

47,5%. Simpulannya sebagian besar dari responden memiliki pola makan tidak baik. Saran untuk penelitian ini diharapkan bagi masyarakat lansia Rw 06 karena masih 47,5% pola makannya masih belum baik, lansia juga dapat mengontrol pola makan untuk mencegah terjadi nya penyakit hipertensi, untuk pelayanan kesehatan setempat adalah melakukan penyuluhan kepada lansia sekitar Rw 06 untuk mengkonsumsi makanan yang sehat dan tidak menyebabkan penyakit hipertensi.

Kata Kunci : Pola makan, Lansia, Hipertensi

ABSTRACT

Diet is a way to regulate the type or amount of food in accordance with the proportion of body needs in order to maintain health, nutritional needs, and prevent disease. Hypertension is one type of cardiovascular disease which is characterized by an increase in blood pressure and is a disease that is quite dangerous throughout the world because hypertension is a major risk factor that leads to diseases such as heart attack, heart failure, stroke. The purpose of this study was to describe the description of the diet of the elderly with hypertension Rw 06 in the working area of the cinunuk health center. This type of research is descriptive. The population in this study were 40 respondents and the sample used was 40 respondents. The sampling technique used was Total Sampling. The data processing process is using univariate analysis in the form of percentages. The results of the study found that the eating patterns of the elderly with hypertension were 52.5% of the 40 respondents in the category of good eating patterns and 47.5% in the category of poor eating patterns as much as 47.5%. In conclusion, most of the respondents have a bad diet. Suggestions for this research are expected for the elderly in Rw 06 because 47.5% of their diet is still not good, the

elderly can also control their diet to prevent hypertension, for local health services is to provide counseling to the elderly around Rw 06 to consume food healthy and does not cause hypertension.

Keywords: Diet, Elderly, Hypertension

KATA PENGANTAR

Puji dan syukur kepada Allah SWT berkat rahmat, hidayat, dan karunia Nya kepada kita semua yang telah memberikan kesehatan jasmani maupun rohani. Sholawat serta salam selalu tercurah limpahkan kepada Nabi besar kita Muhammad Rasulullah SAW beserta sahabatnya, berkat limpahan dan rahmatnya penulis mampu menyelesaikan penyusunan karya tulis ilmiah ini yang berjudul ***“Gambaran Pola Makan Lansia Yang Mengalami Hipertensi Rw 06 Di Wilayah Kerja Puskesmas Cinunuk”***. Dalam karya tulis ilmiah peneliti banyak mengalami kesulitan, namun berkat bantuan bimbingan dan kerjasama dari berbagai pihak sehingga semua dapat terselesaikan dalam waktu yang tepat. Penulis banyak menyampaikan terimakasih kepada :