

ABSTRAK

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“HUBUNGAN ASUPAN NATRIUM DAN AKTIVITAS FISIK DENGAN
PENYAKIT HIPERTENSI DI WILAYAH KERJA PUSKESMAS
PUCANGSEWU TAHUN 2026”

1x + 104 Halaman + 10 Tabel + 16 Lampiran

Hipertensi dikategorikan sebagai sebuah kelainan patologis kronis dengan tingkat kemunculan bermakna yang dikendalikan oleh kebiasaan sehari-hari, meliputi konsumsi natrium serta pergerakan tubuh. Riset ini dimaksudkan guna mengevaluasi keterkaitan antara konsumsi natrium serta pergerakan tubuh terhadap sindrom hipertensi pada daerah operasional Puskesmas Pucangsewu Kota Surabaya.

Kajian ini menerapkan jenis penelitian analitik observasional dengan desain *cross sectional*. Sampel 73 Partisipan digunakan teknik *accidental sampling*. Data dikumpulkan melalui *food recall* 2x24 jam untuk asupan natrium, kuesioner *Physical Activity Level* (PAL) untuk kegiatan fisik, serta pengukuran tekanan darah. Data dianalisis menggunakan uji korelasi Spearman.

Hasil kajian memperlihatkan bahwasanya kebanyakan partisipan punya asupan natrium normal (42,5%), aktivitas fisik ringan (58,9%), serta merasakan hipertensi derajat 2 (49,3%). Terdapat korelasi signifikan antara asupan natrium dengan penyakit hipertensi ($p = 0,000$; $r = 0,595$), sedang aktivitas fisik tidak berhubungan signifikan ($p = 0,162$; $r = -0,165$). Simpulan kajian ini ialah asupan natrium berkaitan dengan penyakit hipertensi, sedangkan aktivitas fisik tidak memperlihatkan hubungan yang signifikan.

Kata Kunci : asupan natrium, aktivitas fisik, hipertensi

Daftar bacaan : 31 Referensi Jurnal serta 6 Buku (2014-2025)

ABSTRACT

Rusmalina Ulfa

“THE RELATIONSHIP BETWEEN SODIUM INTAKE AND PHYSICAL ACTIVITY WITH HYPERTENSION IN THE WORKING AREA OF PUCANGSEWU PUBLIC HEALTH CENTER, 2026”

1x + 104 Pages + 10 Tables + 16 Appendices

Hypertension ranks among the most frequent non-infectious chronic pathologies and is governed by behavioral habits, such as dietary salt consumption and bodily movement. This research intends to evaluate the association linking dietary salt consumption and bodily movement with high blood pressure across the operational zone of the Pucangsewu Public Health Center, Surabaya.

This investigation utilized an observational analytical framework incorporating a cross-sectional design. A total of 73 subjects were chosen through an incidental sampling procedure. Data were gathered via a two-day dietary recall technique to appraise salt ingestion, the Physical Activity Level questionnaire to estimate bodily movement, along with blood pressure assessments. Subsequently, the metrics were evaluated utilizing the Spearman rank correlation procedure.

The findings indicated that the majority of participants had normal sodium intake (42.5%), light physical activity (58.9%), and grade 2 hypertension (49.3%). A substantial correlation was observed between sodium intake and hypertension ($p = 0.000$; $r = 0.595$), whereas physical activity was not significantly associated with hypertension ($p = 0.162$; $r = -0.165$). It may be deduced that salt consumption demonstrates a meaningful connection with high blood pressure, whereas bodily movement exhibits no substantial correlation with high blood pressure

Keywords : sodium intake, physical activity, hypertension

Reading list: 31 Journal References and 6 Books (2014-2025)