

**PENERAPAN DIET RENDAH GARAM DALAM ASUHAN  
KEPERAWATAN KELUARGA DENGAN HIPERTENSI  
DI WILAYAH KERJA PUSKESMAS GUNTUR  
KABUPATEN GARUT  
TAHUN 2025**

**INDRA SYARIF HIDAYAT  
221FK06063**

**Program Studi DIII Keperawatan, Fakultas Keperawatan  
Universitas Bhakti Kencana**

**ABTRAK**

**Latar Belakang** : Hipertensi merupakan salah satu masalah kesehatan yang prevalensinya terus meningkat di Indonesia, termasuk di Kabupaten Garut. Data Puskesmas Guntur tahun 2024 menunjukkan jumlah kasus hipertensi mencapai 4.072 jiwa, tertinggi dibandingkan puskesmas lain di wilayah Kabupate Garut.

**Tujuan** : Penelitian ini bertujuan untuk melakukan asuhan keperawatan dengan penerapan diet rendah garam pada keluarga dengan hipertensi di wilayah kerja Puskesmas Guntur Garut Tahun 2025.

**Metode** : Penelitian ini menggunakan metode deskriptif kualitatif dengan desain studi kasus pada dua responden (Ny.B dan Ny.L) di Puskesmas Guntur, 31 Juli–2 Agustus 2025. Data dikumpulkan melalui format asuhan keperawatan, informed consent, SOP diet rendah garam, dan leaflet, dengan alat tensimeter dan stetoskop. Kriteria inklusi adalah penderita hipertensi dengan tekanan darah  $\geq 140/90$  mmHg.

**Hasil** : Penerapan menunjukkan adanya penurunan tekanan darah pada responden setelah dilakukan edukasi dan pendampingan diet rendah garam secara konsisten selama periode intervensi.

**Kesimpulan** : Diet Rendah Garam efektif membantu mengontrol tekanan darah dan dapat diintegrasikan dalam pelayanan kesehatan keluarga

**Saran** : Penelitian ini diharapkan bisa diterapkan oleh tenaga kesehatan sebagai intervensi nonfarmakologis menggunakan penerapan Diet Redah Garam dalam asuhan keperawatan keluarga yng mengalami hipertensi

**Kata Kunci**: *HIPERTENSI, DIET RENDAH GARAM, KELUARGA*

**Referensi**: *16 buku, jurnal 10, internet 5, karya tulis ilmiah 2*

**IMPLEMENTATION OF A LOW-SALT DIET IN FAMILY  
NURSING CARE FOR HYPERTENSION IN THE WORKING AREA  
OF GUNTUR PUBLIC HEALTH CENTER  
GARUT REGENCY IN 2025**

**INDRA SYARIF HIDAYAT**

**221FK06063**

***Diploma III Nursing Program, Faculty of Nursing  
Bhakti Kencana University***

**ABSTRACT**

**Introduction :** Hypertension is one of the major health problems in Indonesia, with its prevalence continuing to increase, including in Garut Regency. Data from Guntur Public Health Center in 2024 recorded a total of 4,072 hypertension cases, the highest among all public health centers in Garut Regency.

**Objective :** This study aims to provide nursing care through the implementation of a low-salt diet for families with hypertension in the working area of Guntur Health Center, Garut, in 2025.

**Method :** This research used a descriptive qualitative method with a case study design involving two respondents (Mrs. B and Mrs. L) at Guntur Health Center, conducted from July 31 to August 2, 2025. Data were collected using nursing care forms, informed consent, low-salt diet SOPs, and educational leaflets, along with a sphygmomanometer and stethoscope. The inclusion criteria were patients with hypertension and blood pressure  $\geq 140/90$  mmHg.

**Result :** The implementation showed a decrease in blood pressure in both respondents after consistent education and assistance in following a low-salt diet during the intervention period.

**Conclusion :** A low-salt diet is effective in helping to control blood pressure and can be integrated into family health care services.

**Saran :** This study is expected to be applied by health workers as a non-pharmacological intervention through the implementation of a low-salt diet in nursing care for families experiencing hypertension.

**Keyword:** HYPERTENSION, LOW-SALT DIET, FAMILY

**Referensi:** 16 Books, 10 Journals, 5 Internet, 2 Scientific Papers