

HUBUNGAN KEPATUHAN DIET DENGAN TEKANAN DARAH PADA PASIEN HIPERTENSI DI WILAYAH KERJA PUSKESMAS PANDAK I BANTUL YOGYAKARTA

INTISARI

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Latar Belakang: Diet merupakan salah satu cara untuk menurunkan hipertensi. Faktor makanan (kepatuhan diet) merupakan hal yang penting untuk diperhatikan pada penderita hipertensi. Penderita hipertensi sebaiknya patuh menjalankan diet hipertensi agar dapat mencegah terjadinya komplikasi yang lebih lanjut.

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan antara kepatuhan diet dengan tekanan darah pasien hipertensi di wilayah kerja Puskesmas Pandak I Bantul.

Metode: Penelitian ini menggunakan desain kuantitatif non eksperimental dengan rancangan *Cross Sectional*. Jumlah sampel yang diperoleh sebanyak 55 responden dengan teknik sampling yang digunakan adalah *nonprobability sampling* dengan jenis *consecutive sampling*. Data yang didapatkan berasal dari Puskesmas Pandak I Bantul. Analisis statistik menggunakan uji *Kendall tau c* dengan tingkat kepercayaan 0,578% ($\alpha = 0,05$).

Hasil: Hasil penelitian ini menunjukkan kepatuhan diet pasien hipertensi di Puskesmas Pandak 1 Bantul kategori tidak patuh apabila skor $< 50\%$ sebanyak 43 responden (78,2%), dan kategori patuh skor $\geq 50\%$ sebanyak 12 responden (21,8%). Tekanan darah pada pasien hipertensi kategori normal 8 (14,5%), prehipertensi 18 (32,7%), stage I 18 (32,8%), stage II 11 (20,0%). Terdapat keeratan hubungan antara kepatuhan diet dengan tekanan darah pada pasien hipertensi dengan nilai $p=0,000$ ($p < 0,05$) dan $r=0,578$.

Kesimpulan: Terdapat hubungan yang bermakna kepatuhan diet dengan tekanan darah pada pasien hipertensi di wilayah kerja Puskesmas Pandak I Bantul, artinya semakin tidak patuh kepatuhan dietnya maka tekanan darah semakin meningkat di Puskesmas Pandak I Bantul.

Kata Kunci: Pasien hipertensi, Kepatuhan diet, Tekanan darah.

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THE CORRELATION BETWEEN DIETARY COMPLIANCE WITH BLOOD PRESSURE IN HYPERTENSIVE PATIENTS IN THE WORKING AREA OF COMMUNITY HEALTH CENTER PANDAK I BANTUL YOGYAKARTA

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ABSTRACT

Background: Diet is one of the methods to lower high blood pressure. Dietary compliance is one of the important things that hypertensive patients need to care of. The hypertensive patients should obey hypertension diet in order to avoid further complication.

Purpose: This study aims to discover the correlation between dietary compliance with blood pressure in hypertensive patients in Pandak I Community Health Centre Working Area, Bantul.

Method: This study used quantitative non experimental design with cross sectional study. There were 55 respondents in this study which were obtained using nonprobability sampling with consecutive sampling type. The data were obtained from Pandak I Community Health Center Bantul. The statistical analysis used *Kendall tau c* the dietary compliance with blood pressure is 0,578% ($\alpha = 0.05$).

Result: The result of the study showed that dietary compliance of hypertensive patients in Pandak I Community Health Center is categorized as noncompliance when the score is $< 50\%$ for as many as 43 respondents (78,2%), and 12 respondents (21,8%) are categorized in compliant score $\geq 50\%$. The blood pressure in hypertensive patients which are in normal category is 8 (14,5%), prehypertension is 18 (32,7), stage I is 18 (32,8%), stage II is 11 (20,0%). There is a significant correlation between the dietary compliance with the blood with p value = 0.000 ($p < 0.05$) and $r = 0.578$.

Conclusion: There is a significant correlation between the dietary compliance with blood pressure in hypertensive patients in the working area of Pandak I Community Health Center Bantul. It means that the lower hypertensive patients' dietary compliance is, then the higher the blood pressure in Pandak I Community Health Center, Bantul.

Keywords: Hypertensive Patients, Dietary Compliance, Blood Pressure

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