

ABSTRAK

Latar belakang: Hipertensi atau penyakit darah tinggi adalah penyakit yang membunuh secara diam-diam. Seseorang dikatakan mengalami hipertensi jika menunjukkan hasil tekanan darah 140/90 atau lebih dari itu dalam keadaan istirahat. Gaya hidup yang modern membuat masyarakat menyukai hal-hal yang instan, akibatnya malas beraktivitas dan suka mengonsumsi makanan instan yang memiliki kandungan natrium tinggi. Maka dari itu penting memberi pengetahuan tentang diet hipertensi kepada penderita hipertensi agar penyakitnya tidak terjadi kekambuhan atau kenaikan darah tinggi. **Tujuan penelitian:** Untuk mengetahui pengetahuan tentang diet hipertensi pada penderita hipertensi yang mengikuti prolanis di wilayah kerja Puskesmas Rawamerta. **Metode penelitian:** menggunakan *deskriptif kuantitatif*, teknik total sampling sebanyak 40 responde. Alat ukur menggunakan kuisioner, hasil analisis menggunakan analisis unvariat. **Hasil penelitian:** Menunjukkan hasil bahwa penderita hipertensi yang mengikuti prolanis di wilayah kerja Puskesmas Rawamerta sebanyak (45%) berpengetahuan kurang, terutama pengetahuan tentang penatalaksanaan diet hipertensi. **Kesimpulan:** pengetahuan tentang diet hipertensi pada penderita hipertensi yang mengikuti prolanis di wilayah kerja Puskesmas Rawamerta didapatkan hasil sebagian besar responden (45%) memiliki pengetahuan kurang. **Saran:** pihak pemegang program dan pihak penyuluhan Kesehatan dipuskesmas dapat memberi informasi terkait penatalaksanaan diet hipertensi, karena sebagian besar penderita hipertensi yang mengikuti prolanis di Puskesmas Rawamerta tidak mengetahui takaran garam yang harus di konsumsi oleh penderita hipertensi.

Kata Kunci : Diet Hipertensi, Hipertensi, Pengetahuan

Daftar Pustaka : 11 Jurnal (2013-2021)

5 Buku (2010-2019)

10 Website (2015-2021)

ABSTRACT

Background: Hypertension or high blood pressure is a disease that kills silently. A person is said to have hypertension if he shows blood pressure results of 140/90 or more in a resting state. The modern lifestyle makes people like things that are instant, as a result they are lazy to move and like to consume instant food that has a high sodium content. Therefore, it is important to provide knowledge about hypertension diet to people with hypertension so that the disease does not recur or increase high blood pressure. **Purpose of the study:** To find out the knowledge about hypertension diet in hypertensive patients who took prolanis in the working area of the Rawamerta Public Health Center. **Research method:** using descriptive quantitative, total sampling technique of 40 respondents. The measuring instrument uses a questionnaire, the results of the analysis use univariate analysis. **The results of the study:** The results showed that patients with hypertension who took prolanis in the working area of the Rawamerta Public Health Center (45%) had less knowledge, especially knowledge about the management of hypertension diet. **Conclusion:** knowledge about hypertension diet in hypertensive patients who took prolanis in the working area of the Rawamerta Health Center showed that most of the respondents (45%) had less knowledge. **Suggestion:** the program holder and the health counseling at the health center can provide information regarding the management of hypertension diet, because most of the hypertensive patients who take prolanis at the Rawamerta Health Center do not know the amount of salt that should be consumed by hypertension sufferers.

Keywords: Hypertension Diet, Hypertension, Knowledge

Literature crown a list : 11 journals (2013-2021)

5 Books (2010-2019)

10 website (2015-2021)