

ABSTRAK

Latar Belakang : Asupan protein berperan penting untuk pertumbuhan pada masa remaja. Asupan protein yang tidak seimbang dapat mengakibatkan masalah gizi seperti status protein kurang atau lebih pada remaja, status asupan gizi yang tidak seimbang dapat menyebabkan berbagai gangguan terutama gangguan sirkulasi tekanan darah.

Tujuan Penelitian : Mengetahui apakah terdapat hubungan asupan protein dengan tekanan darah pada remaja di SMAS Al-Manar Medan Johor.

Metode : Penelitian bersifat analitik *cross sectional*. Jumlah sampel penelitian 45 orang yang diambil menggunakan metode *non-probability sampling*. Data terkumpul merupakan data primer hasil kuesioner. Analisis univariat dan bivariat menggunakan *Sommers 'd*. Teknik pengambilan data menggunakan data primer dan data sekunder.

Hasil : Hasil penelitian dari 45 sampel berjenis kelamin laki-laki dengan asupan protein kurang dari angka kecukupan gizi (15,6%), asupan protein besar atau sama dengan angka kecukupan gizi (84,4%), tekanan darah hipotensi (8,9%), tekanan darah normal (75,6%), tekanan darah hipertensi (15,6%). Uji hipotesis didapati *p value* = 0,005 ($p < 0,05$). Uji korelasi didapati $r = -0,248$. Arah korelasi bernilai negatif.

Kesimpulan : Terdapat hubungan yang signifikan antara asupan protein dengan tekanan darah pada remaja di SMAS Al-Manar Medan Johor.

Kata Kunci : Angka Kecukupan Gizi, Asupan Protein, Berat Badan, Remaja, Tekanan darah, Tinggi Badan

ABSTRACT

Background : *Protein intake is an important role for growth in adolescence. Unbalanced protein intake can lead to nutritional problems such as less or more protein status in adolescents, unbalanced nutritional intake status can cause various disorders, especially circulatory disorders of blood pressure.*

Objective : *Knowing whether there is a relationship between protein intake and blood pressure in adolescents at senior high school Al-Manar Medan Johor.*

Method: *The study was cross sectional analytic. The number of research samples was 45 people taken using non-probability sampling method. Data collected is primary data from questionnaires. Univariate and bivariate analysis using Sommers'd. Data collection techniques using primary data and secondary data.*

Results: *The results of 45 samples were male with protein intake less than nutritional adequacy rate (15.6%), protein intake greater than or equal to nutritional adequacy rate (84.4%), hypotensive blood pressure (8.9%), normal blood pressure (75.6%), hypertensive blood pressure (15.6%). Hypothesis testing found p value = 0.005 ($p < 0.05$). The correlation test found $r = -0.248$. The direction of the correlation is negative.*

Conclusion: *There is a significant relationship between protein intake and blood pressure in adolescents at senior high school Al-Manar Medan Johor.*

Keywords : *Blood pressure, Height, Nutritional Adequacy Rate, Protein Intake, Teenager, Weight.*