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Hubungan Antara Konsumsi Ultra-Processed Food Dengan Kejadian Hipertensi Pada Mahasiswa S1 Keperawatan Reguler Universitas Ngudi Waluyo.

ABSTRAK

Latar Belakang : Hipertensi tidak hanya menjadi masalah kesehatan pada usia lanjut, tetapi juga semakin banyak ditemukan pada usia dewasa muda, termasuk mahasiswa. Perubahan gaya hidup dan pola makan yang tidak sehat, khususnya tingginya konsumsi Ultra-Processed Food (UPF), diduga berperan dalam peningkatan tekanan darah. Ultra-Processed Food merupakan makanan yang mengalami proses industri intensif dan umumnya mengandung kadar natrium, gula serta lemak jenuh yang tinggi, namun rendah serat.

Tujuan : Penelitian ini bertujuan untuk mengetahui hubungan antara konsumsi ultra-processed food dengan kejadian hipertensi pada mahasiswa S1 Keperawatan Reguler Universitas Ngudi Waluyo.

Metode : Penelitian ini menggunakan desain deskriptif korelasional dengan pendekatan cross-sectional. Sampel penelitian berjumlah 83 responden yang diambil menggunakan teknik accidental sampling. Pengumpulan data dilakukan menggunakan kuesioner Food Frequency Questionnaire (FFQ) semi-kuantitatif berdasarkan klasifikasi NOVA dan pengukuran tekanan darah menggunakan sphygmomanometer digital sebanyak tiga kali dalam satu minggu. Analisis data dilakukan menggunakan uji Chi-Square.

Kesimpulan : Hasil analisis menunjukkan nilai $p \text{ value} = 0,000 < \alpha (0,05)$, yang berarti terdapat hubungan yang signifikan antara konsumsi ultra-processed food dengan kejadian hipertensi pada mahasiswa.

Saran : Mahasiswa diharapkan dapat mengurangi konsumsi ultra-processed food dan menerapkan pola makan sehat sebagai upaya pencegahan hipertensi sejak usia muda.

Kata Kunci : Hipertensi, Mahasiswa, *Ultra-processed food*

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The Relationship Between Ultra-Processed Food Consumption and the Incidence of Hypertension in Regular Undergraduate Nursing Students at Ngudi Waluyo University.

ABSTRACT

Background: Hypertension is not only a health problem in the elderly, but is also increasingly found in young adults, including college students. Changes in lifestyle and unhealthy eating patterns, particularly the high consumption of Ultra-Processed Foods (UPF), are believed to play a role in increased blood pressure. Ultra-Processed Foods are foods that undergo intensive industrial processing and generally contain high levels of sodium, sugar, and saturated fat, but are low in fiber.

Objective: This study aims to determine the relationship between ultra-processed food consumption and the incidence of hypertension among regular undergraduate nursing students at Ngudi Waluyo University.

Method: This study uses a descriptive correlational design with a cross-sectional approach. The research sample consisted of 83 respondents who were selected using accidental sampling technique. Data collection was conducted using a semi-quantitative Food Frequency Questionnaire (FFQ) based on the NOVA classification and blood pressure measurement using a digital sphygmomanometer three times a week. Data analysis was performed using the Chi-Square test.

Results: The analysis results show a p-value of $0.000 < \alpha (0.05)$, which means there is a significant relationship between ultra-processed food consumption and the occurrence of hypertension in students.

Recommendation: Students are expected to reduce their consumption of ultra-processed foods and adopt a healthy eating pattern as a preventive measure against hypertension from a young age.

Keywords: Hypertension, Students, *Ultra-processed food*