

**ABSTRACT**

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**RELATIONSHIP OF SODIUM INTAKE, POTASSIUM AND THE INTAKE SODIUM TO POTASSIUM RATIO WITH BLOOD PRESSURE IN HYPERTENSIVE PATIENTS (Observational Study at the Ciamis Regional General Hospital in 2023)**

*Hypertension is a multifactorial illness brought on by the combination of many variables, included an unbalanced diet. Micronutrients that are active in increasing blood pressure include sodium and potassium. An imbalance in sodium and potassium intake can increase the prevalence of hypertension. The objective of this study is to investigate the associations between sodium, potassium intake and the intake sodium to potassium ratio and blood pressure in hypertensive patients at Ciamis Regional Hospital. This study is analytical using a cross sectional approach with a total of 70 subject. The study subject was obtained by a purposive sampling. Intake data was collected using 2x24 hour Recall interviews and Sphygmomanometer measures were used to get blood pressure data. The Spearman Rank test was used to examine the data. The study's findings indicated that there was a relationship between sodium intake and systolic pressure ( $p=0.044$  with  $r=0.241$ ), and there was no associations between sodium intake and diastolic pressure, potassium intake and blood pressure, or intake sodium to potassium ratio and blood pressure. The suggestion of this study is that participants should be able to regulate their sodium intake by using less table salt.*

**Keywords:** *sodium, potassium, sodium to potassium ratio, blood pressure*