

HUBUNGAN ASUPAN NATRIUM DAN LEMAK TERHADAP TEKANAN DARAH PADA PEKERJA KANTOR KEAMANAN KESELAMATAN KERJA KEDARURATAN DAN LINGKUNGAN (K5L) UNIVERSITAS GADJAH MADA
Elisabeth Juliansie¹, Dian Caturini Sulistyoningrum², Meike Mayasari²

INTISARI

Latar Belakang: Salah satu penyakit yang terus berkembang dan selalu mengalami peningkatan yaitu hipertensi. Faktor yang dapat memicu risiko terjadinya hipertensi adalah asupan makanan, terutama makanan tinggi natrium dan lemak. Hal ini dapat memicu terjadinya tekanan darah tinggi sehingga dapat berisiko terhadap kesehatan. Petugas keamanan Universitas merupakan kelompok pekerja yang berisiko mengalami hipertensi. Hal ini mungkin disebabkan oleh faktor pekerjaan dimana petugas keamanan universitas meskipun memiliki sistem bekerja yang terjadwal, cenderung tidak banyak bergerak.

Tujuan: Mengetahui hubungan asupan natrium dan lemak terhadap tekanan darah pada pekerja K5L Universitas Gadjah Mada

Metode: Desain penelitian yang digunakan adalah *cross-sectional* dengan teknik pengambilan sampel *purposive sampling*. Penelitian ini dilakukan di Universitas Gadjah Mada selama bulan Oktober 2024. Asupan natrium diukur menggunakan kuesioner SQ-FFQ dan lemak diukur menggunakan kuesioner *recall 24 hours*. Tekanan darah diukur dengan *Sphygmomanometer digital*. Uji statistik yang digunakan adalah *Chi-Square* dan *Fisher Exact*.

Hasil: Jumlah responden penelitian sebanyak 62 orang. Proporsi hipertensi pada pekerja K5L UGM yaitu 72,6% dan yang tidak hipertensi 27,4%. Hasil analisis statistik menunjukkan bahwa terdapat hubungan asupan natrium terhadap tekanan darah ($p=0,020$) dan tidak terdapat hubungan asupan lemak terhadap tekanan darah ($p=0,145$).

Kesimpulan: terdapat hubungan yang signifikan antara asupan natrium terhadap tekanan darah, namun tidak terdapat hubungan yang signifikan antara asupan lemak terhadap tekanan darah pada pekerja K5L Universitas Gadjah Mada.

Kata Kunci: asupan natrium;asupan lemak;hipertensi;K5L UGM

¹Mahasiswa Gizi FK-KMK UGM

^{2,3}Dosen Program Studi Gizi FK-KMK UGM

THE RELATIONSHIP BETWEEN SODIUM AND FAT INTAKE AND BLOOD PRESSURE IN KANTOR KEAMANAN KESELAMATAN KERJA KEDARURATAN DAN LINGKUNGAN (K5L) GADJAH MADA UNIVERSITY
Elisabeth Juliansie¹, Dian Caturini Sulistyoningrum², Meike Mayasari²

ABSTRAK

Background: One of the diseases that continues to develop and always increases is hypertension. Factors that can trigger the risk of hypertension are food intake, especially foods high in sodium and fat. This can trigger high blood pressure so that it can be a health risk. University security officers are a group of workers at risk of hypertension. This may be due to work factors where university security officers, although they have a scheduled work system, tend not to move much.

Purpose: To determine the relationship between sodium and fat intake and blood pressure in K5L workers at Gadjah Mada University.

Methods: The research design used was cross-sectional with purposive sampling technique. This study was conducted at Gadjah Mada University during October 2024. Sodium intake was measured using the SQ-FFQ questionnaire and fat was measured using the 24-hour recall questionnaire. Blood pressure was measured using a digital sphygmomanometer. The statistical tests used were Chi-Square and Fisher Exact.

Results: The number of respondents in the study was 62 people. The proportion of hypertension in UGM K5L workers was 72.6% and those without hypertension were 27.4%. The results of statistical analysis showed that there was a relationship between sodium intake and blood pressure ($p = 0.020$) and there was no relationship between fat intake and blood pressure ($p = 0.145$).

Conclusion: There is a significant relationship between sodium intake and blood pressure, but there is no significant relationship between fat intake and blood pressure in K5L workers at Gadjah Mada University.

Keywords: sodium intake;fat intake;hypertension;K5L UGM

¹Nutrition StudentFK-KMK UGM

^{2,3}Lecturer in Nutrition Study Program FK-KMK UGM