

***The Relationship Consumption Of Magnesium, Sodium Sources
and Sleep Pattern with Hypertension Incidence
in Kaliwates Subdistrict Jember District***

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ABSTRACT

Hypertension or high blood pressure is an increase in systolic and diastolic blood pressure that exceeds normal limits. The prevalence of hypertension in East Java is 36.32% and the prevalence of hypertension in Jember Regency is 39.18%. Several factors affect blood pressure, including consumption patterns of sources of magnesium, sodium and sleep patterns. The purpose of this study was to determine the relationship between consumption of sources of magnesium, sodium and sleep patterns with the incidence of hypertension in Kaliwates District, Jember Regency. This type of research is analytic observational with a cross-sectional research design. The number of research subjects was 107 respondents. Data collection using the SQ-FFQ questionnaire and sleep pattern questionnaire (PSQI). Statistical analysis using SPSS 22.0 with chi-square test. The results of the study showed that there was no significant relationship between the adequacy of magnesium and the incidence of hypertension ($p=0,324$), there was a significant relationship between the adequacy of sodium and the incidence of hypertension ($p=0,00$), and there was a significant relationship between sleep patterns and the incidence of hypertension ($p=0,002$).

Keywords : *Hypertension, Source of Magnesium, Source of Sodium and Sleep Pattern*