

HUBUNGAN STATUS GIZI DENGAN KEJADIAN HIPERTENSI PADA LANSIA DI DESA KEKERAN, KECAMATAN MENGWI, KABUPATEN BADUNG, BALI

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ABSTRAK

Penelitian ini bertujuan untuk menganalisis hubungan antara status gizi dengan kejadian hipertensi pada lansia di Desa Kekeran, Kecamatan Mengwi, Kabupaten Badung, Bali. Penelitian ini menggunakan metode observasi analitik dengan desain penelitian *cross-sectional*. Hasil penelitian menunjukkan bahwa sebagian besar lansia di Desa Kekeran mengalami *overweight*, yaitu sebesar 53,15% dari total responden. Sementara itu, 20,28% lansia mengalami *underweight*, 18,18% memiliki status gizi normal, dan 8,39% mengalami *obesity*. Kondisi ini menunjukkan bahwa *overweight* masih merupakan masalah gizi yang menonjol di kalangan lansia di wilayah ini. Berdasarkan distribusi tekanan darah, sebagian besar responden diklasifikasikan sebagai penderita hipertensi stadium I (39,16%), diikuti oleh pre-hipertensi (36,36%), hipertensi stadium II (18,88%), dan hanya 5,59% lansia yang memiliki tekanan darah normal. Hal ini menunjukkan bahwa tekanan darah tinggi masih merupakan masalah kesehatan yang cukup umum di kalangan lansia di Desa Kekeran. Hasil analisis menggunakan uji korelasi *Spearman Rank* menunjukkan hubungan yang signifikan antara status gizi dengan kejadian hipertensi pada lansia di Desa Kekeran sebesar 0,244 dengan nilai signifikansi (*p-value*) sebesar 0,003. Nilai *p* yang lebih kecil dari tingkat signifikansi $\alpha = 0,05$ menunjukkan bahwa terdapat hubungan yang bermakna secara statistik antara status gizi dengan kejadian hipertensi pada lansia di Desa Kekeran, Kecamatan Mengwi, Kabupaten Badung, Bali. Arah hubungan ini positif dengan kekuatan lemah, yang berarti bahwa peningkatan status gizi atau indeks massa tubuh berbanding lurus dengan peningkatan risiko hipertensi.

Kata kunci: Status Gizi, Hipertensi, Lansia

THE RELATIONSHIP BETWEEN NUTRITIONAL STATUS AND THE INCIDENCE OF HYPERTENSION IN THE ELDERLY IN KEKERAN VILLAGE, MENGWI DISTRICT, BADUNG REGENCY, BALI

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ABSTRACT

This study aims to analyze the relationship between nutritional status and the incidence of hypertension in the elderly in Kekeran Village, Mengwi District, Badung Regency, Bali. This study used an analytical observation method with a cross-sectional research design. The results showed that the majority of elderly in Kekeran Village were overweight, amounting to 53.15% of the total respondents. Meanwhile, 20.28% of elderly were underweight, 18.18% had normal nutritional status, and 8.39% were obese. This condition indicates that overweight remains a prominent nutritional problem among the elderly in this area. Based on the distribution of blood pressure, the majority of respondents were classified as stage I hypertension sufferers (39.16%), followed by pre-hypertension (36.36%), stage II hypertension (18.88%), and only 5.59% of elderly had normal blood pressure. This indicates that high blood pressure remains a fairly common health problem among the elderly in Kekeran Village. The results of the analysis using the Spearman Rank correlation test showed a significant relationship between nutritional status and the incidence of hypertension in the elderly in Kekeran Village of 0.244 with a significance value (p-value) of 0.003. A p-value smaller than the significance level of $\alpha = 0.05$ indicates that there is a statistically significant relationship between nutritional status and the incidence of hypertension in the elderly in Kekeran Village, Mengwi District, Badung Regency, Bali. The direction of this relationship is positive with weak strength, which means that an increase in nutritional status or body mass index is directly proportional to an increase in the risk of hypertension.

Keywords: Nutritional Status, Hypertension, Elderly