

# HUBUNGAN ASUPAN ENERGI, KARBOHIDRAT, LEMAK, PROTEIN DAN NATRIUM DENGAN KEJADIAN HIPERTENSI PADA LANSIA DI PUSKESMAS SEI LANGKAI

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### ABSTRAK

Hipertensi merupakan salah satu penyakit tidak menular yang masih menjadi masalah kesehatan utama di Kota Batam. Beberapa gejala yang dapat muncul antara lain sakit kepala, kelelahan berlebih, gangguan penglihatan, telinga berdenging, dan jantung berdebar. Penelitian ini bertujuan untuk mengetahui hubungan asupan energi, karbohidrat, lemak, protein dan natrium dengan kejadian hipertensi pada lansia di Puskesmas Sei Langkai Kota Batam. Jenis penelitian ini adalah observasional dengan desain *cross sectional*. Sampel berjumlah 73 lansia yang dipilih menggunakan teknik *purposive sampling* berdasarkan kriteria inklusi dan eksklusi yang telah ditetapkan. Analisis data menggunakan uji *chi square*. Hasil penelitian menunjukkan bahwa sebagian besar lansia memiliki asupan energi baik (54,8%), asupan karbohidrat baik (57,5%), asupan lemak tidak baik (56,2%), asupan protein tidak baik (52,1%), asupan natrium tidak baik (79,5%), dan mengalami hipertensi (54,8%). Hasil uji statistik menunjukkan bahwa terdapat hubungan yang signifikan antara asupan energi ( $p=0,020$ ), karbohidrat ( $p=0,004$ ), lemak ( $p=0,009$ ) dan protein ( $p=0,015$ ) dengan kejadian hipertensi pada lansia, tetapi tidak terdapat hubungan yang signifikan antara asupan natrium ( $p=0,300$ ) dengan kejadian hipertensi pada lansia. Dapat disimpulkan bahwa ada hubungan antara asupan energi, karbohidrat, lemak dan protein dengan kejadian hipertensi pada lansia di, tetapi tidak demikian dengan asupan natrium. Lansia disarankan untuk menerapkan asupan makan yang sehat dan seimbang.

**THE RELATIONSHIP BETWEEN ENERGY, CARBOHYDRATE, FAT,  
PROTEIN, AND SODIUM INTAKE WITH THE INCIDENCE OF  
HYPERTENSION INCIDENCE IN THE ELDERLY AT THE  
SEI LANGKAI PUBLIC HEALTH CENTER  
IN BATAM CITY**

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**Keywords:** Carbohydrate, Elderly, Energy Intake, Fat, Hypertension, Protein, Sodium.

**ABSTRACT**

Hypertension is a non-communicable disease that is still a major health problem in Batam City. Some symptoms that may appear include headaches, excessive fatigue, visual disturbances, ringing in the ears, and palpitations. This study aims to determine the relationship between energy, carbohydrate, fat, protein, and sodium intake with the incidence of hypertension in the elderly at the Sei Langkai Public Health Center, Batam City. This type of study is observational with a cross-sectional design. A sample of 73 elderly people was selected using a purposive sampling technique based on predetermined inclusion and exclusion criteria. The results showed that the majority of elderly participants had adequate energy intake (54.8%) and carbohydrate intake (57.5%), while inadequate intake was observed for fat (56.2%), protein (52.1%), and sodium (79.5%). In addition, 54.8% of the participants were found to have hypertension. Statistical analysis revealed significant associations between energy intake ( $p=0.020$ ), carbohydrate intake ( $p=0.004$ ), fat intake ( $p=0.009$ ), and protein intake ( $p=0.015$ ) and the incidence of hypertension among the elderly. However, no significant association was found between sodium intake ( $p=0.300$ ) and the incidence of hypertension among the elderly. It can be concluded that energy, carbohydrate, fat, and protein intake were significantly associated with the incidence of hypertension among the elderly, whereas sodium intake was not. The elderly are advised to implement a healthy and balanced dietary intake.