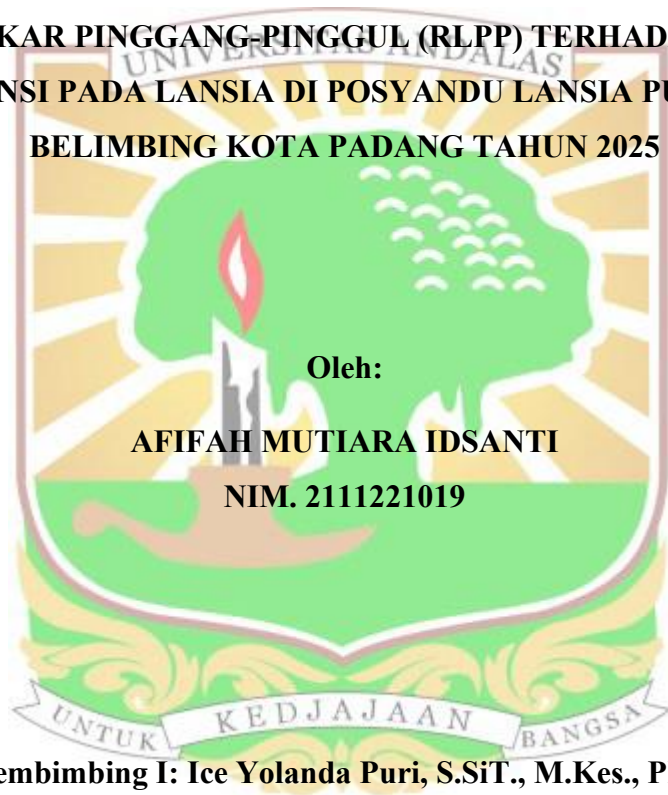




UNIVERSITAS ANDALAS

**HUBUNGAN ASUPAN LEMAK, KONSUMSI BUAH DAN SAYUR, SERTA
RASIO LINGKAR PINGGANG-PINGGUL (RLPP) TERHADAP KEJADIAN
HIPERTENSI PADA LANSIA DI POSYANDU LANSIA PUSKESMAS
BELIMBING KOTA PADANG TAHUN 2025**



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FAKULTAS KESEHATAN MASYARAKAT

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Skripsi, 27 Agustus 2025

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HUBUNGAN ASUPAN LEMAK, KONSUMSI BUAH DAN SAYUR, SERTA RASIO LINGKAR PINGGANG-PINGGUL (RLPP) TERHADAP KEJADIAN HIPERTENSI PADA LANSIA DI POSYANDU LANSIA PUSKESMAS BELIMBING KOTA PADANG TAHUN 2025

xii + 108 halaman + 16 tabel + 5 gambar + 13 lampiran

ABSTRAK

Tujuan

Penelitian ini bertujuan untuk mengetahui hubungan asupan lemak, konsumsi buah dan sayur, serta rasio lingk pinggang-pinggul (RLPP) terhadap kejadian hipertensi pada lansia di posyandu lansia Puskesmas Belimbing Kota Padang.

Metode

Penelitian ini menggunakan desain *cross-sectional*. Populasi penelitian ini adalah seluruh lansia yang hadir di posyandu lansia Puskesmas Belimbing Kota Padang. Jumlah sampel yaitu 85 orang. Teknik pengambilan sampel adalah *consecutive sampling*. Data dikumpulkan dengan cara pengisian kuesioner, wawancara, melakukan pengukuran tekanan darah, dan pengukuran lingk pinggang dan pinggul. Data dianalisis secara univariat dan bivariat dengan menggunakan uji *chi-square*.

Hasil

Hasil penelitian menunjukkan 63,5% responden tidak mengalami hipertensi, 76,5% responden memiliki asupan lemak cukup, 54,1% responden kurang mengonsumsi buah, dan 89,4% responden kurang mengonsumsi sayur. Terdapat hubungan yang signifikan antara asupan lemak terhadap kejadian hipertensi ($p\text{-value}=0,025$). Tidak terdapat hubungan antara konsumsi buah ($p\text{-value}=0,053$), sayur ($p\text{-value}=0,718$), dan RLPP ($p\text{-value}=1,000$) terhadap kejadian hipertensi pada lansia di posyandu lansia Puskesmas Belimbing Kota Padang tahun 2025.

Kesimpulan

Asupan lemak memiliki hubungan yang signifikan terhadap kejadian hipertensi. Konsumsi buah, sayur, dan RLPP tidak memiliki hubungan yang signifikan terhadap kejadian hipertensi pada lansia di posyandu lansia Puskesmas Belimbing Kota Padang tahun 2025.

Daftar Pustaka : 165 (2001-2025)

Kata Kunci : Asupan Lemak, Hipertensi, Konsumsi Buah, Konsumsi Sayur, dan Rasio Lingk Pinggang-Pinggul

FACULTY OF PUBLIC HEALTH

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Undergraduate Thesis, 27th August 2025

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THE ASSOCIATION OF FAT INTAKE, FRUIT AND VEGETABLE CONSUMPTION, AND WAIST-TO-HIP RATIO (WHR) WITH THE INCIDENCE OF HYPERTENSION AMONG ELDERLY AT THE INTEGRATED HEALTH POST OF BELIMBING PUBLIC HEALTH CENTER IN PADANG CITY

xii + 108 pages + 16 tables + 5 pictures + 13 attachments

ABSTRACT

Objective

This study aims to investigate the association between fat intake, fruit and vegetable consumption, and waist-to-hip ratio (WHR) with the incidence of hypertension among the elderly at the integrated health post of Belimbing Public Health Center in Padang

Methods

This study used a cross-sectional research design. The sample size was 85 participants. The sampling technique used was consecutive sampling. Data were collected by completing questionnaires, conducting interviews, and measuring blood pressure, waist circumference, and hip circumference. Data were analyzed using univariate and bivariate analysis with the chi-square test.

Results

The results showed that 63.5% of respondents did not have hypertension, 76.5% had an adequate intake of fat, 54.1% did not consume enough fruit, and 89.4% did not consume enough vegetables. There was a significant association between fat intake and the incidence of hypertension ($p\text{-value}=0.025$). There was no significant association between fruit consumption ($p\text{-value}=0.053$), vegetable consumption ($p\text{-value}=0.718$), and waist-to-hip ratio ($p\text{-value}=1,000$) and the incidence of hypertension at the integrated health post of Belimbing Health Center in Padang City.

Conclusion

Fat intake was significantly associated with the incidence of hypertension. In contrast, fruit and vegetable consumption, as well as the waist-to-hip ratio (WHR) showed no significant association with the incidence of hypertension in the elderly at the integrated health post of Belimbing Health Center in Padang City.

References : 165 (2001-2025)

Keywords : Fat Intake, Fruit Consumption, Hypertension, Vegetable Consumption, and Waist-to-Hip Ratio