

HUBUNGAN PERSEPSI TENTANG DIET RENDAH GARAM DAN MOTIVASI KEPATUHAN DIET DENGAN TEKANAN DARAH PADA LANSIA DENGAN RIWAYAT HIPERTENSI DI WILAYAH PUSKESMAS KASIHAN II BANTUL

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INTISARI

Latar Belakang : Meningkatnya penduduk lansia di Indonesia mengakibatkan pergeseran pola penyakit tidak menular seperti hipertensi. Hipertensi merupakan penyakit degeneratif terutama terjadi pada lansia, yaitu ditandai dengan meningkatnya tekanan darah di atas normal $\geq 140/90$ mmHg. Lansia hipertensi membutuhkan penanganan hipertensi salah satunya dengan mengubah pola makan dan mengurangi makanan yang mengandung natrium. Persepsi tentang diet rendah garam serta motivasi yang diberikan dari keluarga dan orang terdekat dapat membantu pasien untuk patuh dalam menjalankan diet serta mengontrol tekanan darah.

Tujuan : Mengetahui hubungan persepsi tentang diet rendah garam dan motivasi kepatuhan diet dengan tekanan darah pada lansia hipertensi di wilayah Puskesmas Kasihan II Bantul .

Metode : Penelitian ini merupakan penelitian deskriptif korelasi yang bersifat kuantitatif dengan rancangan penelitian *cross sectional*. Sampel penelitian berjumlah 45 lansia hipertensi peserta program pengelolaan penyakit kronis (PROLANIS) di Puskesmas Kasihan II Bantul dengan tehnik *total sampling*. Instrumen penelitian ini adalah *sphygmomanometer* dan stetoskop untuk mengukur tekanan darah, kuesioner persepsi tentang diet rendah garam dan kuesioner motivasi kepatuhan diet.

Hasil Penelitian : Hasil penelitian menunjukkan bahwa responden yang memiliki persepsi diet rendah garam dan motivasi kepatuhan yang baik, dan 71,1% responden yang memiliki tekanan darah normal. Berdasarkan hasil analisa data menggunakan uji Spearman Rank, didapatkan nilai $p\text{-value}=0,000$ yang menunjukkan terdapat hubungan yang bermakna antara persepsi diet rendah garam dan motivasi kepatuhan diet dengan tekanan darah pada lansia.

Simpulan : Persepsi diet rendah garam dan motivasi kepatuhan diet memiliki peran terhadap tekanan darah pada lansia dengan riwayat hipertensi.

Kata Kunci : Hipertensi, Lansia, Motivasi, Persepsi

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THE CORRELATION OF PERCEPTION OF A LOW-SALT DIET AND MOTIVATION FOR DIET ADHERENCE WITH BLOOD PRESSURE IN ELDERLY WITH A HISTORY OF HYPERTENSION IN THE AREA OF PUSKESMAS KASIHAN II BANTUL

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ABSTRACT

Background: The growth of elderly population in Indonesia resulted in the shifting pattern of non-communicable diseases such as hypertension. Hypertension is a degenerative disease primarily occurs in the elderly, which is characterized by an increase in blood pressure above normal $\geq 140/90$ mmHg. Hypertension in the elderly requires the treatment of hypertension such as making dietary changes and reducing foods containing sodium. The perception of a low-salt diet as well as the motivation given by family and people close to them can help patients to obey the dietary program and control blood pressure.

Purpose: To know the correlation of perception of low-salt diet and motivation for diet adherence with blood pressure in elderly with a history of hypertension in the area of Puskesmas Kasihan II Bantul.

Methods: This research was a descriptive correlational research that was a quantitative research with a cross-sectional design. The samples of the study were 45 elderly with hypertension that were the participants of the chronic disease management program (PROLANIS) at Puskesmas Kasihan II Bantul with total sampling technique. The instruments of this study were sphygmomanometer and stethoscope to measure the blood pressure, questionnaire about perception of low-salt diet and questionnaire about motivation for diet adherence.

Results: The results showed that respondents had good perception of low-salt diet and good motivation to adherence and 71,1% of the respondents had normal blood pressure. Based on the data analysis result using Spearman Rank test, it was found the value of $p\text{-value}=0.000$ which indicated that there was a significant relationship between perception of low-salt diet and motivation for diet adherence with blood pressure in elderly.

Conclusion: Perception of Low-salt diet and motivation for diet adherence had a role in blood pressure in elderly with a history of hypertension.

Keywords: Hypertension, Elderly, Motivation, Perception

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