

OVERVIEW OF KNOWLEDGE AND CONSUMPTION PATTERNS OF SODIUM AMONG ELDERLY PEOPLE WITH HYPERTENSION IN SIDOHARJO VILLAGE

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ABSTRACT

Background: Hypertension among the elderly is a health problem caused by low levels of knowledge and sodium consumption patterns that do not follow recommendations. Low levels of knowledge can lead to older adults failing to understand the importance of following a low-sodium diet.

Objective: This study aims to determine the profile of hypertension knowledge, sodium intake patterns, and blood pressure among older adults with hypertension in Sidoharjo Village.

Methods: This study used a quantitative descriptive design with a cross-sectional approach. The sample consisted of 36 older adults aged ≥ 60 years selected via purposive sampling. Data were collected using a hypertension knowledge questionnaire (20 items), a Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ), and blood pressure data from the Posyandu registry, which were analyzed using univariate and bivariate analyses in SPSS.

Results: The majority of respondents had insufficient knowledge about hypertension, and most fell into the stage 2 hypertension category. Statistically, 55.6% of respondents had insufficient knowledge, 52.8% consumed sodium at a moderate level, and 66.7% had stage 2 hypertension; respondents with insufficient knowledge were more likely to have stage 2 hypertension (80.0%).

Conclusion: These findings indicate that the severity of hypertension is influenced by the level of knowledge, while sodium intake is not the sole determinant of blood pressure in older adults. Structured health education and regular blood pressure monitoring are needed as strategies for controlling hypertension in the older adult population in Sidoharjo Village.

Keywords: hypertension, older adults, sodium intake, knowledge, blood pressure

GAMBARAN PENGETAHUAN DAN POLA KONSUMSI NATRIUM PADA LANSIA HIPERTENSI DI KALURAHAN SIDOHARJO

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ABSTRAK

Latar belakang: Hipertensi pada lansia merupakan masalah kesehatan yang disebabkan oleh rendahnya pengetahuan dan pola konsumsi natrium yang kurang sesuai anjuran. Rendahnya tingkat pengetahuan dapat menyebabkan lansia kurang memahami pentingnya penerapan diet rendah garam.

Tujuan: Penelitian ini bertujuan mengetahui gambaran pengetahuan hipertensi, pola konsumsi natrium, dan tekanan darah pada lansia penderita hipertensi di Kalurahan Sidoharjo.

Metode: Penelitian menggunakan desain deskriptif kuantitatif dengan pendekatan *cross-sectional*. Sampel berjumlah 36 lansia berusia ≥ 60 tahun yang dipilih secara *purposive sampling*, dengan instrumen kuesioner pengetahuan hipertensi (20 soal), *Semi-Quantitative Food Frequency Questionnaire* (SQ-FFQ), dan data tekanan darah dari register posyandu, yang dianalisis secara univariat dan bivariat menggunakan SPSS.

Hasil: Mayoritas responden memiliki pengetahuan kurang tentang hipertensi dan sebagian besar berada dalam kategori hipertensi tingkat 2. Secara statistik, 55,6% responden berpengetahuan kurang, 52,8% mengonsumsi natrium dalam kategori cukup, dan 66,7% mengalami hipertensi tingkat 2, responden berpengetahuan kurang cenderung mengalami hipertensi tingkat 2 (80,0%).

Kesimpulan: Temuan ini mengindikasikan bahwa derajat hipertensi dipengaruhi oleh tingkat pengetahuan, sementara konsumsi natrium bukan satu-satunya faktor penentu tekanan darah pada lansia. Diperlukan peningkatan edukasi kesehatan yang terstruktur dan pemantauan tekanan darah secara berkala sebagai strategi pengendalian hipertensi pada populasi lansia di Kalurahan Sidoharjo.

Kata kunci: hipertensi, lansia, konsumsi natrium, pengetahuan, tekanan darah