



Analysis of Dietary Pattern Factors and Hypertension in the Elderly in Bantimurung, Maros Regency

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Abstract

The diet that causes hypertension is the diet of the elderly consuming foods that contain sugar, high salt, excessive fat such as thick coconut milk, oil, vegetables and fruit that contain gas, and drinks Which in consumption every day like coffee. This research aims to provide an explanation of the relationship between patterns Eat with incident hypertension on elderly in Bantimurung, Maros Regency. The research method used *was cross sectional* with sampling techniques Which used were 40 respondents regarding the distribution of respondents based on Low eating patterns with the incidence of hypertension in Bantimurung, Maros Regency, low 0 respondents (0.0%). Moderate diet with the incidence of hypertension, moderate 0 respondents (0.0%). Diet High with incidence hypertension, High 3 respondents (9.7%). Low 4 respondents (66.7%). Moderate diet with the incidence of hypertension, 3 respondents (100%). Diet High with incidence hypertension, Height 20 respondents (64.5%), Then Low 2 respondents (33.3%). Pattern Moderate eating with the incidence of hypertension, Moderate 0 respondents (0.0%). High diet with incident hypertension, Tall 8 respondents (25.8%). The research results obtained showed no relationship between diet and the incidence of hypertension in the elderly is ($p = 0.680 < 0.05$). This means there is no relationship between pattern Eat with incident hypertension on elderly in Bantimurung, Maros Regency. Conclusions on research on the relationship between eating patterns and events hypertension in the elderly in Bantimurung, Maros Regency, it was concluded that: "There is no relationship between pattern Eat with incident hypertension on elderly in





Bantimurung, Maros Regency with $p = 0.680$ ".

Keyword : Analysis, Diet, Hypertension, Elderly, Bantimurung Maros

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1. Introduction

The aging process is physiological, which everyone will experience. The restrictions on people are based on elderly people Act No 13 year 1998 is 60 year. Aging process (aging process) is something process biological Which will in experienced by every person according to Paris Constatdtnides, 1994 Aging is a process of disappearance slowly (gradually) the ability of the network to repair or replace and maintain normal functional structure, resistance to injury (incl infection) unlike at birth, the aging process has begun since somebody reach mature, for example loss occurs network on muscles, structure nerves and other tissues so that the body shuts down a little little by little. Actually there isn't any firm limit, at what age a person's appearance begins to decline. In each person, The physiological functions of the body's organs are very different, both in terms of peak attainment and when it declines. However, generally the body's physiological functions reach their peak at the age of 20-30 year. After reaching peak function, the body's organs will remain intact a number of moment then decrease A little sake A little in accordance increase age.

Even though it continues to increase, blood pressure in the elderly is also uncertain. Reason hypertension on elderly even Still become debate however, it's serious expert believe getting older potential cause shift This reduces flexibility vessels arteries big And aorta, so that hypertension in elderly. Pattern Eat Which cause happen hypertension is pattern Eat elderly Which consuming Foods that contain sugar, high salt, excessive fat such as coconut milk thick, oil, vegetables and fruit that contain gas, as well





as drinks that contain consumption every day like coffee.

Based on 2013 Riskesdas data, incidence of hypertension in Nusa Province West Southeast is ranked 15th out of 33 provinces in Indonesia, namely as much 24.3%. Whereas province with sufferer hypertension highest is Bangka Belitung Province as much as 30.9%, followed by the province South Kalimantan 30.8%, Kalimantan east 29.6%, Java west 29.4% Gorontalo 29.0%. And province Papua is the province with the lowest incidence of hypertension in Indonesia. Based on data taken on July 9 2020, the number of hypertension from 2 years ago from January to December, the number of people suffering from hypertension in Bantimurung, Maros Regency was 20 people, 30%, with a gender breakdown of 10 people and 10 women. person year 2020 from month January until month June amount in Bantimurung, Maros Regency 20 person 40% with details type male genital amount 8 person And Woman 12 person.

2. Research Methods

Study This use design study quantitative. Design Which used in the research is descriptive analytic with a *cross sectional approach*. Study analytic aim For research relationship between variable free And variable bound. Approach *Cross Sectionals* ie Where data variable free and variable bound collected in time simultaneously. Analysis done with use test *Chi-Square Test*. Technique sampling was 40 samples. The analysis was carried out univariately and bivariate.

3. Results And Discussion

a. Results

Table 4.1
Characteristics Respondent Based on Age And Type Sex

Characteristics Respondent	Frequenc <i>y</i> (n)	Percen <i>t</i> (%)
Age 60-75 Year	28	70.0





>75-80 Year	12	30.0
Type Sex		
Man	11	27.5
Woman	29	72.5
Total	40	100%

Based on table 4.1, it explains that characteristics of respondents based on Age 60-75 years in Bantimurung, Maros Regency was obtained as much as (70.0%) and age >75-80 years, namely as much as (30.08%). Meanwhile, based on gender in Bantimurung, Maros Regency, it was obtained that is man as much 11 person (27.5%) And Woman as much 29 person (72.5%).

Table 4.2
Distribution Pattern Eat To Elderly In Bantimurung, Maros Regency

Pattern Eat	Frequency (n)	Percent (%)
Low	3	7.5
Currently Tall	6	15.0
	31	77.5
Total	40	100%

In table 4.2 it is obtained based on the results of the frequency distribution of Eating Patterns For the elderly, data obtained from a total of 40 respondents showed that respondents with a low assessment of 3 people (7.5%), medium 6 people (15.0%) and high 31 people (77.5%). So percentage highest is on respondents with evaluation tallwith frequency as much 40 person.

Table 4.3
Distribution Hypertension To Elderly In Bantimurung, Maros Regency

Incident Hypertension	Frequency (n)	Percent (%)
Low	3	7.5





Currently Tall	10	25.0
	27	67.5
Total	40	100%

On table 4.3 obtained based on results distribution frequency Incident Hypertension On Elderly obtained data from total 40 respondents show that respondents with evaluation low 3 person (7.5%), currently 10 person (25.0%) and high 27 people (67.5%). So the highest percentage is high on 27 respondents.

Table 4.4
Distribution Connection Between Pattern Eat With Incident Hypertension On Elderly In Bantimurung, Maros Regency

Pattern Eat	Incident Hypertension						Total	
	Low		Currently		Tall			
	n	%	N	%	n	%	N	%
Low	0	0.0%	4	66.7%	2	33.3%	6	100%
Currently	0	9.7%	3	100%	0	0.0%	3	100%
Tall	3	9.7%	20	64.5%	8	25.8%	31	100%
Total	3	7.5%	27	67.5%	10	25.0%	40	100%

Table 4.4 shows the distribution of respondents based on low eating patterns. The incidence of hypertension in Bantimurung, Maros Regency, was low, 0 respondents (0.0%). Moderate diet with incident hypertension, Medium 0 respondents (0.0%). Diet High with The incidence of hypertension was high in 3 respondents (9.7%). Low 4 respondents (66.7%). Pattern Moderate eating with the incidence of hypertension, moderate 3 respondents (100%). Dietary habit Tall with incident hypertension, Tall 20 respondents (64.5%), Then Low 2 respondents (33.3%).





Pattern Eat Currently with incident hypertension, Currently 0 respondents (0.0%).
High diet with high incidence of hypertension, 8 respondents (25.8%).

b. Discussion

The results of statistical analysis using the *Chi-Square test* show that the *p value* $\alpha=0.680$ where H_a is accepted and H_o is rejected, meaning it can be concluded that it does not exist connection between patterns Eat with incident hypertension on elderly.

Pattern eating is one of factor cause of occurrence various disease one of which is hypertension. One way to reduce the occurrence hypertension is to maintain a good diet, namely reducing intake Lots fat And intake salt beside That need increase Eat fruit and vegetable.

Pattern Eat is method How We arrange intake nutrition Which balanced and what the body needs, if pattern eating is not good cause hypertension. Pattern Eat Which No Good like food Which contains high levels of saturated fat, high salt, lacks vegetables and fruit as well food And drink can trigger happen disease hypertension because food These do not match the calories needed and contain many ingredients preservative.

Hypertension in general is a condition without symptoms, where pressure blood Which tall in in arteries cause increasing risk to cardiovascular-related diseases such as stroke, failure kidney, attack heart and damage kidney.

According to Triyanto, (2014) hypertension is a degenerative disease. Generally blood pressure increases slowly with increase age. Basically, hypertension tends to be unstable and difficult to treat If controlled, it can cause heart infarction, kidney failure, stroke and damage eye.

Study This Also in line with study Which done by Mulyati,(2011) show that risk for suffer hypertension for subject Which consuming high amounts of sodium has a 5.6 times greater risk compared to with that consume internal sodium the





amount low.

4. Conclusion

From the results of research in Bantimurung, Maros Regency in 2020 regarding the relationship between patternseating with the incidence of hypertension in the elderly in Bantimurung, Maros Regency, it was concluded that: "No There is a relationship between diet and the incidence of hypertension in the elderly and outcomes $p = 0.680$ ".

Diet is very important. If the diet is not regulated with Good so will influential on health man. Pattern Eat Which happen most of the elderly in Bantimurung, Maros Regency have poor diets. Dietary habit the because pattern Eat elderly can cause pressure blood tall increased and consumed a lot of salty foods. The incidence of hypertension in elderly There are also several risk factors for hypertension, including age and typesex, descendants, obesity, etc.

5. Compliance with ethical standards

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Disclosure of conflict of interest

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Statement of informed consent

Every action we take as authors is a mutual agreement or consent.

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