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RIWAYAT KONSUMSI MIE INSTAN TERHADAP KEJADIAN HIPERTENSI PADA PASIEN PROLANIS DI KECAMATAN UNGARAN BARAT

xv + 53 halaman + 3 gambar + 6 tabel + 12 lampiran

ABSTRAK

Latar belakang : Faktor resiko yang dapat menyebabkan hipertensi yakni erilaku gaya hidup seperti konsumsi makanan. Makanan yang memicu hipertensi Karbohidrat dan lemak dalam jumlah besar terkandung dalam instan Mie.

Tujuan penelitian: Mengetahui hubungan konsumsi mie instan terhadap kejadian hipertensi di Prolanis Kecamatan Ungaran Barat.

Desain penelitian: Desain penelitian ini deskriptif korelasi dengan pendekatan *case control*. Populasi penelitian adalah 120 pasien hipertensi Prolanis Puskesmas Ungaran. Sampel dalam penelitian ini dibagi menjadi 2 yaitu kelompok kasus 34 responden dan kelompok kontrol 34 responden. Instumen yang digunakan adalah kuesioner FFQ *semi quantitative*. Analisis bivariant menggunakan uji Chi-square.

Hasil: Ada hubungan konsumsi mie instan terhadap kejadian hipertensi pada pasien Prolanis Puskesmas Ungaran dengan p value $0,000 < (0,05)$, dengan Nilai OR didapatkan yakni 0.124 dengan CI lower upper masing-masing 0,041 dan 0,372, dimana jika mengkonsumsi mie instan berisiko mengalami hipertensi sebesar 0,124 kali dibanding yang tidak mengkonsumsi mie instan, dengan sekurang-kurangnya lebih berisiko sebesar 0,041 kali dan paling besar lebih berisiko sebesar 0,372 kali lipat dapat menderita hipertensi.

Saran : Diharapkan responden dapat mengurangi konsumsi makanan instan, tinggi kalori, berlemak, berpengawet dan kurangi asupan garam yang dapat menyebabkan hipertensi.

Kata kunci: konsumsi mie, kejadian hipertensi

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THE HISTORY OF CONSUMPTION INSTANT NOODLES TOWARDS HYPERTENSION TO PROLANIS'S PATIENTS IN UNGARAN PUBLIC HEALTH CENTER.

xv + 53 pages + 3 pictures + 6 tables + 12 appendix

ABSTRACT

Background: Risk factors that can cause hypertension are lifestyle behaviors such as food consumption. Foods can lead to hypertension such as carbohydrates and large amounts of fat are contained in instant noodles.

WHO' data around the world show that 972 million people or 26.4% of people worldwide are suffering from hypertension. The increase of blood pressure is not only caused by such factors as genetics, aging, lack of physical activity, smoking, alcohol and birth control pills, but also foods with high sodium levels such as instant noodles.

The purpose of this study: This study aimed to of instant noodle the history of consumption instant noodles towards hypertension to prolanis's patients in ungaran public health center.

Research design: The design of this study was descriptive correlation with the case-control approach. The samples in this study were divided into 2: case groups 44 respondents in case group and 44 respondents in control group, aged 30-50 years old. The instrument used a semi quantitative FFQ questionnaire. Bivariant analysis using Chi-square test ..

Results: There was a corelation between the consumption of instant noodles to the incidence of hypertension in Prolanis's patients in Ungaran Public Health with a p-value $0,000 < (0.05)$, with an OR value obtaining lower upper respectively 0.041 and 0.372. Meaning the consuming instant noodles increased the risk of experiencing hypertension as many as 0.124 times compared to those who did not consume instant noodles, with at least more risk by 0.041 times and the greatest risk of 0.372 times experience hypertension.

Suggestion: The expectation is that respondents and the public who consume instant noodles should lessen to instant noodles because it may lead to hypertension.

Keywords: consumption of noodles, the incidence of hypertension.