

***The Relationship of Physical Activity, Ratio of Sodium Potassium Intake,
and Nutritional Status with Degree of Hypertension
(The Case Study at Pasien of Ngasem Public Health Center
in Covid-19 Pandemic Period)***

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ABSTRACT

Hypertension or also known as high blood pressure is defined as systolic blood pressure above 140 mmHg and/or diastolic blood pressure above 90 mmHg. Many factors influence hypertension, including physical activity, the ratio of sodium to potassium intake, and nutritional status. The purpose of this study is to examine the relationship of physical activity, sodium potassium intake ratio, and nutritional status to the degree of hypertension in outpatients at Ngasem Public Health Center. The research used cross-sectional design. The subjects in this research are 19 subjects obtained by the quota sampling technique. Data were obtained by direct measurement and interviews. Measurements were made on data collection for body height, body weight, and blood pressure. Physical activity and sodium potassium intake ratio data were taken by interview method with IPAQ questionnaire for physical activity data, and SQ-FFQ for sodium potassium intake ratio data. The results of the analysis of the relationship of physical activity with the degree of hypertension obtained p value=0.660, an analysis of the relationship between the ratio of sodium potassium intake to the degree of hypertension obtained p value = 0.268, and the analysis of the relationship between nutritional status and the degree of hypertension obtained p value= 0.537. This study concludes that there is no relationship between physical activity, the ratio of sodium to potassium intake, and nutritional status with the degree of hypertension.

Keyword: *Degree of Hypertension, Nutritional Status, Physical Activity, Ratio of Sodium Potassium Intake.*