

## ABSTRAK

Nesta Adji Pratama

HUBUNGAN KEPATUHAN DIET RENDAH GARAM DENGAN STABILISASI TEKANAN DARAH PENDERITA HIPERTENSI DI PUSKESMAS WONOKROMO KOTA SURABAYA

xvii + 136 Halaman + 20 Tabel + 15 Lampiran

Hipertensi ialah kondisi yang ditandai dengan lonjakan tekanan darah secara terus-menerus di dalam pembuluh darah. Menurut perkiraan Organisasi Kesehatan Dunia (WHO), sekitar 29% populasi dewasa global akan mengalami hipertensi pada tahun 2025. Kepatuhan terhadap diet rendah garam ialah perubahan perilaku yang penting guna pengendalian hipertensi, karena mampu mendukung mempercepat pemulihan. Studi ini dilaksanakan guna menganalisis hubungan antara kepatuhan terhadap diet rendah garam dengan stabilitas tekanan darah pada pasien hipertensi di Puskesmas Kota Wonokromo.

Studi ini ialah studi kuantitatif, deskriptif analitik dengan pendekatan potong lintang. Pengambilan sampel dilaksanakan dengan teknik purposive sampling dan melibatkan 65 responden penderita hipertensi. Analisis data memanfaatkan uji chi-square guna menguji hubungan antar variabel.

Hasil uji statistik chi-square nonparametrik menegaskan nilai p sebesar 0,00 ( $<0,05$ ), sehingga menolak  $H_0$  dan menerima  $H_a$ . Hal ini menegaskan adanya hubungan antara kepatuhan terhadap diet rendah garam dan stabilisasi tekanan darah pada pasien hipertensi di Puskesmas Kota Wonokromo, Surabaya. Penerapan diet rendah garam yang konsisten terbukti mendukung menjaga stabilitas tekanan darah. Alhasil, terdapat hubungan yang signifikan antara kepatuhan terhadap diet rendah garam dan stabilitas tekanan darah pada pasien hipertensi di Puskesmas Kota Wonokromo.

Kata kunci : Hipertensi, Kepatuhan Diet Rendah Garam, Stabilisasi Tekanan Darah

Daftar Bacaan : 6 Buku & 32 Jurnal (2003 - 2024)

## ABSTRACT

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*THE RELATIONSHIP BETWEEN LOW-SALT DIET COMPLIANCE AND BLOOD PRESSURE STABILIZATION IN HYPERTENSIVE PATIENTS AT WONOKROMO HEALTH CENTER, SURABAYA CITY*

xvii + 136 Pages + 20 Tables + 15 Appendices

Hypertension is a condition characterized by persistently elevated blood pressure in the blood vessels. According to estimates by the World Health Organization (WHO), approximately 29% of the global adult population will experience hypertension by 2025. Adherence to a low-salt diet is an important behavioral change for hypertension control, as it can help accelerate recovery. This study was conducted to analyze the relationship between adherence to a low-salt diet and blood pressure stability in hypertensive patients at the Wonokromo City Community Health Center.

This study was a quantitative, descriptive-analytical design using a cross-sectional approach. Sampling was conducted using a purposive sampling technique and involved 65 respondents with hypertension. Data analysis used the chi-square test to examine the relationship between variables.

The results of the nonparametric chi-square statistical test showed a p-value of 0.00 ( $<0.05$ ), thus rejecting  $H_0$  and accepting  $H_a$ . This indicates a relationship between adherence to a low-salt diet and blood pressure stabilization in hypertensive patients at the Wonokromo City Community Health Center in Surabaya. Consistent implementation of a low-salt diet has been shown to help maintain blood pressure stability. Thus, there is a significant relationship between compliance with a low-salt diet and blood pressure stability in hypertension patients at the Wonokromo City Community Health Center.

Keywords: Hypertension, Compliance with a Low-Salt Diet, Stabilization of Blood Pressure

Reading List: 6 Books & 32 Journal (2003 - 2024)