

**Hubungan Status Gizi, Kualitas Tidur dan Asupan Natrium dengan Kejadian Hipertensi pada Lansia di Puskesmas Sumber Sari (*Relationship between nutritional status, sleep quality and sodium intake with the incidence of hypertension in the elderly at Sumber Sari Community Health Center*)**

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**ABSTRACT**

*Hypertension is a disease that is most often found in people who have entered old age. An elderly person suffers from hypertension due to weakening of the performance of the body's organs. Hypertension in the elderly occurs due to hard large arteries and can increase blood pressure. The prevalence of hypertension in the world is predicted to continue to increase until 2025 from 26.4% to 29.2%. This study aims to determine the relationship between nutritional status, sleep quality and sodium intake with the incidence of hypertension in the elderly at the Sumber Sari Community Health Center. The method of this research is observational analytic with a cross sectional design. The sample in this study consisted of 77 elderly people using simple random sampling. This study collected data through blood pressure and anthropometric measurements, interviews using a sleep quality questionnaire and a 2x24 hour food recall form. The statistical analysis used to conduct this research was the chi-square test. The results showed that there was a significant relationship between nutritional status and the incidence of hypertension with a  $p$ -value = 0.034, sleep quality and the incidence of hypertension showed that there was a significant relationship with a  $p$ -value = 0.021 and there was no significant relationship between sodium intake and incidence of hypertension with  $p$ -value = 0.559.*

**Keywords** : *Nutritional Status, Sleep Quality, Sodium Intake, Hypertension Incidence*