

**HUBUNGAN ASUPAN VITAMIN D, KALSIUM, AKTIVITAS FISIK, DAN
TINGKAT STRES DENGAN KEJADIAN HIPERTENSI PADA WANITA
MENOPAUSE DI KOTA BANDUNG**



SKRIPSI

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Sarjana Gizi

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Hubungan Asupan Vitamin D, Kalsium, Aktivitas Fisik, dan Tingkat Stres dengan Kejadian Hipertensi pada Wanita Menopause di Kota Bandung

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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Sarjana Gizi pada Fakultas Pendidikan Olahraga dan Kesehatan

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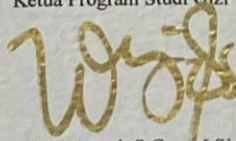
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ABSTRAK

Latar Belakang: *Menopause* menyebabkan perubahan hormonal yang meningkatkan risiko hipertensi pada wanita. Faktor-faktor seperti asupan vitamin D, kalsium, aktivitas fisik, dan tingkat stres berperan penting dalam memengaruhi tekanan darah pada wanita *menopause*. **Tujuan:** Mengetahui hubungan antara asupan vitamin D, kalsium, aktivitas fisik, dan tingkat stres dengan kejadian hipertensi pada wanita *menopause* di Kota Bandung. **Metode:** Penelitian ini menggunakan desain kuantitatif cross-sectional dengan 70 responden wanita *menopause* berusia 45–60 tahun di Kecamatan Sukajadi, Kota Bandung. Data dikumpulkan melalui wawancara menggunakan kuesioner MRS, SQ-FFQ, PAL, DASS-42, dan pengukuran tekanan darah. Analisis data dilakukan dengan SPSS menggunakan uji Chi-Square. **Hasil:** Mayoritas responden mengalami hipertensi (tingkat I dan II), memiliki status gizi obesitas, serta mengalami gejala *menopause* tingkat ringan hingga sedang. Hasil analisis menunjukkan adanya hubungan yang signifikan antara asupan vitamin D, asupan kalsium vitamin D, IMT, dan lingkar perut dengan kejadian hipertensi ($p < 0,05$). **Kesimpulan:** Asupan vitamin D, suplemen vitamin D, dan status gizi (IMT dan lingkar perut) secara signifikan berhubungan dengan hipertensi pada wanita *menopause*. Diperlukan upaya promotif dan preventif melalui edukasi gizi dan gaya hidup sehat untuk menurunkan risiko hipertensi pada kelompok ini.

Kata kunci: Vitamin D, Kalsium, Aktivitas Fisik, Tingkat Stres, Hipertensi.

ABSTRACT

Introduction: Menopause leads to hormonal changes that increase the risk of hypertension in women. Factors such as vitamin D intake, calcium intake, physical activity, and stress levels play important roles in influencing blood pressure in menopausal women. **Objective:** To examine the relationship between vitamin D intake, calcium intake, physical activity, and stress levels with the incidence of hypertension among menopausal women in Bandung City. **Methods:** This study employed a quantitative cross-sectional design involving 70 menopausal women aged 45–60 years in the Sukajadi District of Bandung City. Data were collected through interviews using MRS, SQ-FFQ, PAL, and DASS-42 questionnaires, along with blood pressure measurements. Data analysis was performed using SPSS with the Chi-Square test. **Results:** The majority of respondents had hypertension (stage I and II), were classified as obese in terms of nutritional status, and experienced mild to moderate menopausal symptoms. The analysis showed a significant relationship between vitamin D intake, calcium intake, body mass index (BMI), and waist circumference with the incidence of hypertension ($p < 0.05$). **Conclusion:** Vitamin D intake, vitamin D supplementation, and nutritional status (BMI and waist circumference) are significantly associated with hypertension in menopausal women. Promotive and preventive efforts through nutrition education and healthy lifestyle interventions are essential to reduce the risk of hypertension in this population

Keywords: Vitamin D, Calcium, Physical Activity, Stress Level, Hypertension.

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DAFTAR SINGKATAN

AKG	: Angka Kecukupan Gizi
BIA	: Bioelectrical Impedance Analysis
DASS	: Depression Anxiety Stress Scales
DASH	: Dietary Approaches to Stop Hypertension
DKBM	: Daftar Komposisi Bahan Makanan
FFQ	: Food Frequency Questionnaire
IMT	: Indeks Massa Tubuh
JNC	: Joint National Committee
MRS	: <i>Menopause</i> Rating Scale
PAL	: Physical Activity Level
RAAS	: Renin-Angiotensin-Aldosterone System
SQ-FFQ	: Semi Quantitative-Food Frequency Questionnaire
WHO	: World Health Organization

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