

HUBUNGAN ASUPAN LEMAK DAN AKTIVITAS FISIK DENGAN KLIEN USIA DEWASA HIPERTENSI YANG MENOPAUSE DI KELURAHAN CINERE PADA MASA PANDEMI COVID-19

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Abstrak

Adanya Pandemi Covid-19 mempengaruhi peningkatan faktor resiko hipertensi yaitu konsumsi lemak berlebih dan aktivitas fisik, terutama pada wanita menopause. Tujuan penelitian ini adalah untuk mengetahui hubungan asupan lemak dan aktivitas fisik dengan klien usia dewasa hipertensi yang menopause. Jenis penelitian ini adalah penelitian kuantitatif dengan pendekatan *cross sectional*. Penelitian ini dilakukan pada 133 wanita yang telah memasuki usia dewasa yang menopause dan menderita hipertensi di wilayah kelurahan Cinere, Depok. Teknik sampling yang digunakan yaitu purposive sampling, Analisis bivariat menggunakan uji Chi Square dengan hasil nilai $p\text{-value}=0,018$ artinya ada hubungan antara asupan lemak dengan klien usia dewasa hipertensi yang menopause. Hasil analisa hubungan antara aktivitas fisik dengan klien usia dewasa hipertensi yang menopause menunjukkan nilai $p\text{-value}=0,014$, artinya ada hubungan antara aktivitas fisik dengan klien usia dewasa hipertensi yang menopause. Kesimpulannya asupan lemak dan aktivitas fisik berhubungan dengan hipertensi pada wanita menopause. Karena itu, mengurangi asupan makanan dan minuman berlemak dan melakukan aktivitas fisik penting bagi wanita menopause.

Kata kunci : Aktivitas Fisik, Asupan Lemak, Hipertensi, Menopause

THE RELATIONSHIP OF FAT INTAKE AND PHYSICAL ACTIVITY WITH HYPERTENSION ADULT CLIENTS WHO ARE MENOPAUSED IN CINERE SUB-DISTRICT DURING THE COVID-19 PANDEMIC

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Abstract

The existence of the Covid-19 pandemic has influenced the increase in risk factors for hypertension, namely excessive fat consumption and physical activity, especially in menopause women. The purpose of this study was to determine the relationship between fat intake and physical activity with adult clients with menopausal hypertension. This type of research is quantitative research with cross sectional approach. This study was conducted on 133 women who have entered menopause and suffer from hypertension in the Cinere sub-district. The sampling technique used is purposive sampling, bivariate analysis using Chi Square test with p-value = 0.018, meaning that there is relationship between fat intake and hypertensive adult clients who are menopause. The results of the analysis of the relationship between physical activity and hypertensive adult clients who were menopause showed a p-value = 0.014, meaning that there was relationship between physical activity and hypertensive adult clients who were menopausal. In conclusion, fat intake and physical activity are associated with hypertension in menopause women. Therefore, reducing the intake of fatty foods and drinks and doing physical activity is important for menopausal women.

Keywords: Fat Intake, Hypertension, Menopause, Physical Activity