypertension. Consumption of high saturated fat and high cholesterol has an impact on increasing blood pressure. High-cholesterol foods include fast food, deep-fried foods, egg yolks, chicken skin, and offal. In addition, additional components such as red meat, fried chicken, sardines, sausages, butter, and whole milk can also contribute to elevated blood cholesterol levels. Hypertension is a condition in which a person's blood pressure rises above normal, characterized by systolic blood pressure exceeding 140 mmHg. Habitual consumption of foods high in fat and cholesterol can lead to increased blood pressure. **Methods:** Correlational analytic research design with a cross sectional approach. The population in this study were hypertensive patients with a sample size of 83 respondents and taken through proportional random sampling technique. Data analysis in this study used the Spearman rho correlation test. **Results:** The results showed that 77 people (92.8%) had high cholesterol food consumption behavior in the high category and 6 people (7.2%) had low cholesterol food consumption behavior. Statistical test results obtained p value (0.000) with a correlation coefficient of $r = (0.513)$. The conclusion of this study is that there is a strong relationship between the behavior of high cholesterol food consumption with hypertension conditions in the community in the Panti Health Center Working Area. **Discussion:** It is expected that hypertensive patients maintain eating behavior, especially not consuming high-cholesterol foods too often.

Keywords: Consumption of foods high in cholesterol, hypertension, Behavior