

HUBUNGAN ASUPAN NATRIUM, KALIUM, DAN GEJALA DEPRESI DENGAN HIPERTENSI PADA LANSIA DI DAERAH ISTIMEWA YOGYAKARTA

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ABSTRAK

Latar Belakang: Penyandang hipertensi di dunia mencapai 1,13 miliar orang dan cenderung meningkat setiap tahunnya. DIY menjadi urutan ke-4 prevalensi hipertensi tertinggi di Indonesia. Prevalensi hipertensi tertinggi terdapat pada populasi lansia. Selain itu, lansia juga populasi tertinggi pada prevalensi depresi. Kejadian depresi dapat mengakibatkan hipertensi. Asupan natrium dan kalium berperan penting dalam regulasi tekanan darah.

Tujuan: Mengetahui hubungan asupan natrium, kalium, dan gejala depresi dengan hipertensi pada lansia di Daerah Istimewa Yogyakarta.

Metode: Penelitian ini merupakan analisis data sekunder dengan desain studi *cross-sectional*. Subjek penelitian ini sebanyak 105 lansia di Daerah Istimewa Yogyakarta pada 4 kecamatan (Gondokusuman, Jetis, Panjatan, Girimulyo). Variabel asupan natrium, kalium, gejala depresi, dan hipertensi masing-masing diukur menggunakan SQ-FFQ, *recall* 24 jam, GDS, dan *Omron Blood Pressure*. Data dianalisis menggunakan uji *rank spearman* dan Mann-Whitney.

Hasil: Hasil uji statistik menunjukkan bahwa variabel yang memiliki hubungan signifikan dengan hipertensi yaitu asupan kalium ($p = 0,040$) dan IMT ($p = 0,001$). Sedangkan asupan natrium, gejala depresi, usia, jenis kelamin, riwayat penyakit, dan kebiasaan merokok tidak memiliki hubungan signifikan dengan hipertensi ($p > 0,05$).

Kesimpulan: Terdapat hubungan signifikan antara asupan kalium dengan hipertensi pada lansia di DIY. Tidak terdapat hubungan signifikan antara asupan natrium dan gejala depresi dengan hipertensi pada lansia di DIY.

KATA KUNCI: Natrium; Kalium; Gejala Depresi; Hipertensi; Lansia

RELATIONSHIP BETWEEN SODIUM, POTASSIUM INTAKE, AND DEPRESSION SYMPTOMS WITH HYPERTENSION OF ELDERLY IN THE SPECIAL REGION OF YOGYAKARTA

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ABSTRACT

Background: Hypertension sufferers worldwide reach 1.13 billion people and tend to increase every year. Yogyakarta ranks fourth in the highest prevalence of hypertension in Indonesia. The highest prevalence of hypertension is found in the elderly population. In addition, the elderly are also the highest population in the prevalence of depression. The occurrence of depression can lead to hypertension. Sodium and potassium intake play a crucial role in blood pressure regulation.

Objective: To determine the relationship between sodium, potassium intake, and depression symptoms with hypertension among the elderly in the Special Region of Yogyakarta.

Method: This study is a secondary data analysis with a cross-sectional study design. The research subjects consist of 105 elderly individuals in the Special Region of Yogyakarta from 4 districts (Gondokusuman, Jetis, Panjatan, Girimulyo). Variables of sodium intake, potassium intake, depression symptoms, and hypertension were measured using SQ-FFQ, 24-hour recall, GDS, and Omron Blood Pressure. Data were analyzed using Spearman's rank correlation test and Mann-Whitney test.

Results: Statistical analysis result showed that the variables significantly associated with hypertension are potassium intake ($p = 0.040$) and BMI ($p = 0.001$). However, sodium intake, depressive symptoms, age, gender, medical history, and smoking habits do not have a significant association with hypertension ($p > 0.05$).

Conclusion: There is a significant relationship between potassium intake and hypertension in the elderly in DIY. There is no significant relationship between sodium intake and depression symptoms with hypertension in the elderly in DIY.

Key Words: Sodium; Potassium; Depression Symptoms; Hypertension; Elderly