

LITERATURE STUDY OF THE RELATIONSHIP OF LOW SALT DIET AND PHYSICAL ACTIVITY WITH BLOOD PRESSURE IN HYPERTENSION SATISFACTIONS

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Abstract

Objectives : Hypertension is a condition where the systolic blood pressure is greater than or equal to 140mmHg and the diastolic blood pressure is greater than or equal to 90mmHg. Several factors that cause hypertension include excessive salt consumption and lack of physical activity, so it is necessary to manage hypertension with a low-salt diet and supported by sufficient physical activity. This study aims to determine the relationship between a low-salt diet and physical activity with blood pressure in hypertension sufferers.

Method: The research conducted was a literature study using the traditional literature review method. Data was obtained by screening through a prisma flow chart using the Google Scholar database which was published in 2018-2022 taking into account PEOS, and 8 journals were obtained according to the topic. The journals obtained were analyzed by comparing the data obtained. Analysis was carried out to determine the relationship between low-salt diet and physical activity with blood pressure in hypertension sufferers.

Results: Of the eight journals that have been studied, there is a relationship between a low-salt diet and physical activity with blood pressure in hypertension sufferers.

Conclusion: Based on the literature study that has been done, it can be concluded that there is a relationship between a low-salt diet and physical activity with blood pressure in hypertension sufferers.

Keywords: Low Salt Diet, Physical Activity, Blood Pressure, Hypertension.