



**Diajukan Sebagai Pemenuhan Syarat untuk Mendapatkan
Gelara Sarjana Gizi**

**FAKULTAS KESEHATAN MASYARAKAT
UNIVERSITAS ANDALAS
PADANG, 2026**

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**HUBUNGAN ASUPAN SERAT, PROTEIN, DAN SEDENTARY LIFESTYLE
TERHADAP KEJADIAN HIPERTENSI PADA PRA LANSIA (USIA 45-59
TAHUN) DI WILAYAH KERJA PUSKESMAS BELIMBING KOTA PADANG
TAHUN 2026**

xii + 103 halaman, 19 tabel, 4 gambar, 8 lampiran

ABSTRAK

Tujuan

Hipertensi pada pra-lansia telah menjadi masalah kesehatan yang serius baik secara global maupun nasional. Faktor risiko seperti pola makan rendah serat dan protein, serta *sedentary lifestyle* pada kategori tinggi dan sedang dapat berkontribusi terhadap kejadian hipertensi. Meskipun demikian, hasil penelitian terkait faktor-faktor tersebut masih menunjukkan inkonsistensi hasil. Penelitian ini bertujuan untuk mengetahui hubungan asupan serat, protein, dan *sedentary lifestyle* terhadap kejadian hipertensi pada pra-lansia usia 45-59 tahun di wilayah kerja Puskesmas Belimbing Kota Padang tahun 2026.

Metode

Penelitian ini menggunakan metode kuantitatif dengan desain *case control*. Teknik pengambilan sampel menggunakan *accidental sampling* dengan matching jenis kelamin dan wilayah tempat tinggal. Jumlah sampel sebanyak 88 responden (44 kasus dan 44 kontrol). Pengumpulan data dilakukan dengan menggunakan kuesioner *food recall* 1x24 jam, *Sedentary Behavior Questionnaire* (SBQ), dan pengukuran tekanan darah. Analisis data menggunakan uji *McNemar*.

Hasil

Hasil penelitian menunjukkan tidak terdapat hubungan yang signifikan secara statistik antara asupan serat ($p\text{-value} = 0,248$), asupan protein ($p\text{-value} = 1,000$), dan *sedentary lifestyle* ($p\text{-value} = 1,000$) terhadap kejadian hipertensi pada pra-lansia. Meskipun demikian, asupan serat menunjukkan kecenderungan risiko terhadap kejadian hipertensi pada pra-lansia ($OR = 1,70$).

Kesimpulan

Asupan serat, protein, dan *sedentary lifestyle* tidak berhubungan dengan kejadian hipertensi pada pra-lansia. Pra-lansia diharapkan untuk dapat meningkatkan asupan serat karena menunjukkan kecenderungan risiko terhadap kejadian hipertensi pada pra-lansia.

Daftar Pustaka : 87 (2014-2026)

Kata Kunci : Asupan, Hipertensi, Protein, *Sedentary Lifestyle*, Serat

**FACULTY OF PUBLIC HEALTH
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**Undergraduate Thesis, July 2026
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**THE RELATIONSHIP OF DIETARY FIBER INTAKE, PROTEIN INTAKE,
AND SEDENTARY LIFESTYLE WITH THE INCIDENCE OF
HYPERTENSION AMONG THE PRE-ELDERLY (AGED 45–59 YEARS) IN
THE WORKING AREA OF BELIMBING PUBLIC HEALTH CENTER,
PADANG CITY, IN 2026**

Xii + 103 pages, 19 tables, 4 figures, 8 appendices

ABSTRACT

Objective

Hypertension among pre-elderly individuals has become a serious health concern both globally and nationally. Risk factors such as low dietary fiber and protein intake, as well as moderate to high levels of sedentary lifestyle, may contribute to the incidence of hypertension. Nevertheless, research findings regarding these factors have remained inconsistent. This study aims to examine the association between dietary fiber intake, protein intake, and sedentary lifestyle with the incidence of hypertension among pre-elderly individuals aged 45–59 years in the working area of Belimbing Public Health Center, Padang City, in 2026.

Method

This study employed a quantitative case-control design. The sampling technique used was accidental sampling with matching for sex and residential area. The total sample comprised 88 respondents (44 cases and 44 controls). Data collection was conducted using a 24-hour food recall questionnaire, the Sedentary Behavior Questionnaire (SBQ), and blood pressure measurements. Data analysis was performed using the McNemar test.

Result

The results of the study indicated that there was no statistically significant association between dietary fiber intake (p-value = 0.248), protein intake (p-value = 1.000), and sedentary lifestyle (p-value = 1.000) and the incidence of hypertension among pre-elderly individuals. However, dietary fiber intake exhibited a tendency to increase the risk of hypertension among pre-elderly individuals (OR = 1.70).

Conclusion

Intake of dietary fiber and protein, as well as a sedentary lifestyle, was not associated with the incidence of hypertension in pre-elderly individuals. Pre-elderly individuals are encouraged to increase their dietary fiber intake, as it has been shown to be associated with a tendency toward an increased risk of hypertension in this population.

References : 87 (2014-2026)

Keywords : Dietary fiber, Hypertension, Intake, Protein, Sedentary lifestyle

