

ABSTRAK

Latar Belakang: Di Bandung jumlah hipertensi 65.599 (45,99%) kasus. (Dinas Kesehatan Kota Bandung, 2019). Diet hipertensi sebagai upaya non farmakologi menurunkan tekanan darah sehingga pengetahuan yang kurang tentang diet hipertensi pada lansia menimbulkan terjadi komplikasi. di RT 01 / RW 08 Desa Pasir Biru wilayah kerja UPT Puskesmas Cibiru Kota Bandung 10 lansia yang mengalami hipertensi 8 diantaranya tidak dapat menjelaskan tentang diet hipertensi dan 4 diantaranya mengalami komplikasi. **Tujuan Penelitian:** untuk mengetahui gambaran pengetahuan lansia tentang diet hipertensi di RT 01 / RW 08 Desa Pasir Biru wilayah kerja UPT Puskesmas Cibiru Kota Bandung. **Metode:** Metode penelitian ini deskriptif. Populasi 50 lansia hipertensi. Pengambilan sample dilakukan dengan teknik *purposive sampling* menggunakan analisis univariat yaitu 30 lansia hipertensi usia 60 - 74 tahun di RT 01 / RW 08 Desa Pasir Biru wilayah kerja UPT Puskesmas Cibiru Kota Bandung dengan pengumpulan data menggunakan kusioner. **Hasil:** Berdasarkan hasil penelitian sangat sedikit sebanyak 2 (7%) responden memiliki pengetahuan baik tentang diet hipertensi, sangat sedikit sebanyak 7 (23%) responden memiliki pengetahuan cukup tentang diet hipertensi dan sebagian besar sebanyak 21 (70%) responden memiliki pengetahuan kurang tentang diet hipertensi. **Kesimpulan dan Saran:** sebagian besar yaitu sebanyak 21 (70%) responden memiliki pengetahuan kurang tentang diet hipertensi maka diharapkan puskesmas yang terdapat binaan lansia yang mengalami hipertensi lebih meningkatkan penyuluhan tentang diet hipertensi.

Kata Kunci : Diet Hipertensi, Lansia dan Pengetahuan

Daftar Pustaka :

9 Buku
3 Jurnal
3 Website

ABSTRACT

Background: In Bandung the number of hypertension is 65,599 (45.99%) cases. (Bandung City Health Office, 2019). Hypertensive diet as a non-pharmacological effort to reduce blood pressure so that lack of knowledge about hypertension diet in the elderly causes complications. in RT 01 / RW 08 Desa Pasir Biru working area of UPT Puskesmas Cibiru, Bandung City 10 elderly who experience hypertension 8 of them cannot explain about hypertension diet and 4 of them experience complications. **Research objective:** to describe the knowledge of the elderly about hypertension diet in RT 01 / RW 08 Desa Pasir Biru, the working area of UPT Puskesmas Cibiru, Bandung City. **Methods:** This research method is descriptive. Population 50 elderly hypertension. Sampling was carried out by purposive sampling technique using univariate analysis, namely 30 hypertensive elderly aged 60 - 74 years in RT 01 / RW 08 Desa Pasir Biru working area of UPT Puskesmas Cibiru Bandung City with data collection using questionnaires. **Results:** Based on the results of the study very few as many as 2 (7%) respondents had good knowledge about hypertension diet, very few as many as 7 (23%) respondents had sufficient knowledge about hypertension diet and most of the 21 (70%) respondents had less knowledge about hypertension diet. hypertension diet. **Conclusions and Suggestions:** Most of the 21 (70%) respondents have less knowledge about the hypertension diet, so it is hoped that the health centers that are assisted by the elderly who experience hypertension will increase counseling about the hypertension diet.

Keywords: Hypertension Diet, Elderly and Knowledge

Bibliography :

9 Books
3 Journals
3 Websites