

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI S1 KEPERAWATAN
FAKULTAS ILMU KESEHATAN

Skripsi, Maret 2020

Seby Prasasti Ritaningsih

Hubungan Faktor Genetik Dan Asupan Natrium Dengan Risiko Kejadian Hipertensi Pada Masyarakat Di Puskesmas Sukorejo Kabupaten Jember

xx + 70 halaman + 1 gambar + 15 tabel + 10 lampiran

Abstrak

Latar belakang: Hipertensi dapat didefinisikan sebagai tekanan darah sistolik ≥ 140 mmHg dan tekanan darah diastolik ≥ 90 mmHg. Hipertensi ini disebabkan oleh beberapa faktor kuat yaitu faktor genetik dan asupan natrium. Tujuan: Tujuan penelitian ini yaitu mengidentifikasi hubungan faktor genetik dan asupan natrium dengan risiko kejadian hipertensi pada masyarakat di Puskesmas Sukorejo Kabupaten Jember. Metode: Desain penelitian ini yaitu analitik korelasional dengan pendekatan *cross-sectional* dengan sampel 58 responden yang diambil menggunakan teknik *Consecutive sampling*. Hasil Penelitian: Hasil penelitian ini yaitu sebagian besar responden memiliki riwayat hipertensi yaitu 39 responden (67,2%) dan tidak memiliki riwayat hipertensi yaitu 19 responden (32,8%), sebagian besar responden memiliki asupan natrium rendah yaitu 44 responden (75,9%) dan asupan natrium tinggi yaitu 14 responden (24,1%), jumlah terbanyak yaitu responden yang memiliki hipertensi stage 1 sebanyak 26 responden (44,8%), hipertensi stage 2 sebanyak 7 responden (12,1%), Normal sebanyak 6 responden (10,3%), dan prehipertensi sebanyak 19 responden (32,8%), ada hubungan faktor genetik dengan risiko kejadian hipertensi (P -value = 0,016), tidak ada hubungan asupan natrium dengan risiko kejadian hipertensi (P -value = 0,333). Kesimpulan: terdapat hubungan faktor genetik dengan risiko kejadian hipertensi dan tidak ada hubungan asupan natrium dengan risiko kejadian hipertensi. Saran: Masyarakat disarankan untuk selalu menjaga pola makan untuk menghindari terjadinya hipertensi.

Kata kunci: Faktor genetik, Asupan natrium, Risiko kejadian hipertensi

Daftar Pustaka 50 (2010-2019)

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
NURSING STUDY PROGRAM S1
FACULTY OF HEALTH SCIENCE

Thesis, March 2020

Seby Prasasti Ritaningsih

The Relationship Between Genetic Factors And Sodium Intake With The Risk Of Occurrence Of Hypertension In The Community In Puskesmas Sukorejo, Jember Regency

xx + 70 pages + 1 picture + 15 tables + 10 attachments

Abstract

Background of the study: Hypertension can be defined as systolic blood pressure ≥ 140 mmHg and diastolic blood pressure ≥ 90 mmHg. Hypertension is caused by several strong factors, namely genetic factors and sodium intake. Objective of the study: The purpose of this study was to identify the relationship of genetic factors and sodium intake with the risk of hypertension in society at Sukorejo Public Health Center in Jember Regency. Method: The design of this study was correlational analytic with cross-sectional approach with a sample of 58 respondents taken using consecutive sampling technique. Results: The results of this study showed 39 respondents (67.2%) had a history of hypertension and 19 respondents (32.8%) no history of hypertension, most respondents had low sodium intake were 44 respondents (75, 9%) and high sodium intake was 14 respondents (24.1%), the highest number were respondents who the highest number were respondents who had stage 1 hypertension were 26 respondents (44.8%), stage 2 hypertension were 7 respondents (12.1%), normal were 6 respondents (10.3%), and prehypertension were 19 respondents (32.8%), there was a relationship between genetic factors and risk of hypertension (P-value = 0.016), there was no correlation between sodium intake and risk of hypertension (P-value = 0.333). Conclusion: there was a relationship of genetic factors with the risk of hypertension and there was no relationship of sodium intake with the risk of hypertension. Suggestion: People were advised to always maintain their diet to avoid hypertension.

Keywords: Genetic factors, Sodium intake, Risk of hypertension

References 50 (2010-2019)