

# HUBUNGAN ASUPAN NATRIUM, ASUPAN KALIUM, DAN AKTIVITAS FISIK TERHADAP KEJADIAN HIPERTENSI PADA PNS (PEGAWAI NEGERI SIPIL) DI PENGADILAN NEGERI MADIUN PADA MASA PANDEMI COVID-19

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## ABSTRAK

**Latar Belakang.** Problematika pandemi covid-19 mengaitibatkan segala jenis kegiatan harus dilakukan secara WFH, yang berdampak pada terbatas nya kegiatan masyarakat diluar rumah. Perubahan tingkat asupan gizi, aktivitas fisik jika terjadi pada waktu yang panjang akan beresiko menyebabkan penyakit tidak menular salah satunya penyakit hipertensi. Hipertensi adalah keadaan dimana seseorang dinyatakan mengalami peningkatan tekanan darah di atas batas normal..**Tujuan.**Menganalisis hubungan asupan natrium, asupan kalium, dan aktivitas fisik terhadap kejadian hipertensi pada PNS di Pengadilan Negeri Madiun pada masa pandemi COVID-19. **Metode.** Penelitian yang digunakan adalah observasional dengan desain penelitian Analitik. Teknik pengambilan sampel menggunakan metode simple random sampling. Dalam penelitian ini besar sampel penelitian sebanyak 42 responden PNS di Pengadilan Negeri Madiun.Pengambilan data penelitian meliputi pengukuran tekanan darah, wawancara SQ-FFQ dan Recall aktivitas fisik serta kuisisioner.**Hasil.** Penelitian ini menunjukkan hubungan signifikan antara asupan natrium dengan kejadian hipertensi ( $p= 0,000$ ), asupan kalium menunjukkan hubungan signifikan ( $p= 0,020$ ) dan aktifitas fisik menunjukkan hubungan signifikan dengan kejadian hipertensi ( $p= 0,021$ ). **Kesimpulan.**Terdapat hubungan asupan natrium, asupan kalium, dan aktivitas fisik terhadap kejadian hipertensi pada PNS di Pengadilan Negeri Madiun pada masa pandemi COVID-19.

**Kata kunci** : *Asupan Natrium,Asupan Kalium, Aktifitas Fisik , Hipertensi , Pademi Covid-19*

**THE RELATIONSHIP OF SODIUM INTAKE, POTASSIUM INTAKE, AND  
PHYSICAL ACTIVITY TO THE EVENT OF HYPERTENSION IN PNS  
(CIVIL SERVANTS) AT THE MADIUN STATE COURT DURING THE  
COVID-19 PANDEMIC**

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**ABSTRACT**

**Background.** *The problems of the covid-19 pandemic have resulted in all types of activities having to be carried out in a WFH manner, which has an impact on the limited activities of the community outside the home. Changes in the level of nutritional intake, physical activity if it occurs for a long time will be at risk of causing non-communicable diseases, one of which is hypertension. Hypertension is a condition where a person is declared to have an increase in blood pressure above the normal limit.* **Objective.** *To analyze the relationship between sodium intake, potassium intake, and physical activity on the incidence of hypertension in civil servants at the Madiun District Court during the COVID-19 pandemic.* **Method.** *The research used was observational with an analytical research design. The sampling technique used is simple random sampling method. In this study, the research sample was 42 civil servants at the Madiun District Court. Data collection included blood pressure measurements, SQ-FFQ interviews and physical activity recalls and questionnaires.* **Results.** *This study showed a significant relationship between sodium intake and the incidence of hypertension ( $p = 0.000$ ), potassium intake showed a significant relationship ( $p = 0.020$ ) and physical activity showed a significant relationship with the incidence of hypertension ( $p = 0.021$ ).* **Conclusion.** *There is a relationship between sodium intake, potassium intake, and physical activity on the incidence of hypertension in civil servants at the Madiun District Court during the COVID-19 pandemic.*

**Keywords:** *Sodium Intake, Potassium Intake, Physical Activity, Hypertension, COVID-19 pandemic.*