



Dieting Patterns With Hypertension In Menopause 56-60 Years Old

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ABSTRACT

Non-communicable diseases are the leading cause of death globally with the highest rates of cardiovascular disease with one of them being an increase in blood pressure or what is commonly called hypertension. 32 cases of hypertension were experienced in menopausal women aged 56-60 years as many as 59% of the incidence. The purpose of this study was to find out the relationship between eating patterns and the incidence of hypertension in menopausal women aged 56-60 years (in Village health hut Sugihwaras, Jenu subdistrict, Tuban regency). The study design was non-experimental with a correlational approach, the population used in this study were all 56-60-year-old Menopause Women (in village health hut Sugihwaras, Jenu District, Tuban Regency). with a large sample of research 30 respondents who were determined using systematic random sampling techniques. The independent variable in this study is diet, while the dependent variable is blood pressure. The instruments used in data collection are SOPs and Observation sheets. Analysis of the study used the coefficient test phi significance of the Asymp value. Sig. (2-sided) (α) = <0.05. Based on the results of the statistical test research the Asymp value was obtained. Sig. (2-sided) (α) = 0.003 (α <0.05). Statistical test results show that dietary variables affect blood pressure.

Keywords: Diet, Blood Pressure

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INTRODUCTION

According to WHO data, around the world around 972 million people have hypertension. The results showed that in terms of the age of the respondents, the highest percentage was dominated by respondents aged 51-60 years (71.4%) and respondents with the lowest age were those aged 40-50 years (28.6%). This is adjusted to the theory expressed data in the Village health hut Sugihwaras data on menopausal women with hypertension aged 56-60 years were 32 people and were sampled to be 30 respondents.¹

Data from the Health Office in 2018 recapitulated data on the highest hypertension sufferers in Semanding District with a total of 14,255 and the second in Jenu District with a total of 13,020 and the third highest in Tuban District with a total of 12,957. Data in the Village health hut Sugihwaras data on menopausal women aged 56-60 years as many as 54 people, 22 people with normal blood pressure (41%), and 32 people with high blood pressure or what is called hypertension (59%).

Hypertension can cause heart attacks, Naingglan Yanti, 2017 said that hypertension at a young age generally tends to attack men, but the opposite occurs in menopausal women due to reduced estrogen. Lack of estrogen has been shown to damage the lining of blood vessel walls called end oils. This situation can trigger plaque formation in addition to activating body systems that can increase blood pressure.²

To inhibit the changes that occur in menopause, it is necessary to adapt to the limitations that accompany the aging process, it is necessary to prepare a special menu for menopause so that the nutritional needs of menopause are fulfilled optimally.³ The proper intake of nutrients plays a role in creating optimal health for menopausal women. Nutritional adequacy will be fulfilled if menopause pays attention to a diverse diet and balanced nutrition. So is there a relationship between dieting patterns with hypertension in menopause 56-60 years old?

METHOD

The research design was non-experimental with a correlational approach. Time approach. Researchers used a case-control type of research. The population in this study were 32 people with menopausal women with hypertension at the age of 56-60 years in Village health hut Sugihwaras, Jenu District, Tuban Regency, a sample of 30 people. Data analysis used the phi coefficient test. The independent variable in this study is diet. The dependent variable in this study was the incidence of

hypertension. The instruments used in this study were the Standard Operational Procedure (SOP) for measuring blood pressure and a questionnaire sheet for diet.

RESULTS

Table 1 Distribution of Respondents based on age in menopausal women aged 56-60 years in Village health hut Sugihwaras, Jenu District, Tuban Regency.

No.	Age	<i>f</i>	Percentage (%)
1.	56 years	4	13,3
2.	57 years	7	23,3
3.	58 years	8	26,7
4.	59 years	6	20,0
5.	60 years	5	16,7
Total		30	100

Source: Researcher Primary Data, 2020

The research results obtained by respondents were almost half at the age of 58 years with a total of 8 (26.7%).

Table 2. Distribution of Respondents Based on Family History of Menopausal Women aged 56-60 years in Village health hut Sugihwaras, Jenu District, Tuban Regency.

No.	Family History	<i>f</i>	Percentage (%)
1	There is no history of hypertension	6	20,2
2	History of Hypertension from one of the parents	13	43,3
3	History of Hypertension from both parents	11	36,7
Total		30	100

Source: Researcher Primary Data, 2020

The results obtained by the study of respondents Nearly half of them had a history of hypertension in one of the parents 13 (43.3%).

Table 3 Frequency Distribution of blood pressure for menopausal women aged 56- 60 years at Village health hut Sugihwaras, Jenu District, Tuban Regency.

No.	Blood pressure	<i>f</i>	Percentage (%)
1.	Hypertension	16	53,3
2.	No Hypertension	14	46,7
Total		30	100

Source: Researcher Primary Data, 2020

The results showed that most hypertension sufferers were 16 (53.3%).

Table 4 Frequency Distribution of Menopausal Diet for Menopausal Women aged 56-60 Years with Incidence of Hypertension in the Sugihwaras Village health hut, Jenu District, Tuban Regency.

No.	Dietary habit	<i>f</i>	Percentage (%)
1	Good	7	23,3
2	Moderate	8	26,7
3	Less	13	43,3
4	Deficit	2	6,7
Total		30	100

Source: Researcher Primary Data, Year 2020

The results showed that almost half of the respondents had a diet of less than 13 (43.3%).

Table 5 Analysis of the Relationship between Diet and the Incidence of Hypertension in Menopausal Women Aged 56-60 Years (in Village health hut Sugihwaras, Jenu District, Tuban Regency).

Dietary habit	Incidence of Hypertension		Total
	Not hypertension	Hypertension	
Good	6 (75%)	2 (25%)	8 (100%)
Moderate	3 (42,9%)	4 (57,1%)	7 (100%)
Less	4 (30,7%)	9 (69,3%)	13 (100%)
Deficit	1 (50%)	1 (50%)	2 (100%)
Total	14 (46,7%)	16 (53,3%)	30 (100%)

Source: Researcher Primary Data, 2020

It was found that the results of the research below from 30 respondents, almost half of the 13 (43.3%) had a poor diet where most of them had hypertension 9 (69.3%). And most of them suffer from hypertension 16 (53.3%) with the majority of 9 (69.3%) respondents with poor diet. The analysis in this study used the Contingency Coefficient test with a significance level of $\alpha = 0.05$, the Asymp Sig (2-tailed) = 0.001 where $0.001 < 0.05$ was accepted, meaning that there was a relationship between diet and hypertension in menopausal women aged 56- 60 years (at the Sugihwaras Village health hut, Jenu District, Tuban Regency).

DISCUSSION

1. Identification of Diet in Menopausal Women Age 56-60 Years in Village health hut Sugihwaras, Jenu District, Tuban Regency

Based on the results of the table of dietary patterns in menopausal women aged 56-60 years, the results of the interpretation of the data obtained by the researcher explained that the results of the study of menopausal women respondents aged 56-60 in Village health hut Sugihwaras, Jenu District, Tuban Regency, showed that almost half of the respondents had a diet. 13 (43.3%), almost half were with a moderate diet with the amount of 8 (26.7%), a small portion with a good diet 7 (23.3%), and a small portion with a deficit diet with the amount of 2 (6,7%).

Research shows menopausal women aged 56 years who have a Good diet amounting to 1 (25%), a moderate diet with 1 (25%), fewer eating patterns by 1 (25%), and with a deficit diet of 1 (25%). Postmenopausal women aged 57 years with a good diet with a total of 2 (28.5%), a moderate diet with 2 (28.5%), a low diet with a total of 3 (43%), and with a deficit diet. 0 (0%). In postmenopausal women aged 58 years, the results obtained with a good diet with a total of 2 (25%), a moderate diet with 2 (25%), a low diet with a total of 4 (50%), and a deficit diet with many (0%). At the age of 59 years, menopausal women with a good diet with 2 (33.3%), a moderate diet 1 (16.7%), and 3 (50%) deficient eating patterns, and a deficit diet with 0 (0%). And at the age of 60, postmenopausal women with a good diet of 1 (20%), a moderate diet with 1 (20%), 2 (40%) less diet, and 1 (20%) deficit diet.

It can be concluded that in this study, menopausal women in the Sugihwaras Village health hut, Jenu District, Tuban Regency were a small portion with a good diet at the age of 57-59 years, almost half were on a moderate diet at the age of 57-58 years, and almost half were with a poor diet at the age of 58. years, the diet deficit occurred at the age of 56 and 60 years. From Sjahriani Tessa's research, 2018, it is known that out of 30 respondents with insufficient protein intake who experienced a malnutrition status were 19 respondents (63.3%) and 11 respondents (36.7%) experienced normal nutritional status. Meanwhile, of the 25 respondents with sufficient protein intake, 21 respondents (84.0%) experienced normal nutritional status, and 4 respondents (16.0%) experienced under-nutritional status. Based on

the results of the research, from Sjahriani Tessa's research, in 2018, it was found that respondents who had normal nutritional status were 32 respondents (58.2%) and those who had malnutrition status were 23 respondents (41.8%). According to Supariasa (2016). Nutritional status is the final result of a balance between the food that enters the body (nutrient input) and the body's needs (nutrient output) for these nutrients. 6 From the results of this study, it was found that the elderly who had malnutrition status even though there were nutritionists who regulated the elderly's diet, nurses who took nursing actions to control the health conditions of the elderly, and also the consumption of food given to each elderly, the amount and type they were given was the same which can be caused by the elderly who experience complaints of lack of appetite due to non-varied food and also because of decreased sense of smell, taste, difficulty swallowing due to physiological changes in salivary secretion and difficulty chewing due to missing/toothless teeth. Distribution of Frequency of Carbohydrate Intake.⁴

Widyaningrum, 2017 states Sodium or sodium regulates the balance of water in the vascular system. Most of the sodium in the diet comes from food in the form of table salt, MSG (Mono Sodium Glutamate), soy sauce, and baking soda. Consuming salt increases the volume of blood in the body, which means that the heart has to pump harder so the blood pressure. Sodium is not the main cause of hypertension. However, it becomes a support for the incident if the consumption of fats and carbohydrates is more than what is recommended. If the limitation of sodium consumption is ignored, food can accelerate the complications caused by hypertension.⁵

The results of the research at the Sugihwaras Village health hut, Jenu District, Tuban Regency found that respondents already knew the dietary patterns of hypertension sufferers such as the type, number, and frequency of health services that informed the elderly through integrated service post. However, the information provided is not fully following the dash diet of the Ministry of Health of the Republic of Indonesia, 2018. And because of the lack of awareness of the importance of controlling diet in menopausal women, half of the respondents did not apply the dash diet from the RI Ministry of Health, 2018 and the lack of family support to maintain and control diet in menopausal women aged 56-60 years in Village health hut

Sugihwaras, Jenu District, Tuban Regency. Therefore half of the respondents have a poor diet because they do not apply the dash diet from the Indonesian Ministry of Health, 2018.

In the research at Village health hut Sugihwaras, Jenu District, Tuban Regency, it was found that the results of a good diet with the consumption of an appropriate dash diet such as consumption of rice, meat, vegetables, milk, fruit, nuts, and sweet foods can be controlled, but most people use oil. consuming oil in food exceeds the provisions of the dash diet, in the moderate diet, the Sugihwarah community mostly consumes less fruit, does not consume milk, and the use of oil in food exceeds the provisions of the dash diet, on the lack of diet the Sugihwarah community can only control the diet on rice, vegetables, and nuts, but the other 5 diet dashes cannot be controlled, the deficit diet of menopausal women aged 56-60 years in Sugihwaras village, Jenu sub-district, Tuban district can only control 2 diets out of 8 dash diet diets including rice consumption and vegetables.

2. Identification of Blood Pressure in Menopausal Women Aged 56-60 Years in Village health hut Sugihwaras, Jenu District, Tuban Regency

Based on the table of blood pressure in menopausal women aged 56-60 years, the results of the interpretation of the data obtained by the researcher explained that most of the 30 respondents suffered from hypertension 16 (53.3%) and those who did not have hypertension 14 (46.7%). menopause aged 56-60 years in the Sugihwaras Village health hut, Jenu District, Tuban Regency at the age of 56 years there are 2 (50%) who experience hypertension and some respondents do not experience hypertension 2 (50%). At the age of 57, most of the menopausal women had no hypertension with 5 (71%) and a small proportion had hypertension 2 (29%). At the age of 58 years, some have hypertension 4 (50%) and some have no hypertension 4 (50%). At the age of 59 years, most of them had hypertension (67%) and a small proportion did not have hypertension (33%). And at the age of 60 years, most menopausal women have hypertension 4 (80%) and a small proportion have no hypertension 1 (20%). In this study, it was concluded that the increasing age of people suffering from hypertension had an increase at the age of 58 years and was consistent until the age of 60 years.

In research Widjaya Nita, 2018 The study was conducted on 115 people consisting of

62 people who were > 17 years old in Tegal Angus and 53 people who were > 17 years old in Kresek District, Tangerang Regency, Banten Province in 2018. From the results of research on communities in the sub-district Kresek and Tegal obtained characteristics with the most gender, namely 58 women (50.4%) respondents, the largest age range was 18-40 years old as many as 71 (61.7%) respondents, the most education was low education 69 (60%) respondents and most occupations Housewives 40 (34.8%) respondents. Most of the patients lived in Tegal, 62 (53.9%) of the respondents. The prevalence of hypertension obtained is normal blood pressure by 22 respondents (19.1%), increased blood pressure by 27 respondents (23.5%), stage 1 hypertension by 32 respondents (27.8%), and stage 2 hypertension by 34 respondents (29.6%). The prevalence of hypertension in Kresek and Tegal Angus Districts, Tangerang Regency, Banten was 66 (57.2%) respondents and there were 49 (42.8%) respondents without hypertension. Based on the bivariate analysis regarding the relationship between age and the incidence of hypertension, the p-value <0.05 is 0.00, so it can be concluded that there is a relationship between age and the incidence of hypertension in Kresek and Tegal Angus Districts, Tangerang Regency, Banten. Meanwhile, according to the Health Profile of the Tangerang Health Office in 2017, hypertension is one of the 10 types of non-communicable diseases.⁶

Hypertension increases with age. Angara's research results in 2019 found that hypertension sufferers were highest in the age group > 65 years. The results of research at the Sugihwaras village health hut, Jenu District, Tuban district, menopausal women with increasing age will affect blood pressure in menopausal women because arterial pressure will increase with increasing age as evidenced by the results of research and rarely check the blood pressure of menopausal women at health services so that unable to control blood pressure in menopausal women aged 56-60 years at the Sugihwaras Village Health Center, Jenu District, Tuban Regency. Most of the respondents experienced hypertension, wherein the study it was found that there was an influential family history factor and almost half of it was one of the parents of a menopausal woman who suffered from hypertension.

3. Analyzing Diet and Incidence of Hypertension in Menopausal Women Aged 56-60 Years (At village health hut Sugihwaras, Jenu District, Tuban Regency)

Based on the table diet with the incidence of hypertension in menopausal women aged 56-60 years, it is found that the results of the lower research of 30 respondents, almost half of the 13 (43.3%) have a poor diet where most of them have hypertension 9 (69.3%). And most of them suffer from hypertension 16 (53.3%) with the majority of 9 (69.3%) respondents with poor diet. The analysis in this study used the Contingency Coefficient test with a significance level of $\alpha = 0.05$, the Asymp Sig (2-tailed) = 0.001 where $0.001 < 0.05$ was accepted, meaning that there was a relationship between diet and hypertension in menopausal women aged 56-60 years (at the Sugihwaras village health hut, Jenu District, Tuban Regency).

Widyaningrum, 2017 states that the DASH diet recommends limiting the fulfillment of fat consumption through meat/fish 100 grams/day (for poultry meat consumed without skin), 1 egg/day, 2-3 tsp/day margarine (Kurniawan, 2010 and Almatsier, 2005). The results of this study are following the results of Rumu's (2007) research which states that there is a significant (statistically significant) relationship with a p-value (0.010) $< \alpha$ (0.05) between fat intake and blood pressure in hypertensive patients. From research with the same results above, it can be concluded that fat is the cause of hypertension.⁷

The results of research at the Sugihwaras village health hut, Jenu District, Tuban Regency, found that menopausal women who experience hypertension are due to increasing age and less control over their diet according to the dash diet according to the Ministry of Health of the Republic of Indonesia, 2018, due to a lack of information about the importance of controlling blood pressure regularly and controlling diet according to diet dash such as the lack of fruit consumption of fewer than 4 times per day, never consuming milk, using more than 1 tablespoon of oil 2-3 times per day, consumption of nuts in the amount of 40 grams with a frequency of more than 4- 5 times per week and the use of 1 spoon of sugar or sweet consumption more than 5 times per day. In addition to age and dietary factors, some results indicate that the occurrence of hypertension is also an influence from family history, namely from parents, especially if both parents have a history of hypertension.⁸

CONCLUSION

From the results of this study, it can be concluded that:

1. Half of the respondents have a poor diet and half have a good diet in menopausal women aged 56-60 years in Village health hut Sugihwaras Kecamatan Jenu Kabupaten Tuban.
2. Nearly half have hypertension in menopausal women aged 56-60 years in the Sugihwaras Village health hut, Jenu District, Tuban Regency.
3. There is a relationship between diet and the incidence of hypertension in menopausal women aged 56-60 years in the Sugihwaras Village health hut, Jenu District, Tuban Regency.

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