

LAMPIRAN

BIODATA PENELITI



A. Data Pribadi

Nama : Nanik Tri Susilowati
Tempat, Tanggal Lahir : Samarinda, 27 November 2001
Alamat : Jl. Kebun Agung, Rt.04, Kel.Lempake,
Samarinda Utara

B. Riwayat Pendidikan Formal

Pendidikan Formal

- Tamat SD Tahun : 2013 di SDN 019 Samarinda Utara
- Tamat SMP : 2016 di SMPN 13 Samarinda Utara
- Tamat SLTA : 2019 di SMAN 9 Samarinda Utara

Tanggal Ujian : 13 Juli 2023

Judul Penelitian :

**HUBUNGAN ASUPAN SERAT DENGAN KEJADIAN HIPERTENSI PADA
LANSIA DI PUSKESMAS LEMPAKE**

Pembimbing : Sri Sunarti, M.PH

Demikian permohonan pengajuan pengajuan pengujian ini saya sampaikan atas perhatiannya saya ucapkan terima kasi.

Wassalamu'alaikum Wr.Wb

Samarinda, 05 Juli 2023

Hormat saya.
Mahasiswa

Nanik Tri Susilowati
NIM. 1911102413107

Lampiran 2 Surat Balasan Penelitian



PEMERINTAH KOTA SAMARINDA

DINAS KESEHATAN

UPTD PUSKESMAS LEMPAKE

Jalan. D.I. Panjaitan Kebon Agung No.1 Lempake kec Samarinda Utara Kota
Samarinda, Kalimantan Timur 75118, Telepon 280620

<https://pkm-lempake.samarindakota.go.id>

E-mail : Puskesmaslempake@yahoo.com

Samarinda, 9 Juni 2023

Nomor : 800.1.11 / 255 /100.02.24.007
Sifat : Biasa
Lampiran : -
Perihal : Surat Keterangan Selesai Penelitian

Kepada Yth,
Ketua Program Studi Kesehatan Masyarakat
Universitas Muhammadiyah Kalimantan Timur
di-
Tempat

Dengan Hormat,
Sehubungan dengan adanya surat Izin Penelitian Nomor. 077/FIK.3/C.2/B/2023 dari Program Studi
Kesehatan Masyarakat Universitas Muhammadiyah Kalimantan Timur Samarinda atas nama:

NAMA	NIM	Judul Penelitian
Candra Meidiyono	1911102413003	Hubungan IMT dengan kejadian Hipertensi pada lansia di Puskesmas Lemapke
Alda Karintia Saputri	1911102413127	Hubungan pola makan dengan kejadian Hipertensi pada lansia di Puskesmas Lempake
Afifah Batrisya	1911102413106	Hubungan perilaku merokok dengan kejadian Hipertensi di Puskesmas Lempake
Nanik Tri Susilowati	1911102413107	Hubungan Asupan Serat Dengan Kejadian Hipertensi pada lansia di Puskesmas Lempake
Nisa Ardini	1911102413054	Hubungan senam bugar prolans dengan kejadian Hipertensi pada lansia di Puskesmas Lempake



PEMERINTAH KOTA SAMARINDA

DINAS KESEHATAN

UPTD PUSKESMAS LEMPAKE


Jalan. D.I. Panjaitan Kebon Agung No.1 Lempake kec Samarinda Utara Kota
Samarinda, Kalimantan Timur 75118, Telepon 280620

<https://pkm-lempake.samarindakota.go.id>

E-mail : Puskesmaslempake@yahoo.com

Dengan ini kami menyampaikan bahwa mahasiswa/i tersebut telah melaksanakan tugas Penelitian/Pengambilan data di Puskesmas Lempake untuk keperluan menyelesaikan tugas Penelitian.

Demikian surat keterangan ini kami sampaikan. Atas perhatiannya dan kerja samanya kami ucapkan terima kasih.

Kepala UPTD Puskesmas Lempake

dr. Misbahuddin Hasan
NIP. 197104102010011012

LEMBAR PERSETUJUAN RESPONDEN

Saya yang bertanda tangan di bawah ini:

Nama Responde :

Usia Responden :

Jenis kelamin :

saya adalah mahasiswa Universitas Muhammadiyah Kalimantan Timur yang saat ini sedang melakukan penelitian untuk mengetahui Hubungan Asupan Serat Dengan Kejadian Hipertensi Pada Lansia Di Puskesmas Lempake. Oleh karena itu, saya sangat mengharapkan kesediaan Bapak/Ibu untuk mengisi kuisisioner mengenai data diri. Saya akan merahasiakan seluruh informasi yang Bapak/Ibu berikan.

Setelah mendapat penjelasan, saya bersedia berpartisipasi sebagai responden penelitian yang dilakukan oleh mahasiswa/I program studi S1 Kesehatan Masyarakat Universitas Muhammadiyah Kalimantan Timur, dengan judul “Hubungan Asupan Serat Dengan Kejadian Hipertensi Pada Lansia Di Puskesmas Lempake”.

Samarinda, Mei 2023

Responden

(.....)

**KUISIONER PENELITIAN SKRIPSI
PROGRAM STUDI S1 KESEHATAN MASYARAKAT
FAKULTAS KESEHATAN MASYARAKAT
UNIVERSITAS MUHAMMADIYAH KALIMANTAN TIMUR**

**HUBUNGAN ASUPAN SERAT DENGAN KEJADIAN HIPERTENSI
PADA LANSIA DI PUSKESMAS LEMPAKE**

Lampiran 4 Lembar Observasi

LEMBAR OBSERVASI

No	Nama Responde	Tekanan Darah		Kriteria
		Sistolik	Distolik	
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				



Keterkaitan Persentase Lemak Tubuh, Asupan Serat, dan Rasio Lingkar Pinggang Pinggul dengan Tekanan Darah Lansia

Hapsari Sulistya Kusuma¹, Mirza Nursania Widanti², Salsa Bening³, Sufiati Bintanah⁴

^{1,2,3,4}Program Studi S1 Gizi, Universitas Muhammadiyah Semarang, Indonesia
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Abstract

This study aims to determine the relationship between the percentage of body fat, fiber intake and hip waist circumference ratio with blood pressure of elderly. This type of research used an analytic observational study with a cross sectional approach. It was conducted on 46 elderly people selected by purposive sampling method. The data collected includes blood pressure, measurements using a sphygmomanometer. Measurement of body fat percentage using the BIA instrument. Measurement of fiber intake with a 2x24 hour food recall instrument. As well as measuring the ratio of waist to hip circumference with metline instruments. Testing the relationship between variables was analyzed using the chi-square test. The result 52.2% of the sample had a higher percentage of body fat. 60.9% of the sample had less fiber intake. 58.7% of the sample had a higher waist to hip ratio. 52.2% of the sample had hypertension I. There was a relationship between the percent of body fat (p value < 0.001), fiber intake (p value < 0.001), and ratio of waist to hip circumference (p value < 0.001) with blood pressure.

Keywords: *body fat, fiber intake, waist-to-hip ratio, blood pressure*

Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara persentase lemak tubuh, asupan serat, dan rasio lingkar pinggang pinggul (RLPP) dengan tekanan darah lansia. Jenis penelitian ini menggunakan studi observasional analitik dengan pendekatan *cross sectional*, dilakukan terhadap 46 orang lanjut usia dengan *purposive sampling*. Pengukuran persentase lemak tubuh dengan instrumen BIA. Pengukuran asupan serat dengan instrumen *food recall* 2x24 jam, RLPP dengan instrumen *metline*, tekanan darah dengan *sphygmomanometer*. Uji hubungan yang digunakan adalah uji *chi-square*. Hasil penelitian menunjukkan bahwa 52,2% sampel memiliki persen lemak tubuh yang lebih. Rerata persen lemak tubuh laki-laki dan perempuan adalah 20,20% dan 25,29%. Sebanyak 60,9% sampel memiliki asupan serat yang kurang. Rerata asupan serat sebesar 22,59 gram per hari. 58,7% sampel memiliki rasio lingkar pinggang pinggul yang lebih. Rerata RLPP laki-laki dan perempuan adalah 0,92 dan 0,84. 52,2% sampel mengalami hipertensi I. Rerata tekanan darah sebesar 158/98 mmHg. Terdapat hubungan antara persentase lemak tubuh (p value = 0,000), asupan serat (p value = 0,000), dan rasio lingkar pinggang pinggul (p value = 0,000) dengan tekanan darah.

Kata kunci: lemak tubuh, asupan serat, rasio lingkar perut pinggul, tekanan darah



Hubungan asupan lemak, serat dan rasio lingk pinggang pinggul dengan tekanan darah pasien hipertensi di Puskesmas Gondokusuman I Yogyakarta

Correlation between fat and fiber intake, waist-hip ratio with blood pressure of hypertension patients in Puskesmas Gondokusuman I

Aas Yuriah, Ari Tri Astuti, Inayah Inayah*

Program Studi S-1 Ilmu Gizi, Fakultas Ilmu Kesehatan, Universitas Respati Yogyakarta

Diterima: 01/11/2018

Ditelaah: 28/11/2018

Dimuat: 26/02/2019

Abstrak

Latar Belakang: Prevalensi hipertensi di Kota Yogyakarta menduduki peringkat kedua. Risiko hipertensi disebabkan beberapa faktor seperti asupan lemak berlebih, asupan serat yang kurang serta mempunyai rasio lingk pinggang pinggul (RLPP) dalam kategori lebih. **Tujuan:** Mengetahui hubungan asupan lemak, serat dan RLPP dengan tekanan darah pada pasien hipertensi di Puskesmas Gondokusuman I Yogyakarta. **Metode:** Jenis penelitian ini adalah observasional analitik dengan rancangan *cross sectional*. Penelitian dilaksanakan di Puskesmas Gondokusuman I Yogyakarta. Subjek penelitian adalah pasien hipertensi berjumlah 53 pasien. Pengambilan sampel menggunakan *purposive sampling*. Asupan lemak dan serat diukur dengan menggunakan *semi-quantitative food frequency questionnaire* dan melakukan pengukuran lingk pinggang pinggul untuk mengetahui RLPP pasien. Data dianalisis menggunakan uji *Chi Square* dan *Fisher's Exact*. **Hasil:** Ada hubungan asupan lemak, serat dan RLPP dengan tekanan darah pada pasien hipertensi di Puskesmas Gondokusuman I Yogyakarta ($p=0,01$; $p=0,03$; $p=0,03$ secara berurutan). **Kesimpulan:** Ada hubungan asupan lemak, asupan serat dan RLPP dengan tekanan darah pada pasien hipertensi di Puskesmas Gondokusuman I Yogyakarta.

Kata kunci: asupan lemak; asupan serat; rasio lingk pinggang pinggul; tekanan darah

Abstract

Background: Prevalence of hypertension in Yogyakarta is in the second position. The risk of hypertension occurs due to several factors such as excessive fat intake, poor fiber intake and having a waist-hip ratio in the high category. **Objective:** To determine correlation between fat and fiber intake, and waist-hip ratio with blood pressure among hypertension patients at Puskesmas Gondokusuman I. **Methods:** This was an analytic observational study with *cross sectional* design. This research was conducted at Puskesmas Gondokusuman I. Subjects were 53 hypertension patients. Subjects were selected by *purposive sampling* method. Fat and fiber intake were measured using the *semi-quantitative food frequency questionnaire*, hip and waist circumference was measured to determine the waist-hip ratio. Data were analyzed using *Chi Square* test and *Fisher's Exact*. **Results:** The statistical test showed that there were correlation between fat intake, fiber intake and waist-hip ratio with blood pressure ($p= 0.01$; $p=0.03$ and $p= 0.03$ respectively). **Conclusion:** There was any correlation between fiber intake, fat intake and waist-hip ratio with blood pressure among hypertension patients in Puskesmas Gondokusuman I.

Keywords: fat intake; fiber intake; waist-hip ratio; blood pressure

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JURNAL GIZI AISYAH

Universitas Aisyah Pringsewu
Vol.4, No.2, Agustus, 2021

HUBUNGAN ASUPAN LEMAK, NATRIUM, DAN SERAT DENGAN KEJADIAN HIPERTENSI PADA LANSIA DI KLINIK AISYAH MEDICAL CENTER (AMC) PRINGSEWU

Jeri Kurniawan¹, Amali Rica Pratiwi¹, Ramadhana Komala¹, Afiska Prima Dewi¹

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Email: jerisukaagung@gmail.com

ABSTRAK

Hipertensi adalah tekanan darah tinggi persisten dimana tekanan sistoliknyanya di atas 140 mmHg dan tekanan diastolik di atas 90 mmHg. Prevalensi hipertensi di Indonesia sebesar 8,36% dan hipertensi di provinsi Lampung sebesar 7,95%. Salah satu faktor yang menyebabkan hipertensi pada lansia adalah tingkat kecukupan lemak, natrium yang berlebih, dan kurangnya tingkat kecukupan serat. Tujuan penelitian ini adalah untuk mengetahui hubungan tingkat kecukupan lemak, natrium dan serat dengan hipertensi pada lansia di klinik *Aisyah Medical Center (AMC)* Pringsewu. Jenis penelitian ini adalah penelitian kuantitatif dengan menggunakan pendekatan *Cross Sectional*. Sampel pada penelitian ini berjumlah 32 orang lansia wanita di klinik *Aisyah Medical Center (AMC)* Pringsewu. Pengambilan sampel dengan metode *purposive sampling*. Data yang diperoleh di analisis menggunakan uji *Fisher*. Asupan lemak, natrium dan serat diukur dengan metode *food recall 24 jam* sedangkan tekanan darah diukur dengan tensi meter. Lansia yang mengalami hipertensi sebanyak 25 (78,1%), tingkat kecukupan lemak <80% sebanyak 26(81,2%) lansia, tingkat kecukupan natrium <77% sebanyak 31(96,9%), tingkat kecukupan serat <80% 29(90,6%). Hasil penelitian ini diperoleh yaitu tidak terdapat hubungan antara tingkat kecukupan lemak, natrium, dan serat terhadap hipertensi di Klinik AMC Pringsewu dengan nilai ($p>0,05$). Kesimpulan dalam penelitian ini yaitu tidak terdapat hubungan antara tingkat kecukupan lemak, natrium, dan serat dengan hipertensi.


Kata Kunci : Tingkat kecukupan lemak, natrium, dan serat, hipertensi

ABSTRACT

Hypertension is persistent high blood pressure where the systolic pressure is above 140 mmHg and the diastolic pressure is above 90 mmHg. The prevalence of hypertension in Indonesia is 8.36% and hypertension in Lampung province is 7.95%. One of the factors that cause hypertension in the elderly is the level of fat adequacy, excess sodium, and the lack of adequate fiber levels. The purpose of this study was to determine the relationship between adequate levels of fat, sodium and fiber with hypertension in the elderly at the Aisyah Medical Center (AMC) clinic in Pringsewu. This type of research is quantitative research by using a cross-sectional approach. The sample in this study is

Article

Association between Dietary Fiber Intake and Incidence of Depression and Anxiety in Patients with Essential Hypertension

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† These authors contributed equally to this work.



Citation: Liu, Y.; Ju, Y.; Cui, L.; Liu, T.; Hou, Y.; Wu, Q.; Ojo, O.; Du, X.; Wang, X. Association between Dietary Fiber Intake and Incidence of Depression and Anxiety in Patients with Essential Hypertension. *Nutrients* **2021**, *13*, 4159. <https://doi.org/10.3390/nu13114159>

Academic Editor: Kimber L. Stanhope

Received: 26 August 2021

Accepted: 18 November 2021

Published: 20 November 2021

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Abstract: (1) **Background:** Our previous study found that the dietary fiber supplement in patients with hypertension increased SCFA-producers, Bifidobacterium and Spirillum in the gut microbiota, which may be associated with improvement of depression and anxiety through the gut-brain axis. However, only a few studies have explored the association between dietary fiber intake (DFI) and the incidence of depression and anxiety in hypertensive patients. (2) **Methods:** A cross-sectional survey was conducted in one comprehensive hospital and one community clinic aimed at understanding the status of DFI and the association between DFI and incidences of depression and anxiety in hypertensive patients. Levels of DFI were obtained through a two-24 h diet recall. According to the levels of DFI from low to high, the participants were divided into Q1, Q2, Q3 and Q4 groups. The Reported Outcomes Measurement Information System short form v1.0-Depression 8b and Anxiety 8a were used to assess patients' levels of depression and anxiety. (3) **Results:** A total of 459 hypertensive patients were recruited and the daily DFI was 10.4 g. The incidences of hypertension combined with depression and anxiety were 19.6% and 18.5%, respectively. Regression analysis showed statistically significant associations between DFI and depression ($B = -0.346, p = 0.001$) and anxiety score ($B = -0.565, p < 0.001$). In logistic regression, after the covariates were adjusted, DFI was associated with the incidence of depression in Q3 (OR 2.641, 95% CI 1.050–6.640) and with that of anxiety in Q1 (OR 2.757, 95% CI 1.035–7.346), compared with Q4. (4) **Conclusions:** A higher consumption of DF was a protective factor for depression and anxiety in hypertensive patients.


Keywords: dietary fiber; anxiety; depression; essential hypertension

1. Introduction

Hypertension and psychological comorbidities may share some common pathological mechanisms including the disorder of intestinal flora, high inflammatory response, and the excessive activation of the renin-angiotensin-aldosterone system (RAAS) [1–3]. So they are closely related, and often influence or even cause each other [3]. The incidence of negative emotions in hypertensive patients is significantly higher than that of non-hypertensive people [4]. Carroll et al. [5] found that the prevalences of depression and anxiety in hypertensive patients were 9% and 12%, respectively. In China, the prevalences of depression, anxiety, depression and anxiety comorbidities in patients with hypertension were as high as 47.9%, 63% and 36.4% [6].

Article

Exploration of the Association between Dietary Fiber Intake and Hypertension among U.S. Adults Using 2017 American College of Cardiology/American Heart Association Blood Pressure Guidelines: NHANES 2007–2014

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Received: 12 July 2018; Accepted: 13 August 2018; Published: 15 August 2018



Abstract: This study aimed to explore the association between dietary fiber intake and hypertension risk using 2017 American College of Cardiology/American Heart Association Blood Pressure Guidelines. Data from the National Health and Nutrition Examination Survey 2007–2014 were used in this study. Dietary fiber data were obtained through two 24-h dietary recall interviews. Hypertension was defined as systolic blood pressure (SBP) \geq 130 mmHg or diastolic blood pressure (DBP) \geq 80 mmHg or treatment with hypertensive medications. Logistic regression models and restricted cubic spline models were applied to evaluate the associations between dietary intakes of total, cereal, vegetable, and fruit fiber and hypertension. A total of 18,433 participants aged 18 years or older were included in the analyses. After adjustment for age, gender, body mass index (BMI), race, educational level, smoking status, family income, and total daily energy intake, compared with the lowest tertile, the odds ratios (95% confidence intervals) of hypertension for the highest tertile intakes of total, cereal, vegetable, and fruit fiber were 0.62 (0.52–0.75), 0.80 (0.67–0.96), 0.82 (0.69–0.98), and 0.86 (0.71–1.04), respectively. Dose-response analyses revealed that the risk of hypertension was associated with total fiber intake in a nonlinear trend, while the relationships were linear for cereal and vegetable fiber intakes. Our results suggested that the intakes of total, cereal, and vegetable fiber, but not fruit fiber, were associated with a decreased risk of hypertension in U.S. adults.

Keywords: hypertension; high blood pressure; diet; dietary fiber; dose-response

1. Introduction

Hypertension, defined by the American College of Cardiology (ACC) and American Heart Association (AHA) as blood pressure above 130/80 mmHg [1] in 2017, is a public health issue. The number of people with hypertension increased from 600 million in 1980 to 1 billion in 2008 and is expected to reach 1.5 billion by 2025, accounting for almost one-third of the world's population [2]. The prevalence of hypertension is 46% in African adults aged 25 and above [2], and approximately 31% of U.S. adults aged \geq 18 years have hypertension [3]. Complications of hypertension cause 9.4 million deaths each year worldwide, and at least 45% of deaths due to heart disease and 51% of deaths due to stroke are attributed to hypertension. Hypertension is considered the major risk factor for the

Lampiran 7 Surat Izin Penelitian

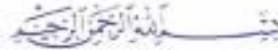


UMKT
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Nomor : 077/FIK.3/C.2/B/2023
Lampiran : -
Perihal : Permohonan Izin Penelitian

Yth.
Kepala Dinas Kesehatan Kota Samarinda
di Tempat

Assalamu'alaikum Warahmatullahi Wabarakatuh

Dengan hormat teriring salam dan do'a kami hatirkan semoga Bapak/Ibu selalu dalam keadaan sehat walafiat.

Sehubungan penyusunan tugas akhir Skripsi Mahasiswa Program Studi Kesehatan Masyarakat, Fakultas Kesehatan Masyarakat, Universitas Muhammadiyah Kalimantan Timur, bersama ini disampaikan permohonan rekomendasi ke Puskesmas Lempake untuk pengambilan data hipertensi pada lansia dan pengukuran data secara langsung kepada lansia pasien hipertensi.

Adapun daftar nama mahasiswa terlampir. Demikian yang dapat disampaikan, atas perhatian dan kerjasamanya diucapkan terima kasih.

Wassalamu'alaikum Warahmatullahi Wabarakatuh

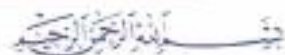
Samarinda, 24 Rajab 1444 H
15 Februari 2023 M

Ketua Program Studi S1 Kesehatan Masyarakat

Nida Amalia, S.KM., M.PH
NIDN: 1101119301

Tembusan disampaikan kepada:

1. Mahasiswa yang bersangkutan
2. Arsip



Daftar Nama Mahasiswa :

NO.	NIM	NAMA MAHASISWA
1	1911102413003	Candra Meldiyono
2	1911102413127	Alda Karintia Saputri
3	1911102413106	Afifah Batrisya
4	1911102413107	Nanik Tri Susilowati
5	1911102413054	Nisa Ardini

Lampiran 8 Hasil Output SPSS

• **Analisis Univariat**

➔ **Frequencies**

Statistics

		Jenis Kelamin	Umur	Asupan Serat	Tekanan Darah
N	Valid	102	102	102	102
	Missing	0	0	0	0

Frequency Table

Jenis Kelamin

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Laki-Laki	35	34.3	34.3	34.3
	Perempuan	67	65.7	65.7	100.0
	Total	102	100.0	100.0	

Umur

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	60-65 tahun	49	48.0	48.0	48.0
	66-70 tahun	25	24.5	24.5	72.5
	71-75 tahun	14	13.7	13.7	86.3
	76-83 tahun	14	13.7	13.7	100.0
	Total	102	100.0	100.0	

Asupan Serat

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Baik	34	33.3	33.3	33.3
	Kurang	68	66.7	66.7	100.0
	Total	102	100.0	100.0	

Tekanan Darah

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Hipertensi	67	65.7	65.7	65.7
	Normal	35	34.3	34.3	100.0
	Total	102	100.0	100.0	

- **Analisis Bivariat**

Crosstabs

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Asupan Serat * Tekanan Darah	102	100.0%	0	0.0%	102	100.0%

Asupan Serat * Tekanan Darah Crosstabulation

Count

		Tekanan Darah		
		Hipertensi	Normal	Total
Asupan Serat	Baik	3	31	34
	Kurang	64	4	68
Total		67	35	102

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	73.162 ^a	1	.000		
Continuity Correction ^b	69.426	1	.000		
Likelihood Ratio	80.472	1	.000		
Fisher's Exact Test				.000	.000
Linear-by-Linear Association	72.444	1	.000		
N of Valid Cases	102				

a. 0 cells (0.0%) have expected count less than 5. The minimum expected count is 11.67.

b. Computed only for a 2x2 table

Lampiran 9 Hak Bebas Royalti

SURAT PERNYATAAN HAK BEBAS ROYALTI

Yang bertanda tangan dibawah ini :

Nama : Nanik Tri Susilowati
NIM : 1911102413107
Program Studi : S1 Kesehatan Masyarakat
Judul Skripsi : Hubungan Asupan Serat dengan Kejadian Hipertensi pada Lansia di Puskesmas Lempake

Dengan ini menyatakan bahwa saya menyetujui untuk :

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Samarinda, 05 Juli 2023



Nanik Tri Susilowati
1911102413107

Lampiran 10 Bukti Konsultasi

LEMBAR KONSULTASI

Judul Skripsi : Hubungan Asupan Serat Dengan Kejadian
Hipertensi Pada Lansia Di Puskesmas Lempake
Pembimbing : Sri Sunarti, M.PH

No	Tanggal	Konsultasi	Hasil Konsultasi	Paraf
1.	03 Oktober 2022	penentuan kelompok (offline)	ACC	
2.	12 November 2022	Penentuan tema (online Melalui Whatsapp)	Revisi	
3.	15 November 2022	Konsultasi penentuan tema (zoom)	ACC	
4.	16 November 2022	Konsultasi judul (online Melalui Whatsapp)	Revisi	
5.	18 November 2022	Konsultasi judul (online Melalui Whatsapp)	ACC	
6.	9 Desember 2022	Perubahan Judul (online Melalui Whatsapp)	ACC	
7.	13 Januari 2023	Konsultasi tempat penelitian (zoom)	Revisi	
8.	28 Januari 2023	Konsultasi tempat penelitian (online Melalui Whatsapp)	ACC	

9.	01 Februari 2023	Konsultasi proposal BAB 1 (offline)	Revisi	
10.	06 Maret 2023	Konsultasi Proposal BAB 1 & BAB 2 (offline)	Revisi	
11.	08 Maret 2023	Konsultasi Proposal BAB 1 & BAB 2 (Offline)	ACC	
12.	27 Juni 2023	Bimbingan Skripsi BAB 3 & 4	Revisi	
12.	01 Juli 2023	Bimbingan Skripsi BAB 3 & 4	Revisi	
14.	03 Juli 2023	Bimbingan Skripsi BAB 3 & 4	Revisi	
15.	04 Juli 2023	Bimbingan Skripsi BAB 3 & 4	Revisi	
16.	05 Juli 2023	Bimbingan Skripsi BAB 3 & 4	ACC	

Lampiran 11 Dokumentasi Kegiatan



HUBUNGAN ASUPAN SERAT
DENGAN KEJADIAN HIPERTENSI
PADA LANSIA DI PUSKESMAS
LEMPAKE
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