

HUBUNGAN KONSUMSI MAKANAN BERISIKO DENGAN HIPERTENSI DI KABUPATEN SLEMAN

Mudrikatul Jannah Djibu¹, Yayuk Hartriyanti², Aviria Ermamilia²

INTISARI

Latar Belakang : Prevalensi penyakit tidak menular semakin meningkat di setiap tahun termasuk penyakit hipertensi. Penelitian-penelitian sebelumnya menyatakan faktor risiko yang mempengaruhi hipertensi salah satunya adalah mengonsumsi makanan berisiko. Tingkat konsumsi jenis-jenis makanan berisiko seperti makanan asin, makanan berlemak, dan bumbu penyedap masih cukup tinggi di Yogyakarta sehingga dilakukan penelitian terkait untuk mengetahui hubungannya dengan hipertensi di wilayah Kabupaten Sleman, Yogyakarta.

Tujuan : Mengetahui hubungan konsumsi jenis-jenis makanan berisiko dengan kejadian hipertensi di Kabupaten Sleman.

Metode Penelitian : Penelitian ini menggunakan desain *cross-sectional* dengan pendekatan analisis data sekunder. Data sekunder diperoleh dari HDSS (*Health and Demographic Surveillance System*) Sleman siklus ke II. Pengambilan data HDSS Sleman dilakukan dengan wawancara berbasis kuesioner dan dibiayai oleh Fakultas Kedokteran, Kesehatan Masyarakat dan Keperawatan Universitas Gadjah Mada Yogyakarta. Data sekunder dipilih menggunakan metode *purposive sampling* dengan jumlah total 4767 sampel serta diolah secara statistik menggunakan Uji Korelasi Spearman dan Uji *Chi-Square*.

Hasil : Hasil uji statistik menunjukkan terdapat hubungan yang signifikan antara konsumsi kopi dengan hipertensi, namun tidak terdapat hubungan yang signifikan antara konsumsi makanan asin, makanan berlemak, makanan berbumbu penyedap dan ikan asin dengan hipertensi pada responden survei HDSS Sleman siklus ke II. Faktor luar yang berhubungan dengan hipertensi antara lain usia dan jenis kelamin.

Kesimpulan : Ada hubungan yang signifikan antara konsumsi kopi dengan hipertensi pada responden survei HDSS Sleman siklus ke II.

Kata Kunci : hipertensi, makanan berisiko

1 Mahasiswa Program Studi S1 Gizi Kesehatan FKKMK UGM

2 Dosen Departemen Gizi Kesehatan FKKMK UGM

ASSOCIATION BETWEEN THE CONSUMPTION OF RISKY FOOD AND HYPERTENSION IN SLEMAN REGENCY

Mudrikatul Jannah Djibu¹, Yayuk Hartriyanti², Aviria Ermamilia²

ABSTRACT

Background : The prevalence of non-communicable disease including hypertension was increasing each year. The previous studies showed one of the risk factor of hypertension was the consumption of risky food. The level of consumption of risky foods such as salty foods, fatty foods, and seasonings were still high in Yogyakarta, therefore this study was needed to be held in order to identify the association between risky foods and hypertension in Sleman Regency, Yogyakarta.

Objective : To determine the association between the consumption of risk food and hypertension in Sleman Regency

Method : This study used a cross-sectional design with secondary data from Sleman HDSS (Health and Demographic Surveillance System) wave II. The Sleman HDSS data collection was retrieved by interview based on questionnaires and has been primarily funded by Medical Faculty, Universitas Gadjah Mada Yogyakarta. The data was selected through purposive sampling method and has 4767 total sample. The data was analyzed by Correlation Spearman and Chi-Square Test.

Result : There was a significant association between coffee consumption and hypertension and there was no significant association between the consumption of salty foods, fatty foods, seasoned food, and salted fish with hypertension among the respondent of Sleman HDSS wave II. There were two other factors that has significant association with hypertension, age and sex.

Conclusion : There was a significant relationship between coffee consumption and hypertension among the respondent of Sleman HDSS wave II.

Keyword : hypertension, risky food

1 Student of Health and Nutrition Undergraduate Program, Medical Faculty, UGM

2 Lecturer of Health and Nutrition Department, Medical Faculty, UGM