ABSTRACT

RESTA TATIYANA. Lifestyle and Consumption Patterns of Hot Strip Mill (HSM) Factory’s Employees in PT. Krakatau Steel Cilegon who Suffered from Hypertension. Under direction of FAISAL ANWAR dan CESILIA METI DWIRIANI.

Hypertension is the third caused of death after stroke and tuberculosis, which reached 6.7% of the population in all age deaths in Indonesia. A cross sectional study was conducted to determine lifestyle and consumption patterns of Hot Strip Mill (HSM) factory’s employees in PT. Krakatau Steel Cilegon who suffered from hypertension. The study included 60 male subjects, that consist of 30 normotensive and 30 hypertension subject. Collecting data were included employee characteristics, lifestyles, consumption patterns, and nutritional status. The study showed that there were no differences in employee characteristics, lifestyles, and consumption patterns between the two groups of employee. However, nutritional status was significantly different between the two groups. There was no significantly relationship between employee characteristics (age and nutritional knowledge), lifestyle, adequacy of the level of energy, protein, fat, and sodium with the incidence of hypertension. There was significantly relationship between nutritional status, frequency of consumption chicken soup, lungi, and liver with the incidence of hypertension. Then, obesity has a role in increasing the incidence of hypertension three times greater than normal. Overall, the subject’s lifestyles and consumption patterns were good enough. It was suggested that to increase the consumption frequency of vegetables and fruits and exercise at least 30 minutes with a frequency at least 3 times a week.

Keywords: Hypertension, lifestyle, consumption patterns.