

***The Relationship Between Dietary Patterns and Sleep Quality on Blood  
Pressure Among Pre-Eldery Individuals at Kanigaran  
Health Center Probolinggo City***

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***ABSTRACT***

*Hypertension is a condition in which systolic blood pressure is  $\geq 140$  mmHg and diastolic blood pressure is  $\geq 90$  mmHg, measured twice in a calm state. According to the 2018 Basic Health Research (Riskesdas) data, the prevalence of hypertension in Indonesia was 34.11%, while in East Java it was 36.32%. One of the risk factors that contributes to elevated blood pressure is diet and sleep quality. Dietary patterns include the type of food, amount of food, and frequency of meals. The aim of this study is to determine the relationship between dietary patterns and sleep quality with blood pressure in pre-elderly individuals at the Kanigaran Public Health Center, Probolinggo City. This research uses a cross-sectional design. The sample consisted of 59 pre-elderly individuals from the Kanigaran Health Center. The sampling technique used was quota sampling, where respondents who met the inclusion criteria and were present at the time of data collection were selected. Dietary patterns were measured using a dietary pattern questionnaire, sleep quality was assessed using the Pittsburgh Sleep Quality Index (PSQI), and blood pressure was measured using a sphygmomanometer. Data analysis was conducted using the Chi-square test. The results showed a significant relationship ( $p < 0.05$ ) between dietary patterns and sleep quality with blood pressure.*

***Keywords:*** *Blood Pressure, Dietary Patterns, Older adults, Sleep Quality*