

ABSTRAK

Peningkatan jumlah penduduk lanjut usia (lansia) di Indonesia berdampak pada meningkatnya prevalensi penyakit tidak menular, khususnya hipertensi yang dikenal sebagai *silent killer*. Penelitian ini bertujuan untuk menganalisis hubungan antara pola makan dengan kejadian hipertensi pada lansia di wilayah kerja Puskesmas Kuta Alam, Kota Banda Aceh. Penelitian menggunakan desain kuantitatif deskriptif analitik dengan pendekatan *cross-sectional*. Populasi dalam penelitian ini adalah seluruh lansia berusia ≥ 60 tahun dengan jumlah sampel sebanyak 30 responden yang diambil menggunakan teknik *accidental sampling*. Data dikumpulkan melalui kuesioner karakteristik, *Food Frequency Questionnaire* (FFQ), serta pengukuran tekanan darah menggunakan tensimeter. Hasil penelitian menunjukkan bahwa sebagian besar responden (83,3%) menderita hipertensi. Pola makan lansia didominasi oleh konsumsi makanan tinggi natrium, lemak jenuh, serta rendah serat, seperti ikan asin, makanan bersantan, dan gorengan. Analisis bivariat menggunakan uji Chi-Square menunjukkan adanya hubungan yang signifikan antara pola makan dengan kejadian hipertensi ($p = 0,050$). Selain itu, ditemukan hubungan antara pola makan dengan perilaku pengecekan kesehatan ($p = 0,017$), konsumsi obat ($p = 0,028$), dan riwayat keluarga ($p = 0,049$). Temuan ini mengindikasikan bahwa pola makan merupakan faktor penting yang berkontribusi terhadap kejadian hipertensi pada lansia. Oleh karena itu, diperlukan intervensi berbasis edukasi gizi, peningkatan kesadaran pemeriksaan rutin, serta dukungan keluarga dalam penerapan pola makan sehat. Upaya ini diharapkan dapat menurunkan angka kejadian hipertensi serta meningkatkan kualitas hidup lansia di wilayah kerja Puskesmas Kuta Alam.

Kata kunci: pola makan, hipertensi, lansia, faktor risiko, kesehatan masyarakat

ABSTRACT

The increase in the elderly population in Indonesia has led to a rise in the prevalence of noncommunicable diseases, particularly hypertension, which is known as the *silent killer*. This study aims to analyze the relationship between dietary patterns and the incidence of hypertension among the elderly in the service area of the Kuta Alam Community Health Center, Banda Aceh City. The study employed a descriptive-analytical quantitative design with a cross-sectional approach. The study population consisted of all elderly individuals aged ≥ 60 years, with a sample size of 30 respondents selected using accidental sampling. Data were collected via a demographic questionnaire, a Food Frequency Questionnaire (FFQ), and blood pressure measurements using a sphygmomanometer. The results showed that the majority of respondents (83.3%) suffered from hypertension. The dietary patterns of the elderly were dominated by the consumption of foods high in sodium and saturated fat and low in fiber, such as salted fish, coconut milk-based dishes, and fried foods. Bivariate analysis using the Chi-Square test revealed a significant association between dietary patterns and the incidence of hypertension ($p = 0.050$). Additionally, associations were found between dietary patterns and health screening behavior ($p = 0.017$), medication use ($p = 0.028$), and family history ($p = 0.049$). These findings indicate that dietary patterns are a key factor contributing to the prevalence of hypertension among the elderly. Therefore, interventions based on nutrition education, increased awareness of routine check-ups, and family support in adopting healthy dietary patterns are needed. These efforts are expected to reduce the incidence of hypertension and improve the quality of life for the elderly in the service area of the Kuta Alam Community Health Center.

Keywords: dietary patterns, hypertension, elderly, risk factors, public health