

ABSTRACT

Hypertension or commonly known as high blood pressure, is a condition where a person's blood pressure exceeds normal limits. As you get older, the prevalence of someone suffering from hypertension also increases. Based on the 2015 Health Profile of Malang Regency, the prevalence of hypertension in Tumpang District is the fourth highest. Hypertension if left uncontrolled can cause complications. Many factors can cause hypertension from those that can be controlled to those that cannot be controlled. Factors that cannot be controlled for hypertension include family history, gender, and age, and factors that can be controlled include lifestyle including obesity, physical activity, smoking, alcohol consumption, and sleeping habits. As well as excessive consumption of sodium, carbohydrates, protein and fat can also cause hypertension. This study aims to determine the relationship between intake of sodium, carbohydrates, proteins, and fats with blood pressure in people with hypertension. The design of this study uses a cross-sectional design. The sampling method used was purposive sampling. The data analysis used was the Pearson correlation statistical test. Pearson correlation test results on sodium intake obtained $p = 0.624$, carbohydrate intake $p = 0.445$, protein intake $p = 0.800$, and fat intake $p = 0.530$, which means that there is no significant relationship between intake of sodium, carbohydrates, protein and fat with blood pressure in hypertensive patients. It can be concluded that there is no relationship between sodium, carbohydrate, protein and fat intake and blood pressure in hypertension sufferers.

Keywords: Sodium Intake, Carbohydrate Intake, Protein Intake, Fat Intake, and Hypertension