

# HUBUNGAN ASUPAN ZAT GIZI MIKRO DENGAN KEJADIAN HIPERTENSI PADA REMAJA DI SMA NEGERI 3 CIBINONG

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## Abstrak

Hasil Riskesdas tahun 2013 menunjukkan prevalensi kejadian hipertensi pada usia 15 – 16 tahun sebesar 20,1% sedangkan usia 17 – 18 tahun sebesar 10,8% (Kementrian Kesehatan Republik Indonesia, 2013) mengalami hipertensi. Natrium, kalium, kalsium, dan magnesium merupakan zat gizi mikro mineral yang berperan dalam mengatur metabolisme tubuh, mengatur keseimbangan cairan, dan sistem kardiovaskuler serta tekanan darah. Penelitian ini dilakukan untuk mengetahui bagaimana hubungan asupan zat gizi mikro dengan kejadian hipertensi pada remaja di SMAN 3 Cibinong. Penelitian ini merupakan penelitian observasional dengan desain *cross sectional* dan melibatkan 70 siswa dan siswi kelas X dan XI yang dipilih dengan teknik *stratified random sampling*. Hasil penelitian menunjukkan terdapat hubungan bermakna antara asupan natrium dengan kejadian hipertensi pada remaja ( $p = 0,042$ ), dan terdapat hubungan tidak bermakna antara asupan kalium, kalsium, dan magnesium dengan kejadian hipertensi pada remaja ( $p=1,000$ ,  $p=1,000$ ,  $p=0,565$ ). Asupan natrium berhubungan dengan kejadian hipertensi sehingga responden disarankan untuk membatasi makanan sumber natrium dan meningkatkan makanan sumber kalium, kalsium, dan magnesium.

**Kata kunci:** Hipertensi remaja, asupan natrium, asupan kalium, asupan kalsium, asupan magnesium.

# **RELATIONSHIP BETWEEN INTAKE OF MICRO NUTRITION WITH THE INCIDENCE OF HYPERTENSION IN ADOLESCENTS AT SMA NEGERI 3 CIBINONG**

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## **Abstract**

The 2013 Riskesdas results showed that the prevalence of hypertension at the age of 15–16 years was 20.1%, while those aged 17–18 years were 10.8% (Ministry of Health of the Republic of Indonesia, 2013). Sodium, potassium, calcium, and magnesium are mineral micronutrients that play a role in regulating the body's metabolism, fluid balance, the cardiovascular system, and blood pressure. This research was conducted to find out how the relationship between intake of micronutrients and the incidence of hypertension in adolescents at SMAN 3 Cibinong. This study was an observational study with a cross-sectional design and involved 70 students in grades X and XI who were selected using a stratified random sampling technique. The results showed that there was a significant relationship between sodium intake and hypertension in adolescents ( $p = 0,042$ ), and there was no relationship between potassium, calcium, and magnesium intake and hypertension in adolescents ( $p=1,000$ ,  $p=1,000$ ,  $p=0,565$ ). Sodium intake has a relationship with the incidence of hypertension in adoscent, so respondents are advised to limit food sources of sodium and increase food sources of potassium, calcium, and magnesium.

**Keyword :** hypertension in adolescents, intake of sodium, intake of potassium, intake of calcium, intake of magnesium