

**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN
UNIVERSITAS ISLAM SULTAN AGUNG
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ABSTRAK

Tia Fitriani

HUBUNGAN ANTARA AKTIVITAS FISIK DAN POLA MAKAN TERHADAP KEJADIAN PENYAKIT HIPERTENSI DI RUMAH SAKIT ISLAM SULTAN AGUNG SEMARANG

78 halaman + 17 tabel + 2 gambar + 10 lampiran + xv

Latar Belakang: Hipertensi yakni salah satu penyakit degeneratif yang perlu diwaspadai. Keadaan pola makan tinggi natrium, tinggi lemak dan kurangnya aktivitas fisik menjadikan seseorang hipertensi. Tujuan penelitian adalah mengetahui hubungan antara aktivitas fisik dan pola makan terhadap kejadian penyakit hipertensi di Rumah Sakit Islam Sultan Agung Semarang.

Metode: Jenis penelitian kuantitatif *analitik observational*. Desain yang digunakan *cross sectional*. Teknik pengambilan sampel yaitu *purposive sampling* dengan jumlah 48 responden. Pengumpulan data dilakukan dengan kuesioner baecke dan ffq. Teknik analisa menggunakan uji korelasi *Spearman*.

Hasil: Hasil analisis univariat aktivitas fisik kategori sedang 64,6%, pola makan sering konsumsi tinggi natrium 54,2%, sering konsumsi tinggi lemak 66,7%, konsumsi tinggi natrium dan lemak 50,0%, tidak sering konsumsi kalium 60,4%. Hasil analisis bivariat uji korelasi Spearman, aktivitas fisik didapatkan nilai r 0,412 dan p =0,004, natrium r 0,538 p=0,000, lemak r 0,473 p=0,001, natrium dan lemak r 0,385 p= 0,007, kalium r 0,254 p=0,081.

Simpulan: Bahwa dengan aktivitas fisik yang rutin dan pola makan yang baik maka dapat diasumsikan dapat mengurangi terjadinya kejadian hipertensi pada pasien di Rumah Sakit Islam Sultan Agung Semarang.

Kata Kunci: Aktivitas fisik, Pola Makan, Kejadian Hipertensi hipertensi

Daftar Pustaka: 92(2005 – 2017)

**NURSING STUDY PROGRAM
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ABSTRACT

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THE CORRELATION BETWEEN PHYSICAL ACTIVITIES AND DIET PATTERNS TO THE INCIDENCE OF HYPERTENSION IN SULTAN AGUNG ISLAMIC HOSPITAL SEMARANG

78 pages + 17 tables + 2 pictures + 10 appendices + xv

Background: Hypertension is one of the degenerative diseases that need to be watched out for. The condition of a diet high in sodium, high in fat and lack of physical activity makes a person hypertensive. The purpose of this study is to determine the correlation between physical activity and diet to the incidence of hypertension in Sultan Agung Islamic Hospital, Semarang.

Method: This type of this study is an observational analytic research using a cross sectional approach. Samples were taken by purposive sampling of 48 respondents. The data were taken by using questionnaire. Spearman correlation test was used as the analysis technique.

Results: The result of univariate analysis of physical activity in the medium category was 64.6%, diet often consuming high sodium was 54.2%, often consuming high fat was 66.7%, consuming high sodium and fat was 50.0%, and not often consuming potassium was 60, 4%. Based on the results of the bivariate analysis of the Spearman correlation test, physical activity obtained r value 0.412 and $p = 0.004$, sodium got r value 0.538 $p = 0.000$, fat got r value 0.473 and $p = 0.001$, sodium and fat obtained r 0.385 $p = 0.007$, and potassium attained r value 0.254 $p = 0.081$.

Conclusion: That with routine physical activity and a good diet, it can be assumed to reduce the occurrence of hypertension in patients in sultan agung islamic hospital semarang.

Keywords: Physical activity, diet, incidence of hypertension

Bibliography: 92 (2005 - 2017)